
ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

*RECOGNIZING THE ACHEIVEMENTS OF
STUDENT – ATHLETES DURING THE*

2023 – 2024 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 AND TUMBLING

FAIRMONT STATE UNIVERSITY

ELIZABETH MAURER

Base/Tumbler

Junior

Lizzie Maurer, a junior from Grand Ledge, Michigan, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Lizzie is extremely coachable, has embraced strength training, and is always full of positive energy. She has a key role on our Acrobatics & Tumbling team, as a base and tumbler, participating in 7 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 2024 season, Lizzie holds a 290 lbs. back squat, a 300 lbs. deadlift and 155 lbs. power clean & jerk. Her work ethic continues into the classroom, where Lizzie currently has a 3.88 GPA, while majoring in communications. She 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 Lizzie Maurer. ~Adam Kolberg

FAIRMONT STATE UNIVERSITY

KAYLEE REHAK

Base

Sophomore

Kaylee Rehak, a sophomore from Pittsburgh, Pennsylvania, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Kaylee has embraced strength training and is extremely coachable. She has a key role as a base on our Acrobatics & Tumbling team. Her role requires her to have high levels of strength and power, which she has worked very hard to improve. Leading into the 2024 season, Kaylee hit a 335 lbs. back squat, a 315 lbs. deadlift and 175 lbs. power clean & jerk. Her work ethic in the weight room and on the mat also shines in the classroom. Kaylee currently

has a 4.0 GPA, majoring in Exercise Science, and has been named to the 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 Kaylee Rehak. ~Adam Kolberg

LIMESTONE UNIVERSITY

KACIE KIER

Sophomore

Kacie serves an integral role on the team. She is involved in compulsory pyramid, compulsory toss, compulsory tumbling, 6 element acro, open pyramid, 450 salto toss, synchronized toss, duo tumbling, aerial tumbling, and the team event. She has worked through a few injuries but always seeks ways in which she can continue to improve. She is a role model and leader to her teammates and she pushes everyone to achieve their goals. Kacie has shown great dedication and progress this year and I am excited to see her continued development through her career. ~Tim Schachtner

COLLEGE — BASEBALL

AVERETT UNIVERSITY

HUDSON ROWE

Infield

Senior

Hudson's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Hudson's impact on the field transcends mere statistics, leaving an unmistakable mark on his teammates, as well as those around him. ~Tyler Smith

AVILA UNIVERSITY

BRYCE CULP

Outfielder

Senior

I lightheartedly listed Bryce as an outfielder because Bryce is dynamic enough of a player that he can play multiple positions and his attitude ensures he is willing to do whatever the team needs. He is one of the most positive athletes in the weight room with an infectious smile. Effort wise, Culp has fully bought into the weight room culture which is demonstrated by efforts on in-season/game day lifts in which he always is pushing for maximal effort. He also demonstrates a phenomenal ability to balance his athletic responsibilities while managing the challenges of student teaching.

~Brian Ciolek

BARRY UNIVERSITY

JOE MORRISSEY

Pitcher

Sophomore

Joe is a leader on and off the field. He comes to the weight room everyday and works hard and sets the same expectations for his team. He is coming off Tommy John surgery and has spent endless hours in the weight room to get back on the field which has resulted in him earning the starting pitcher role. ~Jennifer Michuda

BRADLEY UNIVERSITY

RYAN VOGEL

Centerfield

Senior

Ryan Vogel is an athlete that has been overlooked and undervalued his whole baseball career. Coming to Bradley, his local college, Ryan has made it a mission to prove folks wrong. Walking into college with good speed at 5'8 155 lbs., he immediately knew he needed to get stronger and even more explosive. Hitting the weight room with intensity and consistency has allowed Ryan to gain weight (now 180) and has shown power numbers to increase each year as well as keeping his ability to steal bases (6.5 laser timed 60) at league leading levels. All of Ryan's core strength and power lifts have been raised by upwards of 50% and maintained throughout with his VBT and force velocity numbers all near the top of the program records and the highest amongst regular starters. The past 2 years he has received honorable mention all Missouri Valley honors. In 2023, with even more speed to track down balls and arm strength to increase his assist totals from centerfield, he made all MVC defensive team. His hard work in the weight room and in deliberate recovery sessions with the ATC on staff have kept Ryan very durable and productive through wear and tear of long cold seasons of college baseball in the Midwest. All this work and success on and off the field has made him a mentor to our younger team coming into his last year. ~Edward Papis

COLLEGE — BASEBALL

CLEMSON UNIVERSITY

BLAKE WRIGHT

Infielder

Senior

Blake Wright has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman four years ago. He attacks every workout, warmup and sprint session with the same intensity and focus that he has playing the infield for the tigers. Blake is one of the strongest athletes on the team, demonstrated by his 500 + pound split deadlift and 300 plus pound bench press . Blake is one of the only two time captains in team history. Blake's greatest contribution to the team has been the leadership that he has provided in the weightroom and off the diamond. Weather it be firing up one of his teammates in the weightroom or inviting one of the "weight-gain guys" over for a steak dinner, Wright has exemplified the team credo of "love the team more than your role"

~Rick Franzblau

DUKE UNIVERSITY

DEVIN OBEЕ

Outfielder

Junior

Devin Obee is one of the best athletes at Duke, in any sport. He has elite speed, power, strength, and athleticism, and has worked incredibly hard to develop and harness these assets to become a dominating power hitter and center fielder. Devin makes highlight player on the field seem effortless, and moves super heavy loads in the weightroom at eye-popping speeds. He brings a quiet and powerful combination of humility and energy to his training; his teammates see this all the time, and draw on that inspiration to make themselves better through their own work. Simply put: people want to be Devin Obee. As a team captain, Devin understands that what he does and how he does it carries significant weight in the eyes of players and coaches alike. He's used that leadership role to help create a group of tough, resilient baseball

players that care deeply about each other, and strive to work and play as hard as he does every day.

~Dan Perlmutter

FAIRMONT STATE UNIVERSITY

LOGAN MCCLURE

Pitcher

Senior

Logan "Petey" McClure, a graduate student from Hurricane, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Petey has been extremely consistent with his training, both in the weight room and on the mound. This commitment has allowed him to become a leader and key contributor to the baseball program. He is equally as dedicated in the classroom, where he currently has a GPA of 3.83 and has been named to the MEC all-academic team. What stands out the most, is that Petey has been able to maintain his playing, training and academic efforts while also working nearly full-time hours as a civil engineer at a local engineering firm. Our baseball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Logan McClure. ~Adam Kolberg

COLLEGE — BASEBALL

FRESNO PACIFIC UNIVERSITY

TOMMY ROVER

Infielder

Senior

Tommy Rover's athleticism is most evident in the weight room where he approaches his lifts with utmost seriousness, displaying a goal-oriented mindset and a genuine enjoyment for the process of improvement. Tommy's dedication is palpable as he diligently works towards his objectives, infusing each movement with purpose. His athleticism is characterized by explosiveness, complemented by his energetic presence as a teammate. His relentless drive to excel in the weight room seamlessly aligns with his strong work ethic, translating into success on the field.

~Whitney Leyva-Camberos

HAVERFORD COLLEGE

MICHAEL RABAYDA

Pitcher

Senior

Mike has been the standard of what it means to work hard for the last 4 years. His commitment to growth and dedication to his team are truly exemplary. As a freshman his season was cancelled due to COVID. He had a good sophomore season as an all conference pitcher, and then tore his UCL his junior year. He is going into his senior year as the ace, two-time captain, and poised for a great year. Through all the adversity Mike has always carried an awesome professionalism about his training. It doesn't matter whether he was playing that year or not he is obsessed about his craft. He sees the value in strength and conditioning and takes it as seriously as his growth as a baseball player. This consistency has led him to holding the school record in our lower body power metric (225lb VBT squat). So much so that he blows everyone else out the water. The speed at which Mike can squat 315 is faster than most of our athletes squat 185lbs. It is something both amazing and terrifying (because of the sheer violence of the movement) to see!

His outlier-level ability in the weight room seems to be reflected in his pitching ability as well, as he also throws the hardest on the team by a good amount. Mike has been an incredibly coachable, truly elite athlete that has been a blast to coach for the last 4 years. ~Nicky Miranda

HAWAII PACIFIC UNIVERSITY

SCOTT ARMSTRONG

Pitcher

Senior

Scott Armstrong, one of our captains here at Hawaii Pacific University, embodies exceptional leadership qualities both on and off the field. With his unwavering commitment to accountability, Scott sets a high standard for his teammates. His presence in the room feels like having an extra coach. His attention to detail, strong work ethic, and grit in the weight room and on the field serve as inspiration to all. Scott's exemplary leadership has made him a role model for many of our younger players, and I have no doubt he will excel as a coach in the future. ~Skyler Yamamoto

HUNTINGDON COLLEGE

DANIEL PATTON

Infielder

Senior

Daniel has been an integral part of our program throughout his career. He is disciplined, a hard worker, and a solid leader. His dedication to training, and his leadership in the team training environment, has been important to our success. ~Charlie Goodyear

COLLEGE — BASEBALL

LAMAR UNIVERSITY

BROOKS CAPLE

Pitcher

Senior

Brooks Caple is a laser-beam focused leader of the pitching staff. He brings the same effort and intensity daily. Although he doesn't say much, when he does speak his teammates respect his words. He possesses tremendous intrinsic motivation to develop into the best version of himself and is always looking for a competitive advantage. ~Daniel Darcy

LAMAR UNIVERSITY

KANIN DODGE

Shortstop

Senior

Kanin Dodge is "Mr. Consistent." Dodge brings the same attention to detail, intent, and purpose daily. He challenges himself and his teammates to improve in the weight room every lift. His efforts have been rewarded by staying healthy and starting every game a season ago. His lead by example approach to life positively impacts his teammates and anyone who crosses his path.

~Justin Huynh

LAMAR UNIVERSITY

PEYTON SANDERSON

Infield

Senior

Peyton Sanderson came in day 1 with a high intensity approach to life. His everyday energy and effort to challenge himself and his teammates on and off the field is highly valuable. Sanderson has become one of the strongest and most respected players on the team. No matter his role (starter, pinch hitter, pinch runner) he stays ready and fulfills his responsibility at a high level.

~Miles Edmond

LAMAR UNIVERSITY

TANNER WILSON

Outfield

Senior

Tanner Wilson is "Mr. Resilient." Tanner has earned his way from non-starter to starter through his 4 seasons at Lamar. He has worked his tail off to add 15+ lbs of muscle mass and build his durability over his career. He has overcome every possible obstacle on and off the field and continues to remain optimistic. Tanner has found a way to turn a negative into a positive and take his work rate up a notch with every challenge he faces. Tanner exemplifies a resiliency that few people possess and I look forward to his future successes. ~Quintin Mapstone

MARS HILL UNIVERSITY

ALEX NARAN

OF

Senior

Alex has shown exceptional attitude, effort, and attention to detail in the class room, weight room, and on the field. He continually makes those around him better by the role of servant leader. ~Jared Carter

MINNESOTA STATE UNIVERSITY - MANKATO

AIDAN BYRNE

Infield

Junior

Aidan is one of the most detailed athletes that I have been able to work with when it comes to training in the weight room. He consistently trains with a purpose to become the strongest, fastest, and most powerful athlete he can be. He is an amazing leader to have around to show teammates what training with intent really means. This has led Aidan to being successful on the baseball diamond as well as he enters his third year starting in the infield. His detailed approach paired with amazing effort is going to propel Aidan into a successful career in the future. ~Samuel Lee

COLLEGE — BASEBALL

NORWICH UNIVERSITY

TYLER CALLAHAN

Senior

I wholeheartedly believe that this exceptional individual, with their unwavering dedication and outstanding performance, unquestionably merits recognition as an NSCA All American. It is athletes like them, who consistently push the boundaries and demonstrate excellence, that play a pivotal role in not only raising the bar in collegiate athletics but also in serving as sources of inspiration for aspiring young talents, encouraging them to pursue their dreams and excel in their athletic endeavors. ~Scott Caulfield

PIEDMONT UNIVERSITY

KOLTON HICKS

2nd Base

Senior

Kolton joined Piedmont last year as a transfer, he quickly became a glue guy for this very new and young team. Kolton took a bet on himself coming here and it paid off tremendously for him but even more for the Lions. Against his former team, Kolton hit the game-winning home run in the conference tournament championship, then was named tournament MVP. He has not missed a training session and comes in throughout the week for prehab to keep himself strong and available leading to starting every game for us last year at 2nd in 43 contests. ~John Delf-Montgomery

PURDUE UNIVERSITY FORT WAYNE

BRODY FINE

Pitcher

Sophomore

It is clear that Brody thoroughly loves the process of training and becoming a better athlete in the weight room. He shows up for extra work, attacks each session with an abundance of effort and intensity, and he is extremely coachable so that he can excel in his craft. While this award is generally presented to an upper-

classman, the fact that Brody deserves this award as a Sophomore is a testament to the hard work and dedication that he has shown thus far. ~Patrick Rawle

ROCHESTER INSTITUTE OF TECHNOLOGY

CHARLIE SLAYMAKER

Infield

Sophomore

Charlie possess many qualities that make him successful in the weight room. He is consistent, hardworking and coachable. He has a natural ability and thorough enjoyment of the weight room. His positive attitude further enhances his effectiveness as a team member, foster a supportive environment for himself and his peers. Charlie's strength consistently places him among the top performers on his team. ~Ryan Kelly

SALEM STATE UNIVERSITY

JAMES DOLAN

2nd Basemen

Senior

James is a senior (grad) and captain of the Vikings baseball team. James has been an absolute joy to have in the gym for many reasons. He is a hard worker that expects a lot of himself and his teammates, but most importantly, James is very dependable. In the classroom he has earned a Bachelor's in Education, and come May will earn a Master's degree in Special Education with a 3.99 GPA which earned him honors on the MASCAC All Academic Team. In the gym, James (as well as the other captains) has mentored the new freshmen into our program. This ensures their adherence to the program is high, but most importantly they are supported by further teaching the movements patterns required for maximal efficiency and safety. He has personally increased his strength levels by 41% (upper body) and 42% (lower body) respectively since Nov. In a very short timeframe James has cemented himself as a strong leader and will undoubtedly leave Salem State Baseball better than he found it. ~Francisco Aguilar

COLLEGE — BASEBALL

SALISBURY UNIVERSITY

BENJI THALHEIMER

P

Senior

Benji brings the passion and effort in the weight room and on the field. He is a dedicated and tireless worker that want to be the best. Getting to work with and watch Benji play has been an absolute pleasure and will be missed after graduation. ~Matt Nein

TEXAS A&M UNIVERSITY

RYAN TARGAC

Infielder

Senior

Ryan Targac represents what it means to be a good teammate. He not only was bestowed the prestigious Number 12 as a symbol of leadership, but he demonstrates incredible character all year round. In the weight room, it is no different. He holds himself and his teammates to the highest standard and touches on every detail to become the absolute best, selfless version of himself. When I have kids one day, I will be using Ryan Targac as the prime example to what it means to be a good man and an incredible student-athlete.

~Roman Gomez

THE UNIVERSITY OF UTAH

ERNESTO LUGO-CANCHOLA

Pitcher

Senior

Ernesto had an average year in the weight room his first year in the program. This year Ernesto has dedicated himself to spending nearly everyday in the weight room and focusing on his nutrition to get better at his sport. He has completely changed his body type achieving outstanding results in strength, power, and lean body mass. Not only has he improved in the weight room aspect, but I believe his confidence in the weight room has flowed over to his on field performance and leadership. He is an outstanding individual to our program. ~Jeremy Rimes

THE UNIVERSITY OF UTAH

ETHAN THOMAS

First Base

Junior

Ethan came to us a transfer, but has spent this entire year dedicating himself to the weight room. He is a daily appearance working on transforming his body into that of a top notch athlete. He has transformed his appearance and eliminated chronic back pain, existing from previous years in the sport. He has spent countless hours working on speed and conditioning to better his athletic career and life. Ethan has grown into one of the most responsible athletes in the weight room and an excellent teammate. ~Jeremy Rimes

COLLEGE — BASEBALL

UNIVERSITY OF CONNECTICUT

LUKE BROADHURST

IF/DH

Senior

Luke's story is incredible. He came into our program in 2017 and was a solid athlete with a great work ethic but was going to struggle to find his way on to the field early in his career. He decided to transfer to a DIII program and became an All-American and National Champion only to return to our program as a Graduate Transfer in the fall of 2022. The work that he put in while he was gone was very obvious - he was bigger, stronger and faster and he did it with limited resources at the DIII level. Since his return, he has been in the top 10% of our performance testing and #1 overall in the fall and spring this year. He possesses elite speed for his size, strength, power, and agility. He has transformed his body and was a formidable power hitter in the center of our lineup last season. He is a quiet leader, but spend 10 minutes in the weight room with him and his personality is loud without saying a word. He challenges his teammates to elevate themselves and he meets every challenge head-on with passion and dedication. His work speaks for itself and it has been a pleasure to have him back in our program. - Joel DeMarco ~Joel DeMarco

UNIVERSITY OF CONNECTICUT

KOREY MORTON

OF

Senior

Korey is an outstanding athlete. That is not what separates him from his peers; the combination of his intrinsic motivation and his diligent approach to training have propelled him into the top 10% of our performance testing in each of the last 4 years. Korey has elite speed, but through his constant hard work, he has morphed himself into the top ranked pound-for-pound lifter in the program. He is ready for all challenges and excels in high pressure situations on and off the field. He finds a way to elevate his teammates and is a great example of high

level consistency every day. His on-field accomplishments are a direct result of his daily commitment to strength and conditioning.

~Joel DeMarco

UNIVERSITY OF MISSOURI S&T

LOGAN ALEXANDER

Outfield

Senior

Logan has always been a weight room guy. What has impressed me the most about him over the course of the last year, is the effort it took to work on correcting his form. He has always been a strong guy, but technique was just not quite there. When he came back to campus, the way he moved in the weight room proved that he focused and worked extremely hard to get to where I knew he could. ~David Edwards

UNIVERSITY OF SOUTHERN MAINE

HUNTER BRISETTE

Outfield

Sophomore

In addition to playing baseball he holds state powerlifting records in squat (525) and deadlift (620) @ 188 pounds. Ran team's fastest 60 yards this fall. Should see more playing time using his speed and power on the field.

~Jim Giroux

UNIVERSITY OF SOUTHERN MAINE

CONNOR BURGESS

Catcher

Junior

Powerful player will be seeing time @ catcher this year. Recorded 290 bench, 52'4" over Med ball throw and 215 power clean during fall testing ~James Giroux

COLLEGE — BASEBALL

UNIVERSITY OF SOUTHERN MAINE

KYLE DOUIN

Third

Sophomore

Was a 3rd team all conference selection as a freshman. Much improved Squat (375), power clean 225, 29" VJ and 1.58 10 yards. ~James Giroux

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

KADE YORK

Shortstop

Senior

Recorded 14 multi-hit games, including four of three hits, and five multi-RBI games, including two of three RBI ... Homered and drove-in career-high tying three runs at Stephen F. Austin (5/20) ... Went 2-for-4 with a run scored vs. Grand Canyon (5/14) ... Went 2-for-3 with a double, a steal, an RBI and a run scored at Sacramento State (5/7) ... Reached based three times with a single, a double, and a walk while scoring twice at UT Arlington (4/28) ... Drew career-high three walks and scored tying run in game two of doubleheader vs. Abilene Christian (4/22) ... Went career-high tying 3-for-4 with a home run, a stolen base, two RBI and two runs scored in game one of doubleheader vs. Abilene Christian (4/22) ... Recorded first multi-double game while going career-high tying 3-for-4 at Utah Valley (4/15) ... First-career home run was walk-off home run to beat Tarleton (4/2) ... Made diving catch of flare in foul territory vs. Texas State that ranked fifth on Sports Center's Top 10 (3/29) ... Went 5-for-11 with four RBI at New Mexico State (3/24-26) ... Went career-high tying 3-for-4 with a double, an RBI and two runs scored vs. UTSA (3/21) ... Went 2-for-4 at Rice (3/7) ... Scored twice and drove-in a run vs. Houston (3/4) ... Went career-best 3-for-4 with first double, career-high three RBI and one run scored vs. Central Michigan (2/26) ... Scored career-high three runs during first multi-hit game, going 2-for-3 with a walk and career-high two steals vs. Central Michigan (2/24) ... Recorded hits in each of first three games vs. Houston Christian (2/17-19).

~Lucas Monroe

UNIVERSITY OF WISCONSIN-WHITEWATER

MAX HUSEBOE

Pitcher

Senior

Max has been a tireless worker throughout his career and he has developed into a great leader. He has dedicated himself to the weight room and his efforts have helped him on the mound. The whole team is better because of leaders like Max and the hard work has lead to continued success. ~Lee Munger

VASSAR COLLEGE

LUKE BARRIENTOS

Pitcher/Outfield

Junior

Luke Barrientos is driven and explosive. Luke shows up each session ready to work regardless of any outside distractions. He leads by example and boast some our highest power outputs, with a vertical jump of 38.4 and a trap bar jump exceeding 3,900 watts. What makes Luke stand out is the seamless translation of strength training to athletic performance. ~Alice Read

WEST TEXAS A&M UNIVERSITY

MADDUX HOAGULUND

Pitcher

Senior

Maddux has worked through a couple injuries and come back stronger each time. His commitment to rehab and his performance development has allowed him to return and be a big contributor to the team. Maddux spends extra time working on the little things that helps him to stay healthy, mobile and continue to improve.

~Sarah Ramey

COLLEGE — BASEBALL

WEST TEXAS A&M UNIVERSITY

DAVE JANSSEN

Catcher

Senior

Dave comes each day ready to work and encourages his teammates to do the same. His energy is contagious and each person feeds off of it. Dave spends extra time outside of required training to improve and also learn about the field of S&C with goals of being a coach one day. He is the type of student-athlete that each coach wants a room full of, or at least a handful on a team to inspire others to do more. ~Jesse Herd

WESTFIELD STATE UNIVERSITY

DAN BURNETT

Infield

Senior

Dan Burnett is one of the most consistent student-athletes on campus. He trains in our facility year-round and gets everyone around him better through his hard work. He has helped create a standard for Westfield State University Baseball in the weight room and on the field. ~Tucker Bachand

WILLIAM PEACE UNIVERSITY

NICK TYLER

OF/C

Senior

Nick is a highly discipline and committed person on and off the field. He is a reliable teammate who does his job. Nick is the type of athlete who is always focused and brings high effort to whatever he is doing. He has been a pleasure to work with for the past year. This past off season Nick PR front squat 315 trapbar deadlift 510.

~Rebecca Fraser

WRIGHT STATE UNIVERSITY

JULIAN GREENWELL

1st Base

Senior

This is Julian's 2nd year as a NSCA All-American. His tireless work ethic sets him apart and raises the overall commitment level of the team in the weightroom.

~Cole Pittsford

COLLEGE — BASKETBALL

AMHERST COLLEGE MOHAMMED ALAUSA

Guard
Senior

Mohammed is one of the most dedicated, passionate, and hard working athletes I have ever coached. His discipline and attitude while facing adversity has set him apart as an athlete and a man. Mohammed not only has excelled as an athlete, but immersed himself in the Amherst College community and his academics. Working with him has made me a better Coach and person.

~Chris Boyko

AMHERST COLLEGE LAURA MENDELL

Guard
Sophomore

Laura came into Amherst College in first year six months post-ACL repair for the second time, knowing she would be missing her first season of college basketball. She spent the entire year navigating rehab, lifting, and agility work for five days a week, barely missing any sessions. Her tenacity, grit and determination to return better than she was before is truly inspiring. In her first year back playing basketball, she has earned a starting spot on a nationally ranked team, and continues to lead her team by example, always putting in the extra time to be the best that she can be. I couldn't be prouder to have had the opportunity to be a part of her incredible journey!

~TJ Cahill

AVERETT UNIVERISTY BRIANNA SAMS

Forward
Sophomore

Brianna's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Brianna's impact

on the field transcends mere statistics, leaving an unmistakable mark on the sporting world.

~Samuel Roome

BARRY UNIVERSITY CHIARA FUSARI

Guard
Senior

Chiara came back from a 2nd Knee injury ahead of schedule and played in every game her senior year. Her hard work and dedication was a staple in her returning and scoring her 1,000th career point. ~James Karr

BARRY UNIVERSITY ADREN ROBERTS

Guard/Forward
Sophomore

Adren has taken a big leap this year. His hard work in the weight room has showed up on the court. He always shows up with the right mindset and is a pleasure to coach. ~James Karr

BRADLEY UNIVERSITY ISIS FITCH

Forward
Senior

"Isis has made unbelievable strides since she has entered Bradley University. Her dedication to training (on and off court) and work ethic is unparalleled. This especially shows in the weight room with her back squat max improving to 250 pounds, her bench press at 155 pounds and hip thrust over 400 pounds. All of this effort has translated on the court as well with her becoming a full time starter, leading her team in rebounds and double doubles this season. She is an exceptional leader and I am excited to see what the future has in store for her."

~Matthew Friend

COLLEGE — BASKETBALL

BRADLEY UNIVERSITY

CONNOR HICKMAN

Guard

Junior

Connor Hickman has elevated Bradley University Athletic standards in work ethic and discipline on and off the court. When he arrived at Bradley, he made the all-Freshman team for MVC as well as MVC Academic Excellence team while being the strongest and fittest freshman we have ever had. Since then, he has gone on to set strength records with over 315 lb. bench press, near 600 lb. trap bar deadlift and over 400 lb. squat. Connor also was the fastest and most explosive (44 inch vertical) in all combine agility and speed numbers surpassing the marks set by our prior NSCA All-Americans culminating in a over 30 rep mark on the 185 lb. bench press test. This has helped him stay durable playing 2nd most minutes on the team over the past 3 years. Connor has made nutrition and recovery modalities part of his daily life which helps him stay so consistent in not only his training but his play. Conner is on pace to be a 1000-point scorer and all Missouri Valley conference basketball player and again all Scholar Athlete in his junior year. He is a team captain and pound for pound strongest and arguably the most well-rounded athlete Bradley has ever had. ~Edward Papis

CAL POLY HUMBOLDT

KAREEM CLARK

Guard

Senior

Kareem is by far the strongest athlete on our men's basketball team. He regularly front squats 245lbs and cleans 205lbs. He has been one of the bright spots on the court this year finishing his senior season out strong by averaging 12 ppg on 50% shooting from the floor as well as shooting 42% from beyond the arc. His hard work the past 2 years has lead the way for his strong senior season. ~Anthony Ratto

COLORADO COLLEGE

SCOTT RUEGG

Junior

Scott is what you call a program changer. His work ethic, leadership, communication, and ability to make those around him better is what sets him apart. Scott won't only do what you ask of him, but will always go above and beyond, truly impacting his program in such a positive way. ~Derek Savage

COLORADO STATE UNIVERSITY

AVREE ANTONY

Guard

Freshman

Avree embodies what it takes to be a high-level athlete when it comes to all facets of athletic performance. At the Division-I level, each athlete and team have talent, but discipline, a high standard, and being a workhorse are necessary qualities to gain a competitive advantage. Success in collegiate athletics requires rent to be paid every day through a relentless work ethic. Avree has the mindset and utilizes strength and conditioning daily to maximize her athletic potential to be the best collegiate student-athlete she can be. ~Connor Mooney

COLLEGE — BASKETBALL

DUQUESNE UNIVERSITY

DUSAN MARHORCIC

Center

Senior

Dusan deserves this recognition based on his body of work and long road to recovery from injury. He spent 2-3 hours every day in sports performance rehabbing and working on his strength and body composition. He beat the odds and returned 3 months ahead of his projected rehabilitation timeline. Along with his aggressive injury recovery, he earned a new personal record bench press of 315 pounds. Dusan transformed his physical condition dropping 6 percent body fat and getting in conditioning to return to full sport participation. Dusan completed all team training sessions and did extra every single day of individual needs work, always giving a full speed, max effort. Working with Dusan thru this process has been a rewarding process as a coach, and I appreciate the relationship we developed pushing thru the challenge together. ~John Henderson

FAIRMONT STATE UNIVERSITY

LESLIE HUFFMAN

Guard

Sophomore

Leslie Huffman, a sophomore from Marietta, Ohio, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Leslie 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. Leslie's work ethic and positive attitude in the weight room carries onto the court, where she plays with passion and toughness that has helped lead to her success. Leslie has started every game this season and is averaging 29 minutes, 12 points, 5.5 rebounds and two assists per game. Leslie's work ethic and dedication as a student-athlete also leads to success in the classroom. She currently has a 4.0 GPA, while majoring in nursing, one of the most challenging

programs at our institution. Leslie also garnered MEC all-academic team honors. Our women's basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Leslie Huffman. ~Adam Kolberg

FAIRMONT STATE UNIVERSITY

SETH YOUNKIN

Power Forward

Senior

Seth Younkin, a graduate student from Connellsville, Pennsylvania, is an exceptional student-athlete and one of the hardest working and most determined young men I have ever coached. Seth was nominated as a S&C All-American last year, after battling back from a serious knee injury sustained during the 2021-22 season. 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 the next level. Seth lived in both the training room and the weight room and was able to start every game of the 2022-23 season. He returned for his graduate season and has again, started every game this year. He is currently averaging 26.3 minutes per game and is leading the conference in rebounding with 7.7 per game. Heading into this season, Seth had a 465 lbs. back squat, 505 lbs. deadlift and a 325 lbs. bench press. Seth's work ethic and dedication as a student-athlete also carries into the classroom. He currently has a 3.75 GPA and has been named to multiple MEC all-academic teams as well as earning 2022-23 CSC Academic All-District Honors. Our basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Seth Younkin. ~Adam Kolberg

COLLEGE — BASKETBALL

FRESNO PACIFIC UNIVERSITY

BRE HURT

Guard

Senior

Bre Hurt consistently surpasses team standards and expectations, demonstrating an unparalleled commitment to her craft. Whether she's dedicating extra hours to summer training or squeezing in additional sessions during the school year, Bre's relentless pursuit of improvement never wavers. Her integrity shines through as she consistently chooses to do the right thing, even when nobody is watching. With each passing day, her strength and power amplify, complementing her evolving skill set on the basketball court. This combination of athleticism and dedication has molded Bre into a remarkably versatile player, poised to excel in any situation. ~Whitney Leyva-Camberos

HOBART AND WILLIAM SMITH COLLEGES

KERSTIN KELLY

Guard

Senior

Kerstin Kelly is the definition of what means to be resilient and dedicated to her sport, team, and academics. It is often we catch her in the gym working on her shot and asking for extra lifts. As a graduate senior, she has been all conference academic every year with the William Smith Basketball Program. This year she has improved her free throw percentage from 0.667 to 0.833 and over the past couple years has produced a season high of 17 points a game. She is a relentless defender and most recently tied her season high of 3 steals in one game. Another thing that makes Kerstin special is her energy in the weight room, while she is always pushing herself, she also can be found encouraging and bringing other teammates along during lift. ~Brittany Krivicich

HUNTINGDON COLLEGE

AUSTIN LINVILLE

G

Senior

Austin has been a tremendous leader in the weightroom. He pushes himself, and everyone around him, to achieve their maximum potential. His commitment to our program has been exceptional. ~Charlie Goodyear

LAMAR UNIVERSITY

TALIAH HILL

Forward/Center

Junior

Taliah Hill has truly shown Lamar University what it means to be a Strength & Conditioning All-American. Taliah not only set 2 WBB Program Records on Back Squat and Bench during our Off-Season, she also beat her own Bench Record prior to the start of Season. She has battled through adversity time and again and always comes out on top. Taliah also drastically improved her body composition this Off-Season by focusing on proper nutrition and fueling. She brings positive energy to her lifts and her teammates; always putting a smile on our faces. I'm thankful for the opportunity to coach Taliah Hill. ~Austin StCyr

MARS HILL UNIVERSITY

MADDIE GILLIE

Guard

Junior

As a student-athlete at Mars Hill University, Maddie holds a 4.9 GPA with a major in Health & Human Performance. During the 2024 season, she surpassed the 1,000 point career mark shooting 70% from behind the line, while recording 24 steals and 123 rebounds. Maddie has shown exceptional attitude, effort, and attention to detail that has made everyone around her better, teammates and coaches included. ~Jared Carter

COLLEGE — BASKETBALL

MINNESOTA STATE UNIVERSITY, MANKATO

JOEY BATT

Guard

Senior

Joey's intensity, leadership, and consistency have set her apart in the classroom, on the court, and in the weight room. Her hustle on the court is unmatched and her effort in the weight room is second to none. She has led the Mavericks to an NSIC championship and multiple NCAA tournament appearances. She has earned multiple individual accolades including NSIC South Division Player of the Year, D2CCA All-Central Region Second Team, CSC Academic All-District Team, and NSIC All-Academic Team of Excellence honors. The same intangibles that made Joey an incredible student-athlete will carry her to great success in the future. ~Andy Stocks

MOUNT HOLYOKE COLLEGE

EMILY MOCK

Senior

Emily has been dedicated to our strength and conditioning program since day one. They have shown commitment even through injuries and have always pushed themselves to achieve more. They have also been a positive influence on their peers, encouraging them and motivating them throughout workouts in and out of season. ~Jay Mendoza

NOVA SOUTHEASTERN UNIVERSITY

SHANE HUNTER

Center

Senior

Shane Hunter has worked his way to being the leader of his team. After struggling with the physicality of the game as a freshman, he dedicated himself to the weight room which has resulted in him gaining over 30 pounds of muscle giving his 6' 10" frame the size and strength to become a formidable presence on the court. This season he is having career highs in scoring, rebounds, blocks,

and minutes played. Shane will graduate this semester with a bachelor's degree in marketing. ~Steven Orris

PIEDMONT UNIVERSITY

DEVIN DEAN

Forward

Senior

Devin joined us two years ago and since then has started or played significant minutes in every game with zero games missed due to injuries. His dedication in the weight room and strength allow him to play the forward position for us as an undersized guy. He is in the top 1% of the school with his Strength Index of 6.11 (Combined total of bench, squat, and deadlift then divided by his body weight). ~John Delf-Montgomery

TROY UNIVERSITY

AAMER MUHAMMAD

Guard

Senior

Aamer is a strength Coaches Dream, he's on time ,works hard, and is coachable, as stated by his strength coach. Strength numbers are Bench-285,Squat-425,Deadlift-500. His Head coach states, Aamer is one of the hardest working players and has helped us build a culture at Troy, embracing or "Take the Stairs" philosophy. There is no doubt that Aamer is going to go on and do great things after he finishes .He has been a big part of our success here at Troy .Aamer is sound Academically and will graduate spring. ~Richard Shaughnessy

COLLEGE — BASKETBALL

UNITED STATES COAST GUARD ACADEMY

KIRA WOOD

Guard

Senior

Heading into the 2023 season, Kira was a 3x member of the NEWMAC All-Academic Team and was a 3x NEWMAC Player of the Week. Serving as a captain this past season, Coast Guard saw its second best finish in school history with 19 wins and 7 losses. Graduating as the 9th leading scorer in school history, Kira accumulated over 1000pts and finished top 5 in school history for APG, 3FG%, and 3FGM. In NEWMAC play this season, she was top 5 in 3FGM and AST, as well as top 10 in APG and PPG, earning 2nd Team NEWMAC honors. Additionally, Kira ranked amongst the top 25 in NCAA III for 3FG (23rd) and 3PG (18th) this season. ~Timothy Farina

UNIVERSITY OF PROVIDENCE

TAREL ROLLINS-OLSON

Sophomore

He's a hard worker and always comes ready to work.
~Lucky Lovan

UNIVERSITY OF PROVIDENCE

HAYLEIGH SMITH

Freshman

She consistently puts in great effort into every lift session. The hard work she puts in doesn't go unnoticed and is setting her up for success. Proud of you.
~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE

JUNEAU ANICETTE

Guard

Junior

Dedicated year round workout enthusiast. Has improved his VJ to 32" and can dunk @ 6'. Has 230 bench and 205 power clean. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

TOMMY WHELAN

Guard

Sophomore

Added 10 lbs to his frame this year. Improved all lifts, squat (355), clean 215 and now has 31" VJ and can dunk at 6'. ~Jim Giroux

UNIVERSITY OF WISCONSIN-WHITEWATER

LUNDEN ALEXANDER

Guard

Senior

If I could pick an example of how hard work pays off, Lunden's story would be one of the best examples out there. For her first 3 years on the team, Lunden barely played. However, she always was one of the most encouraging teammates, leading the bench players in cheers at games and pushing others to get better in the weight room. All her hard work and positivity paid off, as in her final 2 years, she has contributed immensely on the court, working her way into a starting role, helping lead her team to multiple conference titles and NCAA tournament appearances, including a birth in the 2022 title game. ~John Schimenz

VASSAR COLLEGE

SIERRA MCDERMED

Guard

Sophomore

Sierra McDermed defines hard work and determination. Don't let her quiet domineer fool you, Sierra is mentally tough and physically strong. She has quickly become one of our strongest Brewers with the ability to front squat over 200lbs. It is this strength, dedication and commitment that sets her apart. ~Alice Read

COLLEGE — BASKETBALL

WEST TEXAS A&M UNIVERSITY

HOLLIE STALDER

Guard

Sophomore

Hollie has been committed to her physical development from the moment she signed to play for WT. She takes any off-season training seriously and continues to push herself during the season to ensure she holds on to the qualities developed. Hollie's example is respected by her teammates and encourages them to do the same both in the weight room and on the court. ~Sarah Ramey

WESTFIELD STATE UNIVERSITY

KUANY TENG

Forward

Senior

Kuany is a great student-athlete who is studying exercise science and demonstrates the qualities of being an NSCA All-American. Kuany is coming back from an achilles injury that cut his season short last year. He pushed through many obstacles and never gave up to get back out on the court. He has now been nominated as a captain and it has been a privilege to work with such an amazing young man. ~Tucker Bachand

WRIGHT STATE UNIVERSITY

ALEX HUIBREGTSE

Guard

Junior

The work that Alex has put in since a season-ending back surgery 2 years ago has been so impressive. He's done everything I've asked of him to prepare his body for the court and is seeing the benefits. ~Cole Pittsford

WRIGHT STATE UNIVERSITY

LAUREN SCOTT

Guard

Sophomore

Lauren has set an example of what is expected in the weight room since her freshman year. She is always encouraging to her teammates and challenging them and herself to make the team better. ~Alyssa Crusey

COLLEGE — BEACH VOLLEYBALL

BARRY UNIVERSITY

JEYSI MONTERO

Senior

Jeysi comes in ready to get after it everyday and has made tremendous strides in the weight room. She is a team player who lights up the room and is always willing to help her teammates! ~Jennifer Michuda

HUNTINGDON COLLEGE

BEA LINDQVIST

Senior

Bea became extremely dedicated to strength & conditioning during her career. She put tremendous effort not only into her development, but also poured into many others in her program, as well as countless other student-athletes throughout our athletic department. ~Charlie Goodyear

COLLEGE — CROSS COUNTRY

AVERETT UNIVERSITY

GABRIELLE GRIFFIN

Freshman

Gabrielle's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Gabrielle's impact both on the course and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

BARRY UNIVERSITY

HAYLEY BOYLE

Sophomore

Shows up with a great attitude, very coachable. Always striving to improve and get stronger ~Ellen Cederin

COLORADO COLLEGE

NICOLE CRAIGHEAD

Sophomore

Since I've known Nicole, she has been a consistent presence in the weight room and is constantly looking for ways to improve her performance. She always has the best attitude and does not shy away from hard work. Nicole is an exceptional work ethic and it has been a pleasure watching her grow the past year.

~Rachel Nicholson

DALLAS BAPTIST UNIVERSITY

KAYCEE KELLER

Junior

I've only worked with the Cross Country team for less than a year but I have been so impressed with this entire team. Specifically, KayCee Keller. It was obvious that KayCee enjoyed strength training and I had been told that she grew up participating in CrossFit. My first thought was that she would definitely be strong and fit but probably not a great runner, maybe middle of the pack. So, when I saw her leading the way at the first meet

of the season, I was blown away! She is clearly a competitor but she also has a passion for strength training and does it the right way! ~Alex Spencer

DALLAS BAPTIST UNIVERSITY

ANGEL LUERA

Senior

Angel is serving as a graduate student assistant while he is finishing his athletic eligibility. That alone, I always find impressive. Angel is constantly working to improve through strength training and has a passion for it. He is constantly helping teammates with exercise techniques and pushing them to work harder. ~Alex Spencer

FRESNO PACIFIC UNIVERSITY

YORKABEL GEBREHIWOT

Senior

Yorkabel Gebrehiwot approached me at the conclusion of her 2022 track season, seeking collaboration. Together, we dedicated ourselves to refining her form and enhancing her strength, setting the stage for an exceptional 2023-2024 season. Our efforts bore fruit as she demonstrated remarkable progress. Notably, she achieved a commendable ninth-place finish at the PacWest Cross Country Championships. Moreover, Yorkabel's performance reached new heights as she etched her name in FPU history, securing an impressive 20th place at the NCAA Division II West Region Cross Country Championships. Her achievements stand as a testament to her dedication and our collaborative journey towards athletic excellence.

~Whitney Leyva-Camberos

COLLEGE — CROSS COUNTRY

**LAMAR UNIVERSITY
NATALEE BERGERON**

Distance

Junior

Natalee Bergeron is a consistent figure for Lamar University Strength and Conditioning. She is attentive to every single detail for each exercise, holds herself and teammates to a high standard of training and always gives her best effort. You can always see Natalee taking the initiative on small tasks such as cleaning the weight room or helping her teammates understand the purpose of certain exercises. Congratulations Natalee, continue to give your best self, we are honored to award you as an NSCA All American! ~Justin Huynh

COLLEGE — DIVING

DUKE UNIVERSITY
EMILY RAKESTRAW

Senior

During her time on the Duke Diving Team, Emily has always had an outstanding attitude and given exemplary effort. She has constantly been in the weight room doing everything asked of her and also looking for ways to better herself. She has left a lasting impression on the program. ~Carl Christensen

IOWA STATE UNIVERSITY
LAUREN KIMBALL

Junior

Kimball is a joy to work with. She has committed and enjoys the weight room process. More importantly, improvements in the weight room have been aligned with great improvements in her diving. Although she has persevered through some setbacks, she continuously shows up for her teammates and defines what being a great leader and person really is. ~Madeline Prado

COLLEGE — FIELD HOCKEY

HOBART AND WILLIAM SMITH COLLEGES

CORA NAGLE

Mid-Field/Defense

Senior

Cora Nagle is one of the toughest humans I have ever had the pleasure to coach. She spent all summer in the weight room and on the field, working on her strength and speed. Her growth in the weight room, on the field, and as a leader has been notable. Notable in that this past season she achieved the honors of being an NFHCA All-American. Cora has helped lead her team to 2x Liberty League Champions, 2x NCAA Sweet 16 appearances, and started all 22 games this season. Cora is known in the weight room for her grit and can often be seen increasing weight on all of her lifts. In fact she has raised the bar in our weight room by adding weight to her chin-ups which empowered other women to work towards this accomplishment. ~Brittany Krivicich

LIMESTONE UNIVERSITY

ZOE BERGMANN

Midfield

Sophomore

Zoe was one of the first athletes I noticed take initiative when I began working with Limestone strength and conditioning. She never misses a weight session, and always makes up the ones she can't attend. She leads by example as well as verbally encouraging her teammates. Whether it's strength training or conditioning, Zoe pushes herself and her teammates to go as hard as possible. She understands what hard work will do for the team, making her an invaluable asset Limestone's Field Hockey program and strength program. ~Austin Black

MOUNT HOLYOKE COLLEGE

AMANDA THIBODEAU

Senior

Amanda has been an exceptional student-athlete. They have bought into our strength and conditioning program and consistently shows up each day ready to work. They have met every challenge with grit and determination. They have been a leader in our weight room for their team and I can always look to them as another coach.

~Jay Mendoza

TRINITY COLLEGE

OLIVIA MCMICHAEL

GK

Senior

She has done everything asked plus more for 4 years.

~Bill DeLongis

WASHINGTON AND LEE UNIVERSITY

JENNY LERNER

Defense

Senior

A leader by example and doing the small things right consistently. 2x First Team All-ODAC selection earned the 2022 Defensive MVP team award and is a six-time W&L Scholar-Athlete and two-time President's List honoree. On the field this season; started all 18 contests for W&L and anchored the unit that allowed just 17 goals (0.94 GPG) and 119 shots (6.6 SPG) for a 0.143 opponent shooting percentage of those 17 goals allowed, only seven of those were in conference play. ~Aron Gibson

COLLEGE — FIGURE SKATING

MIAMI UNIVERSITY OF OHIO

ZOE KRANTZ

Junior

I have worked with Zoe since she was in high school. I have loved watching her learn to love weight lifting and feeling strong. She made the Varsity Synchronized Skating team and has been extremely dedicated to her assigned workouts, coming to work with me during summer break, winter break and anytime she's home. She has grown so much and I am so proud of all her accomplishments! ~Jennifer Brand

COLLEGE — FOOTBALL

AURORA UNIVERSITY

JAMES MAUTINO

Wide Receiver, Return Specialist

Senior

James is a very dedicated and hardworking student athlete who is committed to academic and athletic excellence. He is a 4-time 1st team All-Conference wide receiver and return specialist, AP Second-Team All-Purpose All-American, D3football.com First-Team All-American, CSC/CoSIDA Academic All-America First-Team, and helped lead his team to a quarterfinal and second round playoff bids in consecutive years. In addition, James interns as a strength and conditioning coach for the Aurora Strength and Conditioning staff. His positive impact has improved the experience for all AU athletes in the weight room. ~Jenee Rago

AURORA UNIVERSITY

ANTHONY PETERSON

Offensive Lineman

Senior

Anthony Peterson's success on the field as a football player is supported by his proficiency in the weight room. Anthony became an integral part of the Aurora Football team due to his impregnable character and leadership both on and off the field. His lifting proficiency comes primarily from his deep roots in powerlifting. Anthony has been competing as a powerlifter since high school and has earned his stripes by breaking the junior national deadlift record in 2020 in the 125 kilogram weight class with an impressive 644 pound pull. ~Tanner Rowe

AURORA UNIVERSITY

ERNESTO RAMIREZ

Defensive Back

Senior

Ernesto in his time as a collegiate football player has many accolades including a First Team All Conference bid, Second Team All Conference bid, two time CoSIDA All American, two time All Region player, eight time

Dean's List recipient, six time High Honor Roll recipient, and two time Honor Roll recipient. He has also contributed to some of the most historic football teams in Aurora's history leading his team to a quarterfinals and second round playoff run in back to back years as a 3 year starter. Alongside of his athletic career he has been a huge help in the weight room being an intern for the Aurora University Strength and Conditioning Staff helping with numerous teams and making the weight room atmosphere better for everyone around them.

~Colin Dominski

AVERETT UNIVERSITY

JORDAN JOHNSON

Wide Receiver

Freshman

Jordan's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Jordan impact on the field and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

AVERETT UNIVERSITY

JACOB LEMON

Quarterback

Sophomore

Jacob's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Jacob's impact on the field transcends mere statistics, leaving an unmistakable mark on the sporting world

~Samuel Roome

COLLEGE — FOOTBALL

CENTRE COLLEGE SCOTTY BROWN

WR

Junior

Scotty has trained himself into an elite athlete with a 285lb Clean, 275lb Jerk, 415 lb Squat, 275 lb Bench, 23.08566 MPH Flying 10, and a 38.6" Vert.

~Carter Conley

CENTRE COLLEGE ETHAN HUMPHRIES

LB

Senior

At 6' 210 lbs, Ethan was a standout LB due to his tremendous work ethic. He displayed uncommon strength and power. He posted the following lifts - Clean 345, Jerk 365, Squat 545, Bench 425

~Carter Conley

CENTRE COLLEGE AIDEN JACKSON

OL

Junior

Aiden is a proven leader with elite strength and power, posting a 315lb Clean, 365lb Jerk, 585lb Squat, and 375lb Bench. ~Carter Conley

CENTRE COLLEGE ZACH REINERS

OL

Senior

Zach worked hard to develop his strength to match his athleticism on the field. He was a dominant force with a Clean of 335, Jerk 325, Squat 535, and Bench 325.

~Carter Conley

CENTRE COLLEGE TYLER VAUGHN

OL

Junior

Tyler has been an NSCA All American already in his college career. He posts a 700 lb Squat, 405 lb Bench, 335 lb Clean, and 365 lb Jerk ~Carter Conley

CLEMSON UNIVERSITY RUKE ORHORORO

Defensive Tackle

Senior

Ruke is 6'4" and 295 pounds. One of Clemson's hardest workers, Ruke earned ALL-ACC honors in 2022 and 2023. Ruke also earned permanent team captain in 2023. His passion and Leadership lead Clemson to a National Championship in 2018. Ruke bench press 435 lbs, squat 525 lbs and power clean 315 lbs. ~Michael Batson

CLEMSON UNIVERSITY WILL PUTNAM

CENTER

Senior

2 time all-acc selection and 4 year starter along the offensive line, including 2 seasons at guard. Played 3,564 snaps from scrimmage, 2nd most in clemson history. Played in 60 games w/ 49 starts. ~Paul Hogan

COLLEGE — FOOTBALL

CLEMSON UNIVERSITY

JEREMIAH TROTTER

Linebacker

Senior

6'1, 231 lbs. Jeremiah is one of Clemson's best linebackers in history. 2023 Butkus Award finalist, Bednarik Award semifinalist. Selected first team All-American in 2023 and Second team All-American in 2022. Trotter was also selected All-ACC in 2022 and 2023. Natural athlete who loves to train, but also leads his teammates to work hard and earn their success. Highly respected for his ethic and work habits, Trotter served as team captain. Trotter benched 365, Squatted 645 and Power cleaned 335.

~Larry Greenlee

DUQUESNE UNIVERSITY

AJ ACKERMAN

Defensive Line

Senior

AJ has taken full ownership of his physical and mental development over the course of his career, both in the weight room and on the football field. His commitment to developing his weaknesses while continuing to improve upon his strengths is unrivaled. AJ is one of the most competitive athletes I have had the pleasure of coaching. He has battled through adversity, and maintained an elite level of leadership, toughness, and work ethic. He has always remained humble, and accepted hard coaching with an unwavering conviction to getting better. For this, he is truly deserving of this honor. AJ's personal records include: Clean = 265, Back Squat = 500, Bench Press = 420. ~Anthony Longo

DUQUESNE UNIVERSITY

KEVIN KURZINGER

Defensive Line

Senior

Kevin came to Duquesne with a strong training background, and proficiency in all technical aspects of weightlifting. That has not stopped him from getting better, and learning. Kevin has continued to commit to not only improving himself, but his teammates. He is someone I can rely on to help hold others accountable and maintain high standards. Kevin has fought through injury, and never stopped working or leading. His consistency and intensity are truly admirable. Kevin's personal records include: Clean = 350, Back Squat = 550, Bench Press = 375. ~Anthony Longo

EMORY & HENRY COLLEGE

ADDISON KNICELY

DB

Senior

Shows up early, never missed a lift, always gives great effort, has a positive attitude, PR's year to year, excels in the classroom, 2022 all SAC mountain division 2nd team, 2023 SAC All-mountain division ~Noah Arni

ENDICOTT COLLEGE

ZACHARIAH TWARDOSKY

Defensive Back

Senior

Zach is a leader in all the senses of the word. Twardosky received numerous accolades for his on the field achievements. The reason Zach was chosen is his ability to lead the team both in the weight room and on the field. ~John Dustin

COLLEGE — FOOTBALL

FAIRMONT STATE UNIVERSITY

TYREES SMITH

Linebacker

Sophomore

Tyrees Smith, a sophomore from Huntington, 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. Tyrees helps to uphold our team standards in the weight room, in the classroom and on the field. He is a leader for his position group and the football team as a whole. In the weight room, Tyrees is relentless in his efforts to improve his strength and power. As a sophomore, he already has impressive strength numbers. He currently has a 545 lbs. squat, 560 lbs. deadlift and a 335 lbs. bench press. During his sophomore season, Tyrees finished with 69 tackles, 4.5 TFLs and one fumble forced. With his work ethic, I have no doubt that his strength and power metrics will continue to increase, as will his contributions on the football field. Tyrees' discipline, work ethic and leadership also show in the classroom. He currently has a 3.1 GPA, majoring in exercise science and was named to the MEC commissioner's honor roll. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Tyrees Smith. ~Adam Kolberg

FAIRMONT STATE UNIVERSITY

ELIJAH TIDWELL

Running Back

Sophomore

Elijah Tidwell, a sophomore from Ashburn, Virginia, is an exceptional student-athlete and is one of the hardest-working young men that I have had the pleasure to coach. Since transferring to Fairmont State last spring, Elijah has been the definition of consistency in every aspect. He has shown the utmost desire to get better in the weight room and on the field. Elijah's consistency and hard work have allowed him to add 6.5 inches to his vertical jump and 10 inches to his broad jump. He also

squats 475 lbs., dead lifts 515 lbs., power cleans 255 lbs. and benches 355 lbs. This fall, Elijah also scored his first career touchdown. With his work ethic, I have no doubt that his weight room metrics, and his contributions on the football field, will continue to increase. Lastly, Elijah is an outstanding student. He currently has a 3.26 GPA, majoring in business administration 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 Elijah Tidwell. ~Adam Kolberg

FORDHAM UNIVERSITY

MEKAI FELTON

Senior

Mekai Felton has been one of the top performing athletes in Fordham Strength and Conditioning history. He is atop the current student athlete school records in the Snatch, Vertical Jump, 10 yard dash, and Back Squat. His dedication to strength and conditioning translates to the football field as an All-conference performer, a captain elected by his peers, and a true leader of the Ramilly. Hard work and dedication is in Mekai's DNA and those qualities have garnered him the ultimate respect from everyone here on Rose Hill and he is truly deserving of NSCA All American status. ~Joe Gilfedder

FORT HAYS STATE UNIVERSITY

CLAY ROBINSON

Running Back

Senior

Clay is a man of tremendous character and a great example of high level work ethic. His commitment and dedication to year round system of training throughout his entire career set a standard of excellence for those to follow and was a solid role model that led teammates to a higher purpose. Clay will make a difference in his community and those who are around him.

~Doug Boucher

COLLEGE — FOOTBALL

HOBART COLLEGE

ABDOULAYE DIALLO

DB/CB

Senior

Abdoulaye Diallo is arguably one of the best human beings I have had the pleasure to work with and be around. AD has been a staple for our defense on the field but more importantly our weight room and school culture over his tenure at Hobart. An Arthur Ashe Jr. Sports Scholar, Semifinalist for the William V. Campbell Trophy (CFB finest scholar-athlete) among other awards, Abdoulaye was a standout in the weight room as well. Squatting well over 2.5x his body weight, benching 225 for reps and sumo deadlifting 2x his bodyweight. AD has been as consistent as anyone in the weight room and is BEYOND deserving of recognition for his work ethic, his detail and discipline. ~Chris Gray

HUNTINGDON COLLEGE

TUCKER SPENCE

Linebacker

Senior

Tucker led by example throughout his career, and grew to become a strong leader for our football program. He has an impeccable work ethic, displays toughness in all areas, and is extremely consistent. Tucker exercises self-discipline in all of his commitments, and has always been a selfless teammate. ~Charlie Goodyear

MINNESOTA STATE UNIVERSITY, MANKATO

MARSHALL FOERNER

Offensive Line

Senior

Marshall has set forth a great example of what consistency and long-term progress looks like in strength and conditioning. Beginning his career as a redshirt freshman, he has used the weight room to help him develop into an All-American offensive lineman. Marshall has also earned numerous academic honors including being named to the NSIC All-Academic Team of

Excellence. We look forward to Marshall reaching even greater heights in the future. ~Andy Stocks

MOUNT MARTY UNIVERSITY

GABE BAPTISTA

Defensive Back

Junior

At 5'8" and 160 lbs, Gabe has used his weight room work to excel on the football field. A starter in the defensive back field, Gabe has 29 tackles on the year, 3 interceptions and had 11 broken up passes on the season. A leader on and off the field, Gabe has helped develop the high standards and work ethics of a new program that just started football 3 years ago. Gabe has a 30 inch vertical, a 350 lbs squat and a 235 lb bench. With a 4.43 pro-agility run, Gabe looks to have an even better Senior Year. ~Mark Roozen

MOUNT MARTY UNIVERSITY

ISSAC CROWNOVER

Special Teams

Freshman

Issac used his hard work ethic in the weight room and took in on the grid iron where as a freshman he was a key player on special teams and got playing time by the end of the year. On special teams, he had 6 solo tackles, 1 assist, and had 3 fumble recoveries to lead the conference and rank 3rd in NAIA stats. Coming in as a Freshman, Isaac had a 31-inch vertical, ran a 4.31 in the pro-agility, and squatted 405 with a 285 lb bench. ~Mark Roozen

COLLEGE — FOOTBALL

MOUNT MARTY UNIVERSITY

JAYDEN HERRACH

Fullback

Sophomore

Jayden is the strongest member of the football team, pound for pound and is the hardest worker in the weight room of anyone on either side of the ball. A power back, used in special situations, Jayden had 97 key yards short yardage situations and had 3 receptions for 24 yds. At 5'8" and 195 lbs, Jayden squats 500 lbs, has a 330 lb bench, a 29 inch vertical and 4.46 in the pro-agility run.

~Mark Roozen

NORWICH UNIVERSITY

ZACH KRIKA

ILB

Senior

This exceptional athlete not only excels under the spotlight of competitions but also stands out as a beacon of inspiration in the quieter moments of practice sessions. It is in these practice sessions that their unwavering work ethic and remarkable leadership qualities truly shine through. Their consistent dedication to self-improvement and ability to maintain focus have been instrumental in cultivating a nurturing and competitive atmosphere that sets a higher standard for performance across the entire team. ~Scott Caulfield

NORWICH UNIVERSITY

ANDREW WHITE

WR

Senior

Andrew has become a leader in the weight room and the field as his attention to detail in physical preparation serve as his guiding light. He had become a welcome addition to his teammates as he's able to help them improve themselves as he has over the past four years. ~Scott Caulfield

PORTLAND STATE UNIVERSITY

TANNER BEAMAN

Tight End

Sophomore

Tanner Beaman is the definition of what you want to see in an athlete. Not only does he work hard, but he gives exceptional attention to detail in all aspects of training. During warm-ups, contextual sprint drills, jump prep, and full training. He is respectful, focused, and disciplined. When something goes wrong, he admits fault or asks how he can improve. He helps pick up after field work and makes sure that the weight room is spotless before he leaves. He has the qualities to not just be a great athlete but to become a great leader as well. Tanner is the embodiment of the principles that coaches teach and instill in their athletes. He is outright deserving of this award ~Scott Fabian

THE PEDDIE SCHOOL

NATE BUSH

Linebacker

Junior

Nate's superpower is his Consistency. Nate makes no excuses. "He Trains. He does not workout". Nate has a burning intensity to get better every day he enters the gym. Knowing the goal is to give his best effort and stack great workouts. During his 18 months at Peddie, he has made great progress.

Only a Junior, Nate has earned an IRON FALCON Lower Body. Nate worked his way to a 404 lbs Back Squat, 456 lbs Deadlift, 317 lbs Front Squat, 215 lbs Hang Clean, 450 lbs RDL, 240 lbs Bulgarian Squat, and a monster 616 lbs Hex Bar Deadlift. He accomplished this at 210 lbs.

~Mike Volkmar

COLLEGE — FOOTBALL

TRINITY COLLEGE

MATT ALMANZI

Offensive Line

Senior

Matt has been dedicated from day 1. ~Bill DeLongis

UNIVERSITY OF MISSOURI S&T

BENTLEY HART

D-Line

Junior

Bentley is one of the hardest working athletes on campus. The effort he has put in to the weight room shows up on the field every time he steps on it. The thing I have been most impressed with is his ability to step into the leadership role that he and his team need from him. ~David Edwards

UNIVERSITY OF PENNSYLVANIA

CAM JANOCK

Linebacker

Junior

Known for showing up early and staying after lifts to do extra, Cam is very disciplined and a reliable asset to his teammates. He is consistently striving to be 1% better everyday and faces challenges with an immense abundance of resiliency. Cam was highly decorated at our awards banquet (Most Valuable Defensive Lineman, the Wagner Cup, and Lt. Charles Schmucker Ideal Sprint Football Player Award) highlighting his leadership and grit. He rallied the first-years to lift and set the expectation of what it means to be a successful sprint football athlete. No doubt that Cam will continue to lead others and be a force to be reckon with off the field, as well one day! ~Emily Kolsevich

UNIVERSITY OF REDLANDS

SCOTT TINSLEY

Defensive Back

Senior

Scott exemplifies leadership both on and off the field. Throughout my two years coaching Scott, I've seen him

excel in his sport and in the weight room. He consistently exceeds expectations and hold himself & his teammates to an exceptionally high standard. Scott owns a +1,000lb total in the weight room (Clean, Squat, Bench) weighing only 205lbs. His achievements on the field are countless, including 3rd Team All-American (DIII), 1st Team All-Region, Conference Athlete of the Week, & Top 20 Defensive Back (College Football Network) to name a few. I don't take this nomination lightly, and I can think of no one more deserving of the honor of NSCA All-American than Scott. ~Connor Truhitte

UNIVERSITY OF VIRGINIA

JAHMEER CARTER

Defensive Tackle

Senior

In my 10 years in the field of Strength and Conditioning, I do not believe I have coached an athlete more deserving of the NSCA's All American Athlete of the Year Award than Jahmeer Carter. He is an absolute monster in the rack and on the platform, posting the following numbers during the training cycle this past year: 455 Bench, 665 Squat and 355 Clean. These demonstrated competencies give him the influence of another coach on the floor. Naturally gifted, but also the hardest worker in the locker room, he models the champion spirit by putting in hours of extra work daily. Number 90 is not one to just shine in the offseason either. His presence might be stronger on Saturday's where he anchors the interior on the defensive line. As a Senior Bowl watch list selection his production surprised nobody. Durable, consistent, and always available, Jah logged a career high thirty-five tackles and had a key sack which proved a pivotal moment in a road win against a top ten team this year. Teammates and coaches respect him for his character, presence, and intellect as he was voted a Team Captain for the 2023 season and was recognized by the ACC and placed on their academic team.

~Nathan Pototschnik

COLLEGE — FOOTBALL

UNIVERSITY OF VIRGINIA

MIKE HOLLINS

Running Back

Senior

Mike Hollins, a 5'9.25", 206 lb. running back, has been an outstanding leader, student-athlete, person, and worker for our football team. Hollins, a victim of a horrible gun violence tragedy in 2022, worked diligently to rise from the event, surpass his previous bests in training, and return to the football field.

In 2023, Hollins was elected by his teammates as a permanent team captain. On the football field in 2023, Hollins excelled, leading the Cavaliers with 7 rushing touchdowns.

Hollins was named the recipient of the ACC's Brian Piccolo Award (given annually to the league's most courageous football player), the Capital One Orange Bowl-FWAA Courage Award, the AP Comeback Player of the Year Award, and was named one of the three finalists for the Jason Witten Collegiate Man of the Year Award. Additionally, Hollins earned ACC All-Academic team.

In training, Hollins 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, Hollins' impressive testing numbers were as follows: bench press 360 lbs., bench press 225 lbs. 22 reps, back squat 540 lbs., front squat 395 lbs., power clean 325 lbs., vertical jump 35.5", broad jump 10'0.5, and top velocity 21.29 MPH. In addition to his strength & conditioning and football accomplishments, Hollins is a graduate of the University of Virginia, earning a degree in commerce. Hollins 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. Mike Hollins has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Adam Smotherman

UNIVERSITY OF VIRGINIA

PERRIS JONES

Running Back

Senior

Perris Jones is my nominee for the NSCA All-American Athlete of the Year Award. Perris displayed everything that this award encompasses. He is a leader with integrity, dedicated to the classroom, and an exceptional athlete. Perris was voted on by his teammates as one of five team captains in 2022, served as game captain in 2023, and was named to the 2022-2023 ACC Honor Roll. Perris has a bachelor's degree in both African American studies and English. He is also pursuing a master's in educational psychology. This season his career was cut short by a hit that left him with a spinal injury that required surgery. Before his season ended tragically, a running back, he scored 2 touchdowns, gained 393 yards on 76 carries, with an average of 5.2 yards per carry. At 5'7" and 179, Perris had the following testing numbers in the weight room: 610lb Back Squat, 300lb Power Clean, 340 Bench Press, 34.5" Vertical Jump, 4.03 Pro Agility, and 6.73 L Drill. Perris is still recovering from the surgery and making miraculous strides in his healing process. He has been an inspiration to all that have known him.

~Austin Kaigler

COLLEGE — FOOTBALL

UNIVERSITY OF VIRGINIA

MALIK WASHINGTON

Wide Receiver

Senior

Malik Washington NSCA Strength & Conditioning All-America Nomination

Malik Washington, a 5'8.25", 194lb. wide receiver from Lawrenceville, GA was one of the most productive wide receivers in the country during the 2023 season. A first-team All-ACC selection, Washington finished the season with a school-record 110 receptions and a set the UVA single season receiving record with 1,426 yards. During the 2023 campaign, Washington broke the ACC single-season records for receptions (110) and receptions per game (9.16). His 1,426 receiving yards are the fifth-most in a single season in ACC history. Washington was one of 10 semifinalists for the 2023 Biletnikoff Award presented to the nation's top receiver. He accumulated 1,706 all-purpose yards (1,426 rec. & 273 KR) in 2023, the fifth-most in a single-season in UVA history. Washington excelled off the field as well.

Based on his work ethic, consistency, leadership, and performance, players voted Washington as one of the five 2023 Season Captains. Washington also embodied excellence in the classroom and was recognized for his academic prowess. In the classroom, Washington posted a 4.0 GPA working towards his graduate degree in higher education, and he received an award for academic excellence at the season banquet.

Washington's work ethic, attention to detail, toughness, and consistency allowed him to thrive in the weight room. His testing numbers were as follows: bench press 345lbs., bench press 225lbs. 16 reps, back squat 550lbs., front squat 445lbs., power clean 310lbs., vertical jump 37.5", broad jump 10'5.5", pro agility 4.21, L drill 6.89, and a top velocity of 21.49 MPH.

Malik Washington has earned NSCA Strength & Conditioning All-America honors in my opinion.

~Will Harrison

UNIVERSITY OF WISCONSIN - LA CROSSE

AARON SCHMITZ

Defensive Back

Junior

Aaron's commitment to football, academics, and the weight room is unmatched. On the field, Aaron was named team captain for us this year as a Junior, he was the only Junior to do so. Aaron started all thirteen games for us this year at safety and finished the season with 52 tackles, 2 TFL's, & 3 PBU's, while earning WIAC Honorable Mention at Defensive Back. This season, Aaron helped lead UWL to our 36th conference title as well as UWL's first Quarter Finals playoff game since 1996. In the classroom, Aaron has maintained a 3.7 GPA while majoring in Exercise Sport Science with a Pre-Professional Track and a nutrition minor. In the weight room, at 5'10" 190 pounds, Aaron has posted a 34.1 inch vertical, 180 kg squat, 127.5 kg bench, and a 4.70 40-yard dash. Aaron has been nominated for our Iron Eagle Award (UWL Football Teams' Lifter of The Year) the past two seasons and won the award for the 2023 season. The energy and work ethic he brings daily to the weight room is infectious and is one of the key factors to our successful weight room culture here at UWL. I believe Aaron has earned NSCA Strength & Conditioning All-America honors based on his development & leadership both in the weight room and on the football field.

~Philip Whitesitt

COLLEGE — FOOTBALL

UNIVERSITY OF WISCONSIN-WHITEWATER

ZACH SHERMAN

Tight End

Senior

“Unflappable” is one of the best terms that Zach exemplifies in everything he does. No matter if things are going well, or things are going poorly, Zach is the same dude, giving 100% effort in every workout, practice, and game, especially as he successfully rehabbed from a serious knee injury his senior year to lead his team to the playoffs. His steady leadership helped propel his squad to multiple conference championships and a birth in the national title game during his Warhawk tenure. ~John Schimenz

WEST TEXAS A&M UNIVERSITY

JIMMY HARRISON

Linebacker

Senior

Jimmy transferred to WT in 2023 and instantly established a presence in the weight room and on the field as a leader gaining the respect of his coaches and teammates. His actions over the past year demonstrated the value he placed on strength and conditioning and the impact it can have on athletic performance. His efforts in training, practice, and competition set the foundation of establishing the culture of a new coaching staff and provided a great example for younger teammates to follow to fill the shoes he left upon finishing his athletic career. ~Jesse Herd

COLLEGE — GOLF

AVERETT UNIVERSITY

HANNAH GAMMONS

Sophomore

Hannah's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Hannah's impact on both the course and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

AVERETT UNIVERSITY

KILLIAN O'REILLY

Junior

Killian's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Killian's impact on the course and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

BARRY UNIVERSITY

SYDNEY GRIMES

Senior

Sydney comes in everyday excited about lifting weights and improving her golf game. She is always pushing herself by upping her weight and asking for more challenging progressions. ~Jennifer Michuda

BARRY UNIVERSITY

HUNTER THOMPSON

Junior

Hunter comes in the weight room everyday with a mentality of how can I get better and how can I help my team get better. Hunter is a natural leader and is always giving his teammates positive encouragement while putting his best foot forward. Often times he is the first

one in the weight room and the last one out and leaves the weight room cleaner than how he found it.

~Jennifer Michuda

DALLAS BAPTIST UNIVERSITY

ELLA CHEEK

Freshman

Ella is a freshman and she is on FIRE! She came to campus in the fall with a vigor I had not seen before. She recently had her first win as a freshman. Above her physical abilities, the thing I appreciate and respect most about Ella is her character. She exudes joy! She is disciplined but she thoroughly enjoys what she is doing. She is bought in and I can't wait to see what she does over the next several years! ~Alex Spencer

HUNTINGDON COLLEGE

DAWSON FARNI

Senior

Dawson has a strong competitive drive, and is very detail oriented, which has allowed him to develop as a leader within our golf program. His intensity is infectious, and his teammates truly feed off of it. ~Charlie Goodyear

IOWA STATE UNIVERSITY

LIYANA DURISIC

Senior

Liyana has really committed to the weight room during her senior year. She has become a vocal leader at lifts and is an example to her teammates by doing what is required of her and beyond. She has made major gains this year and has accomplished the goals she set out for herself. ~Madeline Prado

COLLEGE — GOLF

IOWA STATE UNIVERSITY

ZACH MAY

Sophomore

Zach has shown extreme commitment to his physical growth during his first two years in the program. He has visibly put on muscle mass and continues to jump through the roof! His attention to detail makes Zach an athlete that learns movements quickly and then exceeds at them. ~Madeline Prado

LAMAR UNIVERSITY

LINNEA JERLEBO

Senior

Linnea is the epitome of a team player and what every coach strives for as both an athlete and an individual. She comes in every day with a positive attitude looking to get better, and always tries to bring others along with her. Her work ethic is contagious and it shows not just in the weight room, but in everything that she does.

~Miles Edmond

MCKENDREE UNIVERSITY

RASMUS NILSSON

Senior

Rasmus has been a pleasure and honor to work with. He sets the standard for what it means to be a student athlete. He excels in academics, athletics and in the athletic performance center. He always has a positive attitude in the performance center and leads by example, while also holding his teammates accountable. His hard work and drive to make not only himself, but his teammates better is admirable. He regularly comes in for extra work in the performance center and encourages his teammates to also. Rasmus has played a pivotal role in getting the golf team to buy in to the performance center and to help relay its benefits to the game of golf. The hard work and dedication Rasmus has shown over his years does not go unnoticed and will carry him well into life endeavors. We wish him all the best. -BH

~Tyler Aulbur

PIEDMONT UNIVERSITY

ERIN DONOVAN

Number 1

Sophomore

Erin has led this program since the moment she stepped onto campus. Her tenacity on the course carries into the weight room, she is committed to being consistent in the weight room because she knows that it keeps her healthy and improving. She has added significant carry to her drives and continues to be both a vocal and lead-by-example leader for our young team. She looks to have a huge year after being named Rookie of the year and 1st team all-conference in 2023. ~John Delf-Montgomery

PIEDMONT UNIVERSITY

JOSH HEBRINK

1st

Senior

The 2023 D3 National Champion and leader of the runner-up team, Josh Hebrink, is back for his senior year and he is leading from the front like he found himself at the 4 tournaments that he won. Josh utilizes the weight room to stay healthy and active in all tournaments that he has played in. Recovery has become something that he also has focused on, but also knows how important the strength side of the weight room is. Josh has gained significant ball flight distance and club head speed.

~John Delf-Montgomery

TRINITY COLLEGE

CADE KLARIDES-DITRIA

Senior

He lived our core values for 4.5 years

~Bill DeLongis

COLLEGE — GOLF

UNIVERSITY OF TENNESSEE AT MARTIN

DAX ISBELL

Sophomore

Dax is a student-athlete who is highly driven. From the first day he stepped onto campus, he exhibited the willingness to utilize the weight room and its' resources to further his athletic development. As a freshman, Dax was named to the OVC All-Newcomer, Athletic Director's Honor Roll, and the OVC Commissioner's Honor Roll. For the 2023-2024 season, Dax has continued to seek additional opportunities in his physical development while providing valuable leadership to the golf program.

~Chris Gillies

WASHINGTON AND LEE UNIVERSITY

WALKER MCPHAIL

Senior

Walker was a Third Team All-ODAC selection and earned a College Sports Communications Academic All-District nod after he posted a T38 finish at the NCAA DIII Championships to help the Generals to a top-10 finish overall in team scoring during his junior season. He had the best 18 holes of the Division III Championships for W&L with a two-under-par performance on the fourth round on the largest stage of the year. His senior season fall campaign saw him help the team to a 3rd place finish at the NCAA Preview. His leadership and dedication has been a key in the teams development and continued utilization of S&C. ~Aron Gibson

WEST TEXAS A&M UNIVERSITY

VICTOR ESTAS

Golfer

Freshman

Victor is an absolute beast in the weight room. He continually gives great effort and is an awesome person.

~Jesse Herd

WRIGHT STATE UNIVERSITY

ANDREW FLYNN

Senior

Andrew has put an incredible amount of effort in the weight room and on his own. He's gotten significantly stronger and more powerful during his time here at Wright State and his hard work has paid dividends on the course. ~Cole Pittsford

COLLEGE — GYMNASTICS

UNIVERSITY OF MICHIGAN

GABBY WILSON

All-Around

Senior

Gabby is currently an all-rounder for the University of Michigan Women's Gymnastics Team, having served as a two-time captain and competing her final season of eligibility. Gabby has grown as a gymnast, student, and social advocate during her 5 year career at Michigan. Aside from her significant contributions in the competitive arena, being part of 3 Big Ten Championship teams and the 2021 National Championship team, Gabby has used her platform to advocate for racial justice in the education system. She works to effectively use her platform to drive change, which is demonstrative of her selfless attitude. Gabby's journey through Michigan has been filled with ups and downs, but she has remained intentional and purposeful with her words and actions. Her commitment to strength and conditioning matches with her commitment to training to be an All-American gymnast. She has committed herself to improve her strength, power, and relative fitness levels, along with communicating on a highly mature level about the need to adjust her training for various physical limitations she has encountered at Michigan. She has taken tremendous personal ownership of her development every step of the way and has inspired and motivated others to raise their standards. Gabby has been a wonderful gymnast and leader within Michigan Women's Gymnastics and our entire Athletic Department. 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 know she will continue being a leader in the communities she lives within. ~Lew Porchiazzo

UNIVERSITY OF PENNSYLVANIA

MARISSA LASSITER

All-Around

Sophomore

Marissa has a genuine love for life and has a huge heart for those around her. She is no doubt one of our strongest, most powerful athletes and really takes to heart the things we do in the weight room for her performance. She always brings a positive, can-do attitude and isn't afraid to take challenges head-on with confidence. Marissa's energy lights up a room and she is an absolute JOY to watch and coach. ~Emily Kolsevich

COLLEGE — ICE HOCKEY

COLORADO COLLEGE

LOGAN WILL

Forward

Senior

Logan is a phenomenal person to coach. He possesses an intense work ethic with the commitment to improving his game every day. His "lead by example" style as our captain has proven to be extremely successful, bringing others along when needed. I feel very fortunate to have coached him these past few years and wish him the best in the future. ~Cam Davidson

ENDICOTT COLLEGE

JACK SMILEY

Forward

Senior

Jack Smiley's impact transcends the borders of Endicott, resonating across communities and inspiring countless individuals worldwide. Jack's remarkable talents shone brightly from the start. However, when adversity struck in the form of a stroke and an unwelcomed diagnosis, Jack refused to surrender. Through sheer determination and unwavering resilience, Jack has defied the odds, reclaiming his place in the skating rink and the weight room. His extraordinary comeback not only astounds with its physical prowess but also uplifts spirits and ignites hope in those who witness his journey. Jack Smiley's story is more than a testament to personal triumph; it's a beacon of light for anyone facing their own challenges. His resilience, courage, and unyielding spirit serve as a reminder that with perseverance, anything is possible. ~John Dustin

HOBART COLLEGE

JARED PATTERSON

D

Senior

Jared is the epitome of elite character both on the ice and in the weight room. An Assistant Captain for the Hobart National Championship Hockey Team in 22-23, Jared's

output never drops off. Boasting a back squat over 300 lbs and a bench flirting around that same number, it is his consistent technical approach to mastering challenging compound movements such as the power clean with ease that always impresses. He is the culture keeper, the hardest consistent worker and is someone who makes everyone around him better every day. Without a doubt in my mind an All American as a human being and as student athlete. ~Chris Gray

NORWICH UNIVERSITY

LEOCADIA CLARK

Goalie

Senior

Leo does not only shine during competitions but also serves as a pillar of inspiration during practice sessions where her hard-working nature and leadership qualities come to the fore front. Her persistent dedication and focus have fostered a positive and competitive environment that raises the performance bar for the entire team. ~Scott Caulfield

NORWICH UNIVERSITY

PATRICK O'NEAL

Forward

Senior

It is with great pleasure and confidence that I write to recommend our Pat O'Neal for the NSCA All American award. Over the course of 85 games, he consistently demonstrated not only exceptional skill but also an undeniable passion for excellence. With a remarkable tally of 14 goals and 25 assists, his contributions on the field have been invaluable to our team's success. Beyond their impressive statistics, his personal qualities genuinely set them apart. His unyielding commitment, tireless work ethic, and self-discipline exemplify what a standout athlete should be. He has displayed a singular determination to better himself and his teammates daily, pushing the boundaries of their abilities and setting a benchmark for sportsmanship. ~Scott Caulfield

COLLEGE — ICE HOCKEY

ROCHESTER INSTITUTE OF TECHNOLOGY

KARLY KOLSSAK

Sophomore

Karly's impact on the strength of the female athletes is truly remarkable. Her natural ability in the weight room, as evidenced by her record 170# Hang Clean and 165# Bench Press, sets a high standard for her peers to aspire to. Beyond her impressive physical achievements, Karly's infectious energy and [positive attitude create a welcoming and supportive atmosphere in the weight room. Karly's leadership through her performance and attitude not only raises the bar for strength among female athletes but also contributes to a culture of positivity and growth within the team. ~Ryan Kelly

ST. LAWRENCE UNIVERSITY

NICHOLAS TRELA

Forward

Senior

Nicholas Trela approaches every weight room training session with energy and intensity. He always comes in early without ever being told to work on his mobility or stretching. He comes into each session with the intent to always bring the best "attitude and effort," one of his favorite sayings regarding, the things than he can control. Nick is always in a great mood, full of smiles and someone that the team can look to for a boost of energy throughout the demand of any training sessions. No matter what the challenge is for the day, he's undoubtedly going to face it head on and get the team focused and engaged to do the same. He's truly a student-athlete that others feed off of. Along with his radiant personality, his strength to weight ratio is very impressive and continues to push himself in the weight room. ~Jared Hatz

THE UNITED STATES AIR FORCE ACADEMY

LUKE ROWE

Defense

Senior

I am honored to nominate Falcons hockey captain Luke Rowe, who is a senior defenseman at the United States Air Force Academy. Luke's on ice accomplishments include ranking seventh in the nation in points by a defenseman, candidate for the Hobey Baker memorial award, first three-year captain in school history, and competing in the New Jersey Devils development camp. Within the Falcons, Rowe was awarded the team's Vic Heyliger award for his dedication, character, and leadership two seasons in a row, the team's defensive player of the year two years straight and earned the Larry Cronk award his sophomore season for inspirational play. His hockey in conference awards include six times AHA player of the week, two times AHA player of the month, two times AHA all-academic team and earned second team all AHA honors as a junior. Off the ice, Luke was named to squadron commander for cadet squadron 12 during the Spring semester of 2024, awarded the captain of captain's award which spans across all sports at USAFA and has helped to develop a USAFA hockey culture of character, leadership, and excellence.

~William Quillman

TRINITY COLLEGE

HANNAH LECLAIR

Goalie

Senior

From day 1 to today, no one was more dedicated in her class. ~Bill DeLongis

COLLEGE — ICE HOCKEY

UMASS AMHERST SAMULI NIINISAARI

Defenseman Senior

Samuli is the type of athlete we all dream of having. He is the most dedicated collegiate athlete I have ever been around. Sami is the ultimate leader, not only does he consistently do the right thing, but he also brings others along with him. He is not shy about holding anyone accountable, including his coaches, as long it is for the betterment of the team. In November, Sami suffered a major knee injury knocking him out of the lineup for significant time. At that point in time, he was in the top defensive pairing on the hockey team. Losing him from the line-up was a big blow. From the day following his injury, Sami was in the training room, and the weight room constantly finding that 1 next thing that he could do to help get him back out on the ice. He embraced everything we gave him and kept asking for more. I have never seen someone embrace conditioning sessions on an Assault Bike the way he did, not because he enjoyed it (he definitely did not), but because he knew that it would help him to be prepared when he was cleared to get back out on the ice with his teammates. Samuli returned to the ice in January stronger and more powerful than ever. His impact on the lineup was immediately felt, and his fitness level was so high that he was able to jump right back into his number 2 defenseman role (nearly 30 minutes of play per night). His pursuit of greatness did not stop with his return to the lineup. He is consistently one of the last players out of the gym at the end of the day, cooling down after practice, and utilizing every piece of information that I or our training staff can give him. He is the embodiment of the UMass hockey team's "Fast Hard Prepared" identity. Since I arrived on campus in September, and even with his injury, he has added 3 inches to his vertical jump and improved his on-ice sprint by 5% - no small feat in just 5 months. ~Mike Vaughan

UNIVERSITY OF CONNECTICUT RILEY GRIMLEY

Forward Junior

Riley epitomizes this award in all facets. She is consistent in her efforts and her unrelenting work ethic and positive attitude has allowed her to significantly improve her performance measures each year. She welcomes new challenges and elevates her teammates along the way. As a freshman, Riley was ranked 13th overall in our team performance metrics. Over the last two years, she has pushed herself each day to improve her overall ranking to 2nd overall. Riley is a great example of tenacity and leading by example. Her approach to training is infectious as she makes her teammates more accountable and helps push our team standards to new levels every day. ~ Joel DeMarco

UNIVERSITY OF PROVIDENCE ADAM HUSLI

Freshman

A leader on and off the ice. His work ethic, dedication, and drive to be better and help his team be better is very admirable. He puts in great effort into the weight room, and it transfer to his game on the ice. ~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE AMELIE ST - AMANT

Defense Junior

2nd year receiving this award. Strongest women's hockey player. Projected 1 rm s Bench 165, Squat 250 and Clean 165. Has done additional work in pre season to improve speed and change of direction. ~James Giroux

COLLEGE — ICE HOCKEY

UNIVERSITY OF SOUTHERN MAINE

JAKUB SURAN

Forward

Sophomore

Hard working athlete dedicated to improving all aspects of strength & conditioning. Improved acceleration and speed over summer. Has benched 240 and cleaned 235. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

MARCUS TORGNER

Forward

Freshman

Strongest hockey player ever here @ the University. Has bests of 325 bench, 445 squat, 315 clean and 53' over Med ball throw. ~James Giroux

UNIVERSITY OF WISCONSIN MADISON

BRITTA CURL

Forward

Senior

Britta Curl is the epitome of the best qualities an athlete can possess. Her worth ethic, leadership, attention to detail and overall attitude are unparalleled which as a result has made her the best athlete I've ever had the honor of working with. In the last three years, she has held herself to an incredibly high standard when it comes to the weight room and the preparation for the season and in doing so, she has done an incredible job leading and educating the younger classes on how to train to be a high level hockey player. She has help set the Wisconsin Women's Hockey program up for continued success in the weight room due to her excellent leadership and hard work over the course of her career here at the University of Wisconsin and there is no person more deserving of the status of NSCA All American. ~Paul Valukas

COLLEGE — LACROSSE

AMHERST COLLEGE

RYAN RAHBANY

Defender

Senior

When I first met Ryan in his sophomore year, his leadership, attention to detail, and overall impact on the team led me to believe he was an upperclassman and/or captain of the team. At a level where the athletes direct much of our out-of-season work, in terms of scheduling and holding others accountable, Ryan's efforts have been second to none. Despite battling through injuries and exercise modifications throughout his entire college career here at Amherst, Ryan's energy, effort, and enthusiasm has been unwavering, and it has been a pleasure for the entire Amherst College Strength and Conditioning staff to work with him! ~TJ Cahill

AVERETT UNIVERSITY

ANDREW GUYNN

Goalkeeper

Sophomore

Andrew exemplifies leadership both on and off the field, demonstrating remarkable improvement in the weight room and consistently delivering exceptional effort in every aspect of his athletic endeavors. Andrew embodies what it means to be a true team player, and a program guy! ~Tyler Smith

AVERETT UNIVERSITY

IRENIA TORRE

Attach

Senior

Irenia's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Irenia's impact both on the field and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

COLORADO COLLEGE

BRAYDON ELLIS

Midfield

Sophomore

Braydon tore his ACL during his freshman year and was told that he would have to work extremely hard to get back to the field. Good thing hard work is in Braydon's blood. There isn't a day where he isn't giving it his all. On top of unbelievable work ethic, Braydon demonstrates incredible leadership, communication, and passion. He is truly a program changer.

~Derek Savage

COLORADO COLLEGE

PEYTON MURPHY

Attack

Junior

Peyton has been nothing but a positive leader in and out of the weight room this past year. Despite being sidelined with an injury, she continues to push herself and her teammates to reach their highest potential. She has experienced incredible growth this past year and is a prime example of what can come from pushing oneself to get better everyday. ~Rachel Nicholson

DREXEL UNIVERSITY

LIAM KAMMAR

Defensive Midfield

Junior

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

~Dan Vossbein

COLLEGE — LACROSSE

DUKE UNIVERSITY RYAN MACKENZIE

Senior

Ryan is constantly in the weight room looking for work. He is the definition of lead by example and no matter the situation he can be counted on to selflessly lead his teammates. He is a Duke Man. ~Carl Christensen

HOBART AND WILLIAM SMITH COLLEGES SIAN MACKENZIE

D

Senior

Sian MacKenzie is a flat out WORKER. Her consistent approach of energy and output in the weight room is unmatched. Boasting a 1RM Bench Press of 135lbs, Back Squat of over 200lbs and a Hang Clean in the low 100's, she is a tremendous example of hard work. Where she really shines is in her body weight exercises crushing pullups for reps with additional weight on a belt and pushups without quit. Sian's commitment to her craft and her teammates is a daily bright spot and she undoubtedly is a massive piece to our weight room culture. ~Chris Gray

LIMESTONE UNIVERSITY JASON MADDEN

Midfield

Senior

Jason plays a large role in the team dynamics in the weight room and on the field. He does not miss any sessions as well as leads by example and through motivation. He holds his teammates accountable during all lift sessions and is always the first one to make sure the team is listening, following instructions, and completing their lifts. It has been an honor to see Jason grow the past 2 seasons into an incredible captain and positive leader. I cannot wait to see where life takes him after graduation as he has the potential to be successful in anything he puts his mind to. ~Kaitlin Holman

LIMESTONE UNIVERSITY JENNA KILEY

Midfield

Senior

Jenna's commitment to strength & conditioning was evident once I began working with the women's lacrosse team this year. She goes above and beyond during weight room and conditioning sessions. She is always the first person on the field and the last to leave. She performs every task with 100% effort and pushes herself and her teammates to the best of their ability. Jenna has left her mark on the on the Limestone University Strength & Conditioning program and I am proud to nominate her as a NSCA All-American. ~Tim Schachtner

NORWICH UNIVERSITY MITCHELL MCKAY

M/A

Senior

Mitch has faced adversity with injuries throughout his college journey, yet he has consistently maintained a positive outlook and a determined work ethic. His resilience and optimism are inspiring and have a ripple effect, making him a genuine leader both on and off the field.. ~Scott Caulfield

NORWICH UNIVERSITY ADDIE REIL

Defense

Senior

I wholeheartedly support the nomination of this individual for the prestigious title of NSCA All American. Athletes of their caliber not only raise the bar in collegiate sports but also serve as a beacon of inspiration for aspiring young talents striving for excellence. ~Scott Caulfield

COLLEGE — LACROSSE

PIEDMONT UNIVERSITY

WILL ISLEY

Midfield

Sophomore

Will has stepped up in a big way both as a freshman in 2023 and now as a sophomore in 2024. He has become a vocal leader in the midfield and has a no-excuse attitude. Will recovered from injury this summer being faster and stronger than ever, he is top five in both our totals (1010#) and strength index (4.7) categories so he is also very committed and consistent to the weight room. ~John Delf-Montgomery

PIEDMONT UNIVERSITY

LINDLEY WARD

Midfield

Senior

Lindley started in every contest in 2023 and has been a huge part of our program since I got here three years ago. She made her mark as an intern as well as helping with other teams' training as an undergraduate exercise science student. Lindley started and played in every game last year helping us to a historic season going 7-2 in the conference and a semi-final appearance in the USASouth conference tournament. ~John Delf-Montgomery

ROANOKE COLLEGE

SEAN KENNEDY

Midfield

Senior

Sean exemplifies what this award is all about. Not only does he do a fantastic job in our workouts, he does all the little things outside of workouts that set his example apart. Sean never backs down from a challenge, and understands the value of strength and conditioning as it pertains to the sport of Lacrosse. He can lead a group by example and changes the intensity of the group around him. Sean's production numbers are as follows: Bench

Press - 250, Back Squat 365, Power Clean - 240. ~Scott Bennett

ROCHESTER INSTITUTE OF TECHNOLOGY

ALLYN FRENCH

FOGO

Senior

Frenchy is a weight room guy. He is one of our strongest athletes, holding multiple spots on our record board with lifts like a 370# Front Squat, 350# Bench Press. Not only is he strong but he trains smart. French commits time to incorporate mobility and prehab movements demonstrating his understanding of the importance of injury prevention and overall athletic performance. His contagious enthusiasm not only motivates others to work hard but also makes training sessions enjoyable. ~Ryan Kelly

ROCHESTER INSTITUTE OF TECHNOLOGY

CARRISSA HLYWA

Attack

Senior

Carrissa's journey of growth and development is truly inspiring. Her transition from a fierce competitor on the field to a leader in the weight room demonstrates her dedication and tenacity in all aspects of her athletic journey. Setting her sights on the record board this year showcases Carrissa's ambition and commitment to achieving her goals. By embodying a strong work ethic and leading by example, she inspires her teammates to push themselves to new heights and fosters a culture of excellence and achievement. ~Ryan Kelly

COLLEGE — LACROSSE

SACRED HEART UNIVERSITY

JAKE CANDELINO

Defense

Senior

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

~Matt Rodriguez

SACRED HEART UNIVERSITY

ELLIE HOLT

Defense

Senior

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

~Matt Rodriguez

SALISBURY UNIVERSITY

KAITLYN HUNSINGER

GK

Senior

One of the most dedicated and committed athletes we have seen within our women's teams, Kaitlyn it truly deserving of this honor. Day in and day out she brings her best effort and passionately commits to getting better. Working with Kaitlyn is an absolute honor and proud of all she has become during her time here at Salisbury University. ~Matt Nein

SALISBURY UNIVERSITY

CHARLIE WHITE

Midfield

Senior

Charlie is an absolute work horse. From his first day here at Salisbury he was passionate about becoming the best. His work ethic and fire to train and grow has propelled him into the successful athlete he is today. A true honor to work with an athlete who bring such a high level of dedication to his craft. ~Matt Nein

SMITH COLLEGE

ISABELLE ELDER

Defender

Senior

Isabelle has consistently raised the bar for her team in the weight room and on the field. In S&C she continues to push her limits when it comes to conditioning and lifting, and has made tremendous effort to care for herself when it comes to deciding between pushing ahead or resting, and encourages her teammates to do the same. She is a great example of a weight room leader, supporting efforts to boost the team's conditioning, and challenge each other in healthy ways. She is not afraid to step into leadership (which can sometimes be difficult!) and set an example through actions and attitude. In addition to these important qualities, she has also navigated the difficulties of playing during the 2020 pandemic, been a two time team captain, a two time NEWMAC Academic All-Conference honoree, IWLCA All-Academic Team, and a two time NEWMAC All-Conference Second Team member. Isabelle demonstrates many qualities that I know will contribute greatly to a better world, and I am excited to see her get recognized for these. ~Audrey Hayn

COLLEGE — LACROSSE

UNIVERSITY OF MICHIGAN

MICHAEL BOEHM

Attack

Senior

Michael has been dedicated to the weight room from the first day he set foot on the University of Michigan Campus. He holds himself to the highest of standards when it comes to his physical preparation. His enthusiasm and energy are infectious both in the weight room and on the field whether it be during a practice or a game. He leads by example and always puts his teammates first. Michael truly loves Michigan and Michigan is better for having him in it. It has been a pleasure working with Michael and I am honored to nominate him for the NSCA All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

UNIVERSITY OF MICHIGAN

ANNABELLE BURKE

Midfield

Senior

Annabelle Burke is a senior midfielder on our Women's Lacrosse team and current team captain. Annabelle or 'AB' has been a staple in the weight room since I began training the Women's Lacrosse team a few years ago. Her intensity is contagious, and her competitiveness is exciting to watch. She's constantly challenging her teammates to work harder; to get better each and every day. On the field, she's the one asking for another rep and holding her teammates to a higher standard, which has played out in the success they've had. AB has been a pleasure to work with am proud to nominate her for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

UNIVERSITY OF MICHIGAN

JACK WHITNEY

Defense

Senior

Jack has turned himself into the player he is today through hard work and dedication. He is the backbone of our defense and sets the tone in the weight room. He understands what it takes to be successful at this level and brings it every day. He is a leader who expects a lot of himself and just as much from his teammates. If the energy is low in the room, I can always count on Jack to get the fire lit. It is with great pleasure the I nominate Jack Whitney for the NSCA All-American Strength and Conditioning Athlete of the Year ~Jason Cole

UNIVERSITY OF SOUTHERN MAINE

EMILY CLOUTIER

Attack

Junior

Is regular in the weight room. Has done extensive rehab and additional strengthening for a torn ACL. Has also greatly improved her upper body strength, now having a 140 bench. Is a starter and frequent scorer on one of the top teams in the conference. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

PAIGE RINALDI

Attack

Senior

Has worked hard to overcome herniated discs and tonsil surgery this past winter. Did challenging conditioning and speed workouts in the off season to prepare for this lacrosse season. Has added nearly 40 pounds to her power clean this off season. ~James Giroux

COLLEGE — LACROSSE

UNIVERSITY OF WISCONSIN - LA CROSSE

GRACE WILLMOTT

Mid-Fielder

Junior

Grace has essentially been a part of the UWL Lacrosse team since its inception in 2020. She joined the team in 2021 and helped the team increase their overall wins by 4. In 2022, her and the team increased their win totals again from 5 to 8. In 2023, the team again increased its wins by 4 to 12 wins and 5 losses. In the 2022 season, Grace started 3 games, but played in all 16 amassing 8 goals, 2 assists and 11 shots on goal. In 2023 Grace played and started in 17 games. She amassed 26 goals (including a record at the time, 7 in one game) and 7 assists. Not only was Grace a leader and captain on the field, but she was also one in the weight room. She consistently pushed herself to new limits. In doing so, she pushed others further than they thought they could. In the classroom, Grace was just as consistent and hardworking, earning a 3.690 cumulative GPA. Grace's work ethic and character has certainly earned her the opportunity to be recognized by the NSCA as an All-American. ~Philip Whitesitt

VASSAR COLLEGE

SOLOMON HESS

Defense

Senior

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 360lbs 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

WESTMINSTER UNIVERSITY

HAGAN BUCHANAN

Midfield

Senior

Hagan Buchanan embodies the essence of dedication and perseverance, qualities that shine through his exemplary attitude, effort, and attention to detail. As a member of the men's lacrosse team, Hagan's leadership amongst his peers is undeniable, evident not only in his on-field prowess but also in his unwavering commitment to year-round self-improvement. Regardless of the setting, Hagan has demonstrated remarkable character and resilience. Throughout the arduous process of recovery and training, Hagan has consistently displayed respect for himself, his team, his coaches, and fellow athletes. His compassion towards others facing similar challenges is palpable, offering support and guidance as they navigate difficult days. Hagan's calm demeanor and unwavering determination serve as a beacon of inspiration for younger athletes and the entire team. His ability to maintain composure while striving towards his goals ultimately translates into exemplary performance on the lacrosse field. It is without hesitation that Hagan Buchanan be recognized for the National Strength and Conditioning Association All-American Award, recognizing his outstanding contributions to his sport and his unwavering dedication to personal and team success. ~Joshua Bullock

COLLEGE — LACROSSE

WESTMINSTER UNIVERSITY

RILEY WELDON

Defense

Senior

Riley Weldon exemplifies the quintessential qualities of a remarkable athlete, showcasing an unwavering attitude, relentless effort, and meticulous attention to detail. As a prominent leader among her peers on the women's lacrosse team, Riley's influence extends far beyond the field, demonstrated through her year-round commitment to self-improvement. Despite facing the challenges of injury and time away from the game, Riley confronts adversity with resilience and determination. She confronts the mental and physical toll of setbacks with admirable candor, displaying both vulnerability and strength throughout the rehabilitation process. Riley's empathy towards fellow athletes, regardless of team affiliation, underscores her compassionate leadership. Her tireless work ethic and unwavering perseverance serve as a beacon of inspiration, ultimately culminating in a triumphant return to lacrosse. Riley's exceptional contributions to her sport and her remarkable journey make her a deserving candidate for the National Strength and Conditioning Association All-American Award, symbolizing her dedication to excellence and unwavering commitment to success. ~Joshua Bullock

COLLEGE — MULTI-SPORT ATHLETES

WASHINGTON AND LEE UNIVERSITY

EVAN NOVAK

Football/Track & Field

Tight End/Thrower

Junior

Dependable leadership with reliable energy. On the football field for the Generals Evan hauled in his first career All-District distinction, the junior boasts a 3.78 gpa while working towards a degree in physics. He was selected to the All-ODAC second team after being a dual-threat in the Generals' offense. He was a dominant force in the running game, helping the Generals average 288.4 yards per game on the ground which ranked fourth in Division III, he also contributed in the passing game as he hauled in ten passes this season for 155 yards and two touchdowns. For Track & Field Evan finished his sophomore campaign with a 4th place finish in the Hammer and 8th in the Discus at ODAC Outdoor Championships. Currently ranked 3rd All-Time for W&L in both events. Recently finishing his junior year ODAC Indoor Championships with a 4th place finish in the Weight Throw, his mark putting him 7th All-Time in program history. ~Aron Gibson

COLLEGE — ROWING

BARRY UNIVERSITY

JOSIE WILES

Senior

Josie's work ethic and determination have made her a leader on the water and in the weight room. ~James Karr

DUQUESNE UNIVERSITY

MAGGIE RAY

Junior

Maggie has done nothing but improve in the classroom, sport, and training. She sets the standard for the women's rowing team. Maggie has never missed one optional lift and always brings a teammate with her on optional days. She is a natural leader who leads by example. She is an athlete every coaches loves to coach. I am excited to continue to coach her to her highest level. ~Zach Chandler

ROCHESTER INSTITUTE OF TECHNOLOGY

MAGGIE CAREY

Senior

Maggie's role as the anchor of the Women's Rowing team is invaluable. Her consistency, hard work and discipline create a solid framework for the team's success. By delicately balancing accountability and support, she has become an indispensable leader. Her commitment to strength training not only reflects in her own impressive numbers but also sets a high standard for her peers. This dedication to physical preparation contributes not only to her individual success but also to the overall strength and resilience of the team.

~Ryan Kelly

ROCHESTER INSTITUTE OF TECHNOLOGY

TOMMY MOORE

Senior

Tommy's dedication to his physical preparation is commendable, as it shows his commitment to personal growth and improvement. His enthusiasm for demonstrating strength not only reflects his own drive but serves as motivation for his teammates. Tommy's proactive approach to sharing training practices, providing feedback, and sharing new ideas for the program highlights his collaborative spirit and his desire to contribute positively to his team's success. ~Ryan Kelly

COLLEGE — RUGBY

NORWICH UNIVERSITY

HUNTER PULEO

Senior

His exceptional personal qualities truly distinguish him. With unwavering commitment, relentless work ethic, and self-discipline, he embodies the epitome of an outstanding athlete. Demonstrating unparalleled determination to enhance himself and his teammates daily, he consistently pushes the limits of their abilities, establishing a standard for sportsmanship.

~Scott Caulfield

COLLEGE — SOCCER

AMHERST COLLEGE

CECILIA CURRAN

Defense

Senior

Cecilia Curran is being nominated for her exemplary energy and effort in the face of adversity over the course of her athletic career at Amherst College. Her dedication to doing whatever it takes to be the best athlete she can be, while also performing at the highest level in the classroom (3 year All Conference Academic) is an inspiration to me and the staff. Her unwavering positive attitude has brought an unmeasurable amount of energy to her team and the department. ~Chris Boyko

AVERETT UNIVERSITY

OLIVER KOUSHOLT

Defense/Midfielder

Junior

"Oliver epitomizes dedication and passion in sports, showcasing remarkable enhancements in sports performance and enthusiasm for training. His leadership style, characterized by vocal and proactive qualities, serves as a beacon of inspiration for his team, both on and off the field. Oliver's unwavering attendance speaks volumes about his commitment to achieving excellence."

~Tyler Smith

AVERETT UNIVERSITY

ERIKA LINDSTROM

Midfield/Defense

Junior

Erika's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Erika's impact in both the weight room and on the field transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

BARRY UNIVERSITY

MARTIN RASMUSSEN

Defender

Junior

Coming back from a serious knee injury, Martin's work ethic has been unrivaled to get back on the field.

~James Karr

BARRY UNIVERSITY

ELLA WALLFUR SKILJIC

Junior

Amazing work ethic. Pushes herself to get stronger, faster and better in every situation, trustable captain with good leadership skills ~Ellen Cederin

BRANDEIS UNIVERSITY

CHRISTIAN GODINHO

Junior

Christian's dedication, focus, and respect in the weight room is impeccable. He has shown great strides in his training, is always willing to go above and beyond, and is never afraid to ask for help to improve his lifting technique. Christian's energy, attention to detail, and class make him a fantastic athlete to coach.

~Kaitlin Carson

CAL POLY HUMBOLDT

MEGAN JANIKOWSKI

Defender

Junior

Megan's dedication on the field and in the weight room helped her team to one of the best finishes in program history, including a post season victory. Individually, Megan was recognized as one of the best defenders in the conference with a first team All CCAA selection. With another season to go, and another off-season in the weight room, Megan's greatest accomplishments are still to come! ~Andrew Drew Petersen

COLLEGE — SOCCER

CLEMSON UNIVERSITY

SYDNEY MINARIK

Outside Back

Senior

Sydney Minarik has a relentless pursuit of being the best version of herself everyday no matter what environment she is in. Syd is so bought into the process and how it can drive her and her teammates to find ways to embrace doing the controllables extremely well. Her work ethic on and off the field is impressive due to the actions and behaviors she does with fine detail and intent. She makes everyone around her better and leads with assertiveness, grace, and confidence. ~Erika Troutman

COLORADO COLLEGE

ALEX SANDOVAL

Midfield

Senior

Plainly, Alex is just an awesome person to coach. The way she has battled adversity in her career and has gone to work every single day with an unwavering positive attitude has made Alex a joy to be around. I really enjoy that she's always eager to find a way to improve and no doubt will be a huge success in whatever she decides to do in the future. ~Cam Davidson

DALLAS BAPTIST UNIVERSITY

JACK GOLDEN

Defender

Sophomore

Jack is such a hard worker. Most athletes are but Jack wants to work hard. He sustained an injury which required surgery and some time off the field. Since rehabbing, he has come back even stronger and even hungrier! He is always looking for ways to improve and progress. I can't wait to see how Jack does this Spring and even more excited for the Fall! ~Alex Spencer

DREXEL UNIVERSITY

EMMA GOODROW

Defender

Senior

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

~Michael Rankin

ENDICOTT COLLEGE

GRACE JEWETT

Forward

Junior

Grace is an athlete who has been able to accomplish a lot in her time at Endicott. She leads both on and off the field both her team and the entire student-athlete body. Jewett has been a driving force in pushing the women's soccer team to new limits. Grace is an athlete that serves as a phenomenal role model on what it means to be a student-athlete. ~John Dustin

FORT HAYS STATE UNIVERSITY

ISABEL ROBBEN

Goalkeeper

Senior

Isabel is a tremendous young woman, with outstanding character. She was a leader for her team both by actions and by words. She was a positive influence for her teammates, willing to help out in any way she could, but also demanding the best from them. She ranked 5th in NCAA DII with 11 individual shut outs. Isabel has an incredible work ethic and will accomplish many things and have great success because of it. ~Doug Boucher

COLLEGE — SOCCER

GLENDALE COMMUNITY COLLEGE

SEBASTIAN FLORES

Defender (Right Back)

Sophomore

Sebastian, also known as "Sebas," has been an invaluable asset as the starting right back for the GCC Gauchos. Over the past two years of coaching him in the weight room, it has been an absolute privilege to witness his unwavering dedication and exceptional work ethic. Whether it's on the pitch or in the weight room, Sebastian consistently brings a positive attitude and an unmatched commitment to improvement, always trying to put in extra work. Not only does he excel athletically, but he also maintains an impressive 3.6 GPA, showcasing his dedication to success both on and off the field. Sebastian is truly an outstanding young man with a world of opportunities awaiting him. ~Skyler Hollingsworth

HARDING UNIVERSITY

VEAGAN JONES

Defender

Junior

Veagan is an outstanding young lady and an accomplished student. Beyond her accomplishments is a kind-hearted, encouraging, and humble person who enjoys helping others. I was able to work with Veagan as she returned to sport last year and it is an honor to recommend her for this award. Below are a few of her accomplishments:

- Harding women's track 800 runner (2021-2024)
 - Women's track GAC champions 2021 & 2022/GAC runner up 2023
 - Harding women's soccer (2020-2024)
 - Member of mission 4:31 (2022-2024)(group organized to elect leaders on sports teams to help encourage and guide teammates in their faith)
 - Major in Exercise science/Minor in Spanish
 - Elected to play on WPSL Oklahoma FC 1st team (2023)

- Elected to play on WSPL Oklahoma FC U-21 (2023)
- Member of Pi Theta Phi at Harding
- Awarded academic scholarship (2020-2024) ~Elizabeth Mullins

HAVERFORD COLLEGE

SADIE KIM

Midfield

Senior

Sadie's training intensity, leadership, and ability to overcome adversity are what stands out to us as a Strength and Conditioning All American. Sadie had always been a solid athlete, and would play in games, but never an everyday starter for Haverford soccer. After her Junior season she was elected captain and was poised to be an important piece for the team for her senior year. That Junior offseason Sadie demanded more from herself and elevated the way she went about training. She brought an intensity to her training that everyone else was chasing to keep up with. Sadie pushed the team to match her intensity, and her presence made everyone else's workouts better. Sadie saw some pretty great improvements during that time, becoming the fastest, highest jumping, and one of the strongest kids on the team. Then during a pickup game 5 months away from her senior season she tore her ACL. With such short time between the injury and her season, she wasn't sure if she was going to every play Haverford soccer again. But she got surgery, rehabbed her face off, and was able to play in the last 3 games of the season. Although it wasn't the career she wanted, the progress she was able to make and her ability to get back on the field speak volumes about her character and the kind of work ethic she possesses. ~Nicky Miranda

COLLEGE — SOCCER

HOBART AND WILLIAM SMITH COLLEGE

LILA COHEN

Defender

Junior

Lila Cohen's passion, drive, and spark makes her a top notch leader and strength and conditioning All-American. As a sophomore Lila was very passionate about improving her VO2 test standard, as being a William Smith soccer player it is a part of their fitness assessment. She started taking initiative by increasing more conditioning workouts and extra lifts into her routine. As a result of her relentless work she was able to decrease her time and become part of her team's leadership squad. While Lila leads by example in the weight room, what really makes her special is her ability to bring others along with her. Now it's not just her doing extra work, it's her and a few of her teammates.

~Brittany Krivicich

HUNTINGDON COLLEGE

MADISON TRYON

M

Senior

Madison has an impeccable work ethic, and does not mind things becoming uncomfortable. She has always been up for a challenge, and spreads that competitive mindset to those around her. ~Charlie Goodyear

IOWA STATE UNIVERSITY

MADDIE BRANT

Defender

Senior

This athlete is a leader and shows it through her work ethic, accountability, dedication, and mental toughness. These attributes hugely show in the weight room pushing herself everyday to be the best athlete but also the best person. ~Jermima Job

MINNESOTA STATE UNIVERSITY, MANKATO

MACKENZIE RATH

Goalkeeper

Senior

Mack's impact on the Minnesota State soccer program cannot be overstated. The effort and attention to detail that she brings to training has positively influenced everyone on the team. Mack has used her leadership role to help younger athletes learn new movements as well as encourage teammates through challenging workouts.

~Brett Nelson

PIEDMONT UNIVERSITY

ELISSA LOTTER

Defender

Senior

Since arriving at Piedmont Elissa has provided our backline stability and expert play. She has played in every game while at Piedmont and has exceeded in the weight room as well. She always found time in her busy schedule of student teaching, playing, and normal studies to be consistent in the weight room and an awesome leader of example. Elissa will be successful in every aspect of life!

~John Delf-Montgomery

PIEDMONT UNIVERSITY

MIKE PORCELLI

Senior

After a historic run for our Men's tennis team last year in a close defeat in the conference tournament finals. Mike led the team last year on and off the court and he's back to do that and more. The team's goals are very high and Mike has led from the front making sure training is done at the highest level, without missing any training days, and in the 19 Varsity matches played last year in both singles AND doubles. ~John Delf-Montgomery

COLLEGE — SOCCER

PORTLAND STATE UNIVERSITY

CAM DIXON

Defender

Senior

Cam gave up her senior year to give her mom part of her liver to save her life. She has made a remarkable comeback and surpassed all expectations in the weight room and is back to full speed ahead. She will test higher than when she had the surgery. Cam is a leader in the weigh room and on the women's soccer team. Her leadership qualities are why I have allowed her to intern for me for 2 terms. Congratulations to Cam for this honor. In my 20 years at Portland State she is one of the most deserving to earn it. ~Scott Fabian

ROANOKE COLLEGE

ASHLYN BERRY

Defense

Sophomore

Ashlyn is a tireless worker who absorbs all the coaching we can give her. She is very focused during her training sessions and pays close attention to all details that are presented daily. As workouts progress, her intensity increases, and her accomplishments continue to grow. As our program is brand new, I have very few measurables for her. Her most recent bench press is 135lbs. Her most recent hang clean max is 150lbs. I am excited to see these improve. ~Scott Bennett

ROCHESTER INSTITUTE OF TECHNOLOGY

DAN GEBURA

Defense

Senior

Dan exemplifies the essence of "Lead by Example" through his consistent dedication and outstanding performance in the weight room. His discipline and accountability set a high standard for his teammates, striving for a culture of excellence. Dan pushes fellow student-athletes both in the weight room and on the field, encouraging others to maximize their potential. His

actions speak volumes as he practices what he preaches, showcasing some of the strongest cleans, squat and bench press on the team. ~Ryan Kelly

SALEM STATE UNIVERSITY

MADI RYAN

Defender

Sophomore

As a sophomore, Madi has been a great person to have around our program. She has shown great potential as a young leader for the women's soccer team by never missing a lift, leading by example, setting the tone, and most importantly attacking all aspects of training without fear. Madi is a Sport & Movement Science major with a 3.2 GPA. She is analytical in her training, always seeking a deeper understanding of our program processes. Since November, Madi has increased her strength levels by 66% (upper body) and 133% (lower body) respectively. Madi has an upward trajectory as a well rounded student-athlete and I am looking forward to seeing her continued development both on/off the field as a leader. ~Francisco Aguilar

SOUTHERN METHODIST UNIVERSITY

MARTIN DOMINGUEZ

GK

Junior

Martin has persevered through many obstacle to become the young man he is. He pushes himself beyond what most athletes deem possible all in the pursuit of being there for his team when it matters most. His work on the field and in the weight room is a great example for all student-athletes. ~Peter Kenn

SOUTHERN METHODIST UNIVERSITY

JENEVIEVE JACKSON

Junior

Jen exemplifies effort and intensity. She works tirelessly to ensure she does her role for the team on the field and in the weight room. ~Peter Kenn

COLLEGE — SOCCER

TRINITY UNIVERSITY

BAILEY MEYER

D/M

Senior

Bailey has grown tremendously in her time with us at Trinity. In her first year she demonstrated a more timid and fragile mindset, so seeing her grow into the strong and determined student-athlete that she is has been amazing and is a testament to the hard work she has put into becoming a relentless competitor. ~Daniel Martinez

UNITED STATES AIR FORCE ACADEMY

THADDAEUS DEWING

Forward

Senior

Thad is a true leader of character, and is a living example of the Core Values of the United States Air Force Academy. Not only a talented soccer player, he led by example in the weight room in his command presence from his form to technique to weight selection. He invested in his athletic performance, nutrition and sleep habits, which can be challenges at any Service Academy. He improved each year in his max effort lifts and conditioning, and those efforts in the weight room and on the field led him to multiple All-WAC teams and professional tryouts. He will be a great addition to the Long Blue Line! ~Kim Pinske

UNITED STATES AIR FORCE ACADEMY

GRACE SUBLETTE

midfield

Senior

- Played in 53 career matches, including 45 starts.
- Notched her first goal and assist in her final season.
- Totaled 3,614 career minutes on the pitch.
- Four-time Academic All-Mountain West Team selection.
- Three-time Mountain West Scholar Athlete.
- College Sports Communicators (formerly COSIDA) Academic All-District Selection in 2023.
- Has appeared on each of the Dean’s List, Athletic Director’s List, and Superintendent’s List.
- Went on OPS to Davis-Monthan AFB, rode F-16 and HH-60
- Was Tactical Combat Casualty Care (TCCC) Superintendent for BCT, teaching basics medical techniques.
- Athletics Element Leader.
- Team captain in 2023.

~Drew Bodette

UNIVERSITY OF PENNSYLVANIA

MAYA LESCHLY

Defender

Senior

Maya is one for the record books, one of the toughest athletes I have had the pleasure of coaching. A gritty athlete and dare I say a backbone to our defense, Maya is a true competitor. She welcomes a challenge and fights through everything with a smile! Her leadership speaks volumes even if she doesn’t say a word – Maya’s presence is commanding and a force to be reckon with. Maya is reliable, resilient, and a great teammate on the field, in the classroom, and down in the weight room! So excited to have her back for another year, but I can’t wait to see what she does next! ~Emily Kolsevich

COLLEGE — SOCCER

UNIVERSITY OF PITTSBURGH

CHLOE MINAS

Midfielder

Senior

Chloe has been a multi year captain, president of the student advisory committee, and actively helps in the weight room. She is active in our whole athletic department and consistently works to make not only herself, her team, but all other teams better. Chloe always does extra work and brings teammates with her. She provides so much energy in the weight room and is by far one of our strongest female athletes. We are better because of Chloe! ~Brenna MacDonald

UNIVERSITY OF PROVIDENCE

MELANIE ALVARADO-LOPEZ

Junior

Her leadership, work ethic and discipline inside the weight room will take her far in life. She puts 110% effort into every lift. Proud to be part of her athletic career and see where she goes in life. ~Lucky Lovan

UNIVERSITY OF PROVIDENCE

GEOVANNI LUGO

Freshman

His dedication and commitment to being the best is unmatched. Proud to see how far you've come and where you're going to next. ~Lucky Lovan

UNIVERSITY OF REDLANDS

MALIA KUHL

Midfield

Junior

I am honored to nominate Malia Kuhl, an outstanding female soccer player. Malia has consistently displayed remarkable leadership and communication skills on the field, contributing significantly to the team's success, which earned her All-Conference Honorable Mention as a first year. Her prowess in weightlifting is equally impressive. Since then, she has continued to achieve

notable performance gains, underscoring her dedication to strength and conditioning. Malia is not only an asset to our soccer team but also a role model in the weight room. ~Anthony Penalber

UNIVERSITY OF SOUTHERN MAINE

MIA SARGENT

Defense

Senior

Decorated All Region, All Conference and Player of the year. Has seen big gains in strength over her 4 years. Best lifts include 135 bench, 225 squat, projected 155 clean. Has also improved her movement particularly straight ahead. ~James Giroux

UNIVERSITY OF TENNESSEE AT MARTIN

IZZY PATTERSON

Midfield

Junior

Izzy demonstrates what coaches look for in a student-athlete. In the classroom, she has been selected to the OVC Commissioner's Honor Roll, Athletic Director's Honor Roll, and achieved OVC Medal of Honor each semester she has been at UTM. In the weight room, Izzy has become an extension of the sport performance staff through her leadership and desire. On the field of play, Izzy has been instrumental in the championship success while garnering All-OVC First Team selection twice, one All-OVC Second Team, and All-OVC Newcomer Team. ~Chris Gillies

COLLEGE — SOCCER

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

TRISTAN SINGH

Defender

Senior

Tristan has shown leadership qualities in the weight room and on the field. In two seasons with UTRGV Men's Soccer, he played and started in 28 games. On the field, he was a part of a defensive unit that held opposing offenses to under 2 goals per game and accumulated 12 shots on goal and 4 total points on the offensive side of the ball. This past season, Tristan had the honor of serving as team captain. ~Lucas Monroe

UNIVERSITY OF WISCONSIN - LA CROSSE

JENNA NICHOLS

Defender

Junior

Jenna has been an integral part of the UWL soccer team since joining the team in 2021. She helped the team to a 16-winning season in 2021, including a trip to the NCAA Division III championship quarterfinals. In 2022, she was a part of a 21- win season, including a trip to the NCAA Division III Championship 3rd round. In 2023, she was selected to be team captain, and helped the team collect 20 wins. Unfortunately, the team was eliminated in the NCAA Division III quarterfinals in a heartbreaking match that went to penalty kicks. In her 2022 season, she suffered a torn ACL. She spent the following off-season training and strengthening her body to be ready for the 2023 season. When not on the field, Jenna can be found hard at work maintaining her GPA. In her time as a student, she obtained a 3.77 cumulative GPA and was accepted into UWL's Physician's Assistant Master's program. In the weight room, Jenna was a key component in pushing her and her teammates to go beyond their perceived limits. Based on Jenna's hard work in all aspects of her life, she has certainly earned the ability to be named an NSCA Strength and Conditioning All-American. She has a high ceiling and can

go wherever and do whatever she sets her mind to.
~Philip Whitesitt

VASSAR COLLEGE

LUCY GETZIN

Midfield

Sophomore

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

VASSAR COLLEGE

JACOB RAPHAN

Goalkeeper

Freshman

Jacob Raphan is driven and passionate. Jacob is pushing the limits with each rep both in the weight room and on the conditioning floor. He maximizes every opportunity to grow and lead and is quickly setting himself apart as a first year. It is this work ethic and energy that sets him apart. ~Alice Read

WASHINGTON AND LEE UNIVERSITY

SYDNEY SMITH

Goalkeeper

Senior

A hard worker and leader Smith finished the year with a 0.72 goals-against average across 1,743:24 with a 0.827 save percentage and eight clean sheets. She recorded a season-high seven saves in three games, including in the first round of the NCAA Tournament against No. 3 Carnegie Mellon, as well as a three-save shutout against then-No. 2 Christopher Newport. Smith was tied for the second-most clean sheets in the ODAC, and she ranked third in both GAA and save percentage. ~Aron Gibson

COLLEGE — SOCCER

WEST TEXAS A&M UNIVERSITY

THEO BENNETTS

Defense

Junior

Theo is a Junior transfer here at WT and was immediately thrown into the spotlight. He had to command and lead our back line, which speaks to his leadership on the field. His work ethic in practice was un-matched, holding the team to a high standard. His team responded well and looked to him for leadership throughout games and the 2023 Fall season. He is beyond focused this off season, looking to lead WT in the LSC conference in 2024. Beyond excited to see what his future holds! ~Brandon Miller

WEST TEXAS A&M UNIVERSITY

KYNDAHL BRITTON

Defender

Junior

Kyndahl is one of the most versatile athletes and humans I have ever worked with. She is a student, athlete and involved in all aspects of the university band as a music major. Kyndahl understands that her soccer fitness helps her ability to play her flute at a very high level and always keeps her aerobic fitness strong. On the field her strength and endurance show in her ability to play in the back and move forward to be a scoring threat when needed. ~Sarah Ramey

WILLIAM WOODS UNIVERSITY

EVAN FILER

Senior

Evan Filer consistently demonstrated exceptional dedication and leadership throughout his career at William Woods University. From the outset, Evan's strong work ethic was evident, laying the foundation for his role as a reliable leader within the team. Whether addressing issues or facilitating training sessions, Evan's ability to communicate effectively and inspire his teammates was invaluable. His commitment translated seamlessly onto the playing field, where he emerged as a pivotal member of the team during his senior year.

~Bob Jones

WRIGHT STATE UNIVERSITY

BROCK PICKETT

Midfield

Junior

Brock has set an example since his freshman year of what is expected in the weight room. He pushes himself and the rest of the team every training session.

~Alyssa Crusey

WRIGHT STATE UNIVERSITY

KIERA SARKA

Goal Keeper

Senior

Kiera has overcome challenges her entire collegiate career. She has persevered through them all on the field and in the weight room. This past year she has shown outstanding strides and commitment in the weight room. ~Alyssa Crusey

COLLEGE — SOFTBALL

AVERETT UNIVERSITY

SARAH LYSOHIR

Utility

Sophomore

Sarah epitomizes dedication and resilience in her pursuit of excellence. Continuously pushing the boundaries of her physical capabilities, she approaches every workout with unwavering commitment and determination. Her relentless effort and unwavering commitment are unmatched, serving as a beacon of inspiration for those around her. Sarah's leadership extends beyond words; she leads by example, demonstrating unparalleled grit and perseverance in the face of challenges. Her relentless pursuit of improvement not only elevates her own performance but also ignites a fire within her peers to strive for greatness alongside her. ~Tyler Smith

BARRY UNIVERSITY

ALEXIS MARTIN

Pitcher

Freshman

Alexis comes in with a hard working mentality everyday and leads by example. Her hardworking mentality lead her to be pitcher of the week as a freshmen in the SSC.

~Jennifer Michuda

BRADLEY UNIVERSITY

ABBOTT BADGLEY

Pitcher / Utility Player

Junior

"Abbott has been undeniably a true leader for her team in training. The work ethic she demonstrates in her training has not only caused her game to improve over her 3 years, but also strives to make her teammates better as well. This results in her most recently back squatting 315 pounds, bench pressing 185 pounds and a personal best hang clean of 185 pounds. Her leadership and drive continues to be a crucial factor on her team and the individuals around her. Her future is very bright."

~Matthew Friend

BRANDEIS UNIVERSITY

TRISTAN BOYER

Catcher

Junior

Tristan is a true leader in the weight room as she brings a contagious energy to every session. She is committed to her training year round and is always finding ways to make herself and her team better. Tristan's achievements in the weight room are impressive and her strides in strength and power have helped develop her into a high performing athlete. With her dedication and drive, Tristan serves as a valuable part of this Strength and Conditioning program and sets the standard for years to come. ~Kaitlin Carson

CAL POLY HUMBOLDT

JULIA RIVERA

Catcher / DH

Junior

Julia is the strongest female athlete at the school. Her 315 pound Back Squat, 265 pound Front Squat, and 215 pound Clean makes Julia one of the strongest people at the school period. I look forward to seeing Julia continue to improve on the field and in the weight room, where she is a constant presence! ~Andrew Drew Petersen

COLLEGE — SOFTBALL

CLEMSON UNIVERSITY

ALIA LOGOLEO

Shortstop

Senior

Over the past five years, Alia has been the undisputed standard in the weight room for Clemson Softball, leading by example and instilling a culture of dedication and attention to detail among her teammates. Her exceptional work ethic extends beyond mandatory lifts, as she actively participates in voluntary summer on-campus training and in-season pre-competition priming sessions. As the captain of the defense at shortstop, Alia has played a crucial role in securing back-to-back Regional Championships for Clemson. Her on-field prowess is reflected in the recognition of three All-ACC honors. Off the field, she shines as a three-time Academic All-ACC student, graduate of Clemson's prestigious Tiger Leadership Academy, and member of the inaugural Power cohort, demonstrating her commitment to academic and leadership excellence. Additionally, Alia's extensive work in Student-Athlete Development over three years accentuate her holistic approach to professional and athletic growth. Completing her Undergraduate Degree in Parks, Recreation, and Tourism Management and achieving a Master's Degree in Human Resources Development, Alia's multidimensional achievements make her an exceptional athlete and a commendable individual both on and off the softball field. ~Travis Koon

DREXEL UNIVERSITY

GRACE ABBONIZIO

Outfield

Senior

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

~Dan Vossbein

EMORY & HENRY COLLEGE

MACKENZIE WILLIAMS

Outfield

Junior

Has improved jump height, 20 yard dash, back squat relative strength and bench press relative strength year to year. Shows up early, always gives great effort, has a positive attitude, has never missed a training session, excels in the classroom and on the field. ~Noah Arni

FAIRMONT STATE UNIVERSITY

ELIZABETH WASZKIEWICZ

Catcher/Infielder

Junior

Liz Waszkiewicz, a Junior from Irwin, Pennsylvania, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. From day one, Liz has embraced strength training and is very coachable. Her commitment to year-round training shows. As a junior, she has squatted and deadlifted 295 lbs. Over the course of three off-seasons, she has also added 2.5 inches to her vertical jump and 11.5 inches to her broad jump. Her work ethic shows on the field as well. Liz currently has a career batting average of .231, while also hitting her first career home run this season. Her dedication and work ethic are also displayed in the classroom, where she has a 3.85 GPA as an exercise science major. For her academic success, Liz has also 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 Liz Waszkiewicz. ~Adam Kolberg

COLLEGE — SOFTBALL

HUNTINGDON COLLEGE BROOKE STEFANKIEWICZ

UTL

Senior

Brooke has played an integral role in the success our softball program has experienced. She is dedicated not only to her development, but to the overall development and preparation of everyone in the program. Her commitment is exceptional! ~Charlie Goodyear

IOWA STATE UNIVERSITY OLIVIA WARDLOW

Infield Player

Junior

Olivia has been a great addition to our softball program from the day she stepped on campus. She has a great attitude, willingness to learn, and drive to work hard to increase her athletic ability makes her a great asset to our program. "O" (Olivia) is a quiet leader for the program by doing everything needed to help her team be successful. I am excited for Olivia to represent our softball program as my selection for NSCA All American. ~Timothy Dombrowski

MCKENDREE UNIVERSITY OLIVIA STANSBURY

IF

Senior

Olivia has been a pleasure and honor to work with. She is consistent, hardworking and a natural leader. She always has a positive attitude in the performance center and encourages, pushes and holds her teammates accountable. She is dedicated to the process and bought into the program since the very first training session. Her constant drive and effort, along with her integrity and leadership in the performance center has translated well into her role as a student, athlete, teammate, and leader. These traits will continue to serve Olivia well in her future endeavors. Her presence and energy will be missed in the performance center. We wish her all the best. -BH

~Tyler Aulbur

PIEDMONT UNIVERSITY KAITLIN ISLEY

3rd Base

Senior

In 2023 Kaitlin started all 39 games for the Lions at 3rd base. She also has been at every weight room session since my arrival in 2021 setting the tone for her teammates year in and year out. She outworks everyone on and off the field, is a true competitor, and is a symbol of mental toughness and overcoming adversity. She will continue to lead her team back to the top of the conference something she helped accomplished in 2022. ~John Delf-Montgomery

PORTLAND STATE UNIVERSITY PAETYNN LOPEZ

Catcher

Senior

Paetynn is a senior catcher who came in to Portland State with an extensive background in weight training. She has used that experience and hard work to be the main catcher of our softball team. She is a dedicated individual who just works. She has used her strengths in the weight room to garner many accolades on the field. She was a first team all Big Sky selection in 2022 and helped our softball team to the 2021 Big Sky Championship. ~Scott Fabian

PORTLAND STATE UNIVERSITY LOGAN RIGGENBACH

Outfield

Senior

Logan made our Forged by Iron elite club membership in November of 2023. She tested well in all categories and was the top points earner. Logan has put her strength, speed, and agility to tremendous use and was named to the all Big Sky tournament team in 2023. She was also 3rd team NFCA All-Region in 2022. Logan's hard work and dedication to the weight room has made her a

COLLEGE — SOFTBALL

tremendous asset for our team. She is a leader on and off the field of play. ~Scott Fabian

PURDUE UNIVERSITY FORT WAYNE

ALYSON QUINLAN

RHP/IF

Junior

Q has been a force in the weight room for some time now. She approaches every training session with a sense of pride and a smile on her face. She pushes herself beyond what is asked of her in an effort to be a more dynamic athlete. Not only does she challenge herself to be better, but she encourages her teammates as well with her actions and infectious energy. Q is an example of what a leader and role model in the weight room should look like. ~Patrick Rawle

SALISBURY UNIVERSITY

ABBY MACE

OF

Senior

On the field or in the weight room, Abby brings the passion, intensity and dedication needed to be great. This is exactly what has propelled her toward greatness in her career here at Salisbury University. To work with this kind of an athlete is often a once and lifetime opportunity and couldn't be more proud of what she has done during her career. ~Matt Nein

UNIVERSITY OF MISSOURI S&T

JULIA KANOY

Pitcher

Junior

Julia's work ethic is unmatched. She is an extremely strong athlete and continues to put in the work on a daily basis to reap the rewards. Her ability to keep pushing when things get harder has shown up ever since I became her coach. She will graduate as one of the strongest female athletes I have ever coached.

~David Edwards

UNIVERSITY OF PROVIDENCE

AZIA UMPHREY

Senior

She comes into lift ready work and help those around her. She's stepped out of her comfort zone and is flourishing on and off the softball field because of it. Keep up the amazing work! ~Lucky Lovan

UNIVERSITY OF REDLANDS

NATALIE HORTON

Infield

Senior

Natalie is a dedicated, driven athlete with an inspiring work ethic. I'm constantly blown away by her ability earn the respect and admiration of her teammates. She leads from the front in everything that she does, whether it's on diamond or in the weight room. I've had the opportunity to witness her dedication & resilience first hand, as I seen her battle back from numerous injuries and stay the course when others might have given in to discouragement. Each time, she's managed to come back stronger than before and her accomplishments on the field speak for itself. Natalie boast 1st Team All-Conference Honors and was named Conference Tournament MVP as she lead her team to a Conference Championship. As I've already state, Natalie's work ethic speaks for itself as she is a four-year Dean's list recipient with a 4.0 GPA and a Dean's List Scholar Athlete recipient. No one is more deserving of the honor of NSCA All-American than she. ~Connor Truhitte

UNIVERSITY OF SOUTHERN MAINE

MEG DUFRESNE

Outfield/Catcher

Junior

Had several team bests on testing day. Clean 135, Squat 225, Deadlift 305, Bench 155, top VJ 24" and 2nd best MB throw @ 34'. A former All Conference Rookie team

COLLEGE — SOFTBALL

performer. Should use power and speed to help the Huskies this spring. ~James Giroux

WEST TEXAS A&M UNIVERSITY
BRAELAND BOOTH

Catcher

Senior

Braeland is a true leader on and off the field. She works extremely hard in the weight room and I expect her to do the same in life. ~Karson Zant

WESTFIELD STATE UNIVERSITY
STEPHANIE SCOVILLE

Pitcher

Senior

Steph has taken a huge leadership role in our sports performance program with her team. Her drive and effort everyday inspires her fellow teammates to train harder. She challenges herself and encourages others to do the same. ~Tucker Bachand

COLLEGE — SQUASH

VASSAR COLLEGE

KYLE BENSON

Sophomore

Kyle Benson is strong and dedicated. Kyle is in constant search of the next movement pattern to master to build upon his foundation of strength. His commitment to his training is what has built him into one of our strongest student-athletes cranking out over 200 push-ups and 20 chin-ups. Kyle's diverse set of strength and commitment to his training is what sets him apart. ~Alice Read

COLLEGE — SWIMMING

DREXEL UNIVERSITY

SEBASTIAN SMITH

Fly/Free/Breast

Sophomore

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

DUQUESNE UNIVERSITY

HALEY SCHOLER

Junior

Haley excels in the water and in the weight room. Haley strains on a consistent basis. Haley never has had a bad day. Her attitude is second to none and she treat everything like an Olympian. Most recently, she placed 1st in the 200 backstroke during the A-10 Conference. She has the 2nd all time fasted race in A-10 history. Later this year she looks to qualify for the Olympics in both the 100 and 200 backstroke while already having the 100 qualified. I cannot think of anyone else more worthy for this award. ~Zach Chandler

FAIRMONT STATE UNIVERSITY

PATRICK FUBIO

Freestyle/Backstroke

Junior

Patrick Fubio, a junior from Clarksburg, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. As a captain on the swim team, Patrick is a fantastic all around leader. Patrick has been extremely consistent with his training, both in the weight room and in the pool. That consistency paid off, as he put together his best season. This season, Patrick set two home pool records in the 100 and 200 yard backstroke and set the overall program record in the 100 backstroke. At the

conference meet he took home seven all-MEC honors. Patrick's work ethic and dedication as a student-athlete also carry into the classroom, where he currently has a 3.76 GPA, 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. Patrick also represents the swim team as part of the SAAC.

~Adam Kolberg

FRESNO PACIFIC UNIVERSITY

CHRIS LEE

Senior

Chris Lee approaches every session in the weight room with a clear purpose: to enhance his performance as a swimmer and continually elevate his capabilities. His unwavering focus and determination to execute each lift with precision underscore his profound commitment to training excellence. Chris has been instrumental in instilling a culture of dedication to strength training within the swim team, setting a shining example for his peers. His fervent passion for strength and conditioning has not only propelled him to personal success but has also driven his team to new heights in the pool. Even beyond his competitive swimming career, Chris' unwavering dedication ensures that he will always gravitate back to the weight room, a testament to his enduring pursuit of excellence.

~Whitney Leyva-Camberos

IOWA STATE UNIVERSITY

CARLEY CAUGHRON

Sprint Free/Fly

Junior

Carley is an asset to the weight room. As someone working towards becoming a S&C coach, she enjoys opportunities in which she can coach and encourage her teammates. She is extremely competitive and pushes herself to limits that help her exceed in anything she sets her mind to. ~Madeline Prado

COLLEGE — SWIMMING

SMITH COLLEGE

GRACE MAGEE

Sophomore

Grace is the epitome of a leader in the weight room. She has risen the caliber for her teammates every day and pushes those around her to rise with her. Grace embodies the values of the Smith College weight room and displays a level of maturity, strength and tenacity that is extremely admirable. During this past season, Grace swam to a new school record 200 backstroke, breaking the previous record which was set 38 years prior. With success in the weight room and in the pool, Grace is a prime example of what Smith Strength and Conditioning strives to teach and embody in our athletes and we could not be more proud of her efforts and accomplishments. ~Kate Winstanley

SOUTHERN METHODIST UNIVERSITY

LANCE BUTLER

Senior

Lance has excelled over the past few years physically and mentally. He takes on any challenge head on and doesn't complain about the work. He is a great example of striving for excellence. ~Peter Kenn

TEXAS WOMAN'S UNIVERSITY

ANAYA KASHIKAR

Junior

Anaya is a standout student-athlete. Since I have had the opportunity to work with her she has shown that she embodies what it means to be an NSCA All-American. She is a rock-solid leader for her team in the weight room, the pool, and the classroom. Inside the weight room she brings a work ethic and willingness to learn and improve that provides an awesome example for her teammates. She is always wanting to challenge herself and push her teammates to strive for better whether that be improving their form or increasing the weight lifted. She has a cumulative GPA of 3.967, is a captain of her team, and is an active member of the Student-Athlete Advisory

Committee at TWU. Her attitude and leadership have been a game changer for the program.

~Delaney Baxendale

UNIVERSITY OF PITTSBURGH

JERRY CHEN

Senior

Jerry Chen is a remarkable student athlete in the weightroom, the pool, the classroom, and his community. He not only serves as a leader for Pitt's Swim and Dive program, but is a shining example of hard work and dedication to the weightroom for all other Pitt Olympic Sports athletes. His resume is filled with athletic accolades like high scoring at Conference Championships, ACC Swimmer of the week, Olympic Trials cuts and more, all while being an exceptional student. Whether it's working towards a new PB in the water or furthering his lead of having Pitt Olympic Sports' highest recorded vertical jump, Jerry always represents the core values of our weightroom and strength staff extremely well. ~Aaron Duvall

VASSAR COLLEGE

ALEJANDRA ROBINS

Butterfly/Freestyle

Senior

Alejandra Robins is driven and disciplined. Alejandra has displayed exemplary commitment to strength and conditioning throughout the off-season preparation and in-season competitive periods. Alejandra boasts an impressive 60 push-ups, displaying a mastery of bodyweight movements and relative strength. Alejandra's drive to develop as an athlete has transferred directly to the pool. Alejandra's outstanding engagement in their own athletic development, as well as their leadership of self and others, sets them apart.

~Alice Read

COLLEGE — TENNIS

AVERETT UNIVERSITY

SAMUEL EGUI

Sophomore

Samuel's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Samuel's impact both on the court and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world ~Samuel Roome

AVERETT UNIVERSITY

KEIRA GUNNING

Junior

Keira's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Keira's impact both on the court and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

BARRY UNIVERSITY

SIMONE CAVALLERI

Sophomore

Ready to go mentality. Goes through each set and rep with the intention to get better. ~Ellen Cederin

BARRY UNIVERSITY

ALINA MICHALITSCH

Freshman

Alina is a very hard-working individual with a winning mindset. She will do anything in her power to improve her tennis game and this shows in the weight room. She is always looking for extra workouts and has been named SSC player of the week 2 weeks in a row!

~Jennifer Michuda

DUQUESNE UNIVERSITY

JIN DASSANAYAKE

Senior

Jin Dassanayake sets a standard of excellence for the men's tennis team. His leadership has been a vital component of the success they've seen this year. As the captain of the team, he holds his teammates accountable and pushes them to give 100% effort in all aspects of their training, whether it's in the weight room or on the tennis court. Jin has a competitive drive that is unmatched; he's consistently a top performer in the weight room and takes pride in his training. He has been an outstanding student-athlete and I thoroughly enjoyed being his strength coach. ~Liz Lee

DUQUESNE UNIVERSITY

ELLEN SHANAHAN

Senior

Ellen Shanahan has been one of the most consistent student-athletes I've ever known. She treats every lift, every match, and every practice with the competitive attitude of a great leader and captain. She has been a solid example of hard work and her efforts in the weight room have clearly translated onto the tennis court. Her positive attitude has been a major component in creating a strong culture for the women's team. Not only is she a great athlete, but also an excellent student and has a very strong future ahead of her after she graduates.

~Liz Lee

COLLEGE — TENNIS

ENDICOTT COLLEGE

LEJLA GUSTER

Junior

Lejla Guster, the epitome of leadership at Endicott College, stands as a formidable presence both on the tennis court and in the weight room. Her unwavering dedication and exceptional skill set her apart as a transformative force within her team, inspiring her peers to reach new heights of excellence. With a multitude of accolades, including the prestigious title of co-player of the year, Lejla's impact extends far beyond individual achievements, shaping the very essence of her team's ethos. Her leadership not only elevates performance but also fosters a culture of resilience, determination, and unwavering commitment to success, making her a true champion both in sport and in character. ~John Dustin

IOWA STATE UNIVERSITY

ANNA KUEARUM

Junior

This athlete shows her dedication to being the best athlete through the weight room. Showing up everyday and pushing herself mentally and physically.
~Jermima Job

LIMESTONE UNIVERSITY

CAMILA MOLINA-BARRANCO

Singles & Doubles

Sophomore

Camila was the first tennis athlete to truly buy in to the strength and conditioning program. Once she understood the process and what benefits she could gain, she began asking for more sessions. She always gives 100%, and her work ethic has rubbed off on some of her teammates. Despite her quiet disposition, she leads by example to those around her. Her attitude and drive has turned a previously discouraged tennis program into a hard working group hungry for success.
~Austin Black

PIEDMONT UNIVERSITY

SARAH ROW

Sophomore

Sarah epitomizes all things being taught in the weight room, she communicates very well, her strength is improving dramatically, and she is an AWESOME teammate. Everyone on campus knows when Women's Tennis is in the weight room because she calls the team break which can be heard campus-wide. She is someone who helps us win matches with her energy on and off the court, I am excited to see where she can bring out a back-to-back conference championship-winning team.
~John Delf-Montgomery

UNIVERSITY OF CONNECTICUT

ISABEL PETRI BERE

Junior

Izzy's consistent dedication and positive attitude have undoubtedly made her a standout. Her unwavering commitment to excellence, both in her personal efforts and in motivating her teammates, sets her apart. Her willingness to go above and beyond, even when no one is watching, reflects her intrinsic drive for success. It's evident that her hard work and determination have paid off, as reflected in her ranking as first on the team for performance testing. Izzy serves as an inspiration and a testament to the power of perseverance and determination. ~Moe Butler

COLLEGE — TENNIS

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

LEA KARREN

Senior

In three seasons with UTRGV Women's Tennis, Lea has been a great leader for her team. While having to overcome injury multiple times, her hard work and passion never diminished. On the court, she is known for being a powerful source of energy for her Lady Vaquero teammates. She has produced a record of 21-21 in singles and 26-17 in doubles. Earned Doubles All-WAC Second Team honors in 2023 after going 6-3 in conference and was named the UTRGV Comeback Athlete of the Year. ~Lucas Monroe

COLLEGE — TRACK & FIELD

AVERETT UNIVERSITY
ANDREW OLVERSON

Throws
Senior

Andrew's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Andrew's impact on the field transcends mere statistics, leaving an unmistakable mark on the sporting world. As a 2-sport collegiate athlete, Andrew has found a way to excel at a high level in both areas of competition, while also ensuring his preparation for the subsequent season is kept at the upmost importance. ~Samuel Roome

AVERETT UNIVERSITY
DARIUS EUBANKS

Middle Distance
Freshman

"Darius exemplifies remarkable dedication and progress in his athletic pursuits, showcasing significant advancements in performance while fostering a genuine passion for training. Leading by example, his stellar attendance underscores his unwavering commitment to excellence." ~Tyler Smith

AVERETT UNIVERSITY
CARLOTA GONZALEZ

Throws
Freshman

Carlota's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. Although still in her first year of competition, she has found a way to not only elevates her own performance but inspires those around her to push their limits and be the best version on themselves. With a burning ambition to lead, Carlota's impact on the field transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

AVERETT UNIVERSITY
SHANNEA INGRAHAM
Sprints/Middle Distance
Sophomore

"Shannea epitomizes dedication and progress in sports, showcasing significant improvements in performance while fostering a genuine passion for training. Leading by example, her stellar attendance reflects her unwavering commitment to excellence." ~Tyler Smith

BRADLEY UNIVERSITY
ELI RIEKER

Sprinter
Senior

Eli is one of the most dedicated student athletes I have ever gotten the pleasure of working with. He is the type of athlete and student that every coach and professor wants more of. Eli has a 4.0 GPA, while always going the extra mile to have an impact and be a leader for our team. Instead of spending his summers traveling or taking time off, Eli was showing up to the weight room 3-5 times a week, and practicing by himself wherever he could find space to do so. This hard work and commitment not only in season but off season as well paid off heavily. In both his Junior and Senior year he not only was consistently hitting PB's on the track but also smashing school records in the process. He has also increased his performance in the weight room dramatically from his freshman to senior seasons, going from a 230lbs Bench to 290lbs, and always hitting a 10-20lbs PR's in both the Clean and Trap Bar Deadlift. However, this not what is most impressive about him. It's how he impacts others, as a leader in the classroom, on the track, and in the weight room. He can constantly be seen helping other athletes with technique, set up, and always pushing everyone to be better while also holding himself to a high standard. This is the reason I know no matter what is next for Eli, it is going to be something great. ~Josie Jay

COLLEGE — TRACK & FIELD

CAL POLY POMONA

ALAN RENNIE

Thrower

Junior

Alan came in as a transfer to Cal Poly Pomona and is by far the strongest athlete within the athletic department. His Fall PR numbers were Back Squat: 512 to 534, Clean: 291 to 324, Snatch: 174 to 238. This is after one semester of coaching. Alan is a leader amongst the throwers group, showing up early to practice and lift, leading by example by cleaning up and shows a willingness to be coached and refine his craft. He's doing this with a 3.03 GPA while pursuing a degree in Mechanical Engineering. ~Mike Senyo

CENTRE COLLEGE

JASMINE CLAUNCH

Triple Jump & Long Jump

Senior

Jasmine Claunch has etched her name into Centre College's athletic history with an impressive array of accomplishments, both on the track and in the weight room. As a 3x All-American and 1x Scholar All-American she has had an impressive indoor and outdoor career. On the indoor circuit, she set school records with a Long Jump of 5.75-meters and a Triple Jump of 12.18-meters. She mirrored this success outdoors, establishing new school benchmarks with a 5.67-meter Long Jump and a 12.36-meter Triple Jump. Claunch's prowess extended to the weight room, where she demonstrated remarkable strength by Bench Pressing 145 lbs., Back Squatting 260 lbs., and setting school records with a Clean of 195 lbs. and a vertical jump of 27.5 inches. Her success on the Track and in the weight room are a result of her remarkable work ethic and attention to detail. Congratulations Jasmine! ~Jeremy Carlson

CENTRE COLLEGE

LAUREN FOUTCH

Thrower

Senior

Lauren Foutch has solidified her legacy at Centre College with a series of outstanding accomplishments in Track and Field, aided by her impressive achievements in the weight room. Indoors, she showcased her efforts with a Weight Throw of 15.76-meters and a Shot Put distance of 12.64-meters. Outdoors, Foutch continued to excel, throwing the Hammer 47.70-meters and setting a school record in the Discus with a throw of 41.54-meters, alongside a Shot Put throw of 12.87 meters (2nd in Centre's history books). Her strength was further demonstrated in the weight room, where she established school records with a 345 lbs. Back Squat and 190 lbs. Bench Press, complemented by a clean of 185 lbs. and a 23-inch vertical jump. Above all, Lauren will be remembered for her infectious enthusiasm for the weight room. Congratulations Lauren! ~Jeremy Carlson

CLEMSON UNIVERSITY

DANIEL COPE

Thrower

Junior

Daniel Cope is unique representation of the Clemson Athletic Department, and exemplifies how Clemson Tigers should approach training. As a competitor, his impact is felt both on the score card as well as in his approach to preparation. Cope also stands tall among others in the weight room, where he brings consistent intensity to his training while demonstrating leadership qualities for younger athletes in the program. Wholistically, he sets a strong example for all Tigers. ~Sam Aswegan

COLLEGE — TRACK & FIELD

COLORADO COLLEGE

JOE BULLOCK

Sophomore

Since knowing Joe, he has consistently been a top performer in the weight room and is always striving to get better. He shows up every day focused and prepared to work hard no matter what task I put in front of him. Joe is one of the most driven individuals I have had the pleasure of coaching and his dedication to his craft is truly admirable. ~Rachel Nicholson

COLORADO COLLEGE

EMMA JONES

Sophomore

Emma embodies the definition of hard work. She has put in countless hours of additional work in the weight room to improve at her events for Track and Field. She knows what it takes and goes the extra mile. Not only does she have phenomenal work ethic, but a positively infectious attitude and demeanor. ~Derek Savage

COLORADO COLLEGE

OWEN SHI

Thrower

Freshman

Owen was a walk on to the Track & Field team this year. We didn't know to expect with him in terms of attitude or work ethic. He has showed up and outworked everyone in the room all year. He has continued to go above and beyond and is seeing progress in his throws because of it. ~Derek Savage

DALLAS BAPTIST UNIVERSITY

ELLIE FRYE

Sophomore

Ellie is a sophomore and one of the most encouraging athletes I've ever worked with. Her physical abilities and charisma are unmatched. She has taken it upon herself to become a leader for a young team. Ellie even has the potential to be a great coach herself, always stepping up to help her teammates master the technique of many exercises. ~Alex Spencer

DUQUESNE UNIVERSITY

JAMELAH CARSWELL

Jumps/Multi's

Junior

Jamelah has displayed a high-level of competitive excellence over the past year. She has shown great improvements in the weight room that have helped transition to a successful track and field performance. A 2024 Atlantic 10 in-door championship gold medalist in the Pentathlon, Jamelah is a leader by example. Her strong work ethic and desire to improve have made a significant impact on her career. I am extremely proud of all her accomplishments. ~Chris Gilman

DUQUESNE UNIVERSITY

NICK TARABOKIA

Thrower

Junior

Nick is an extremely hard worker who has consistently improved over the past three years. He always displays a positive attitude and is one of the most coachable athletes I have worked with. Nick looks to improve everyday and pushes his teammates to be just as good. I look forward to seeing his future development over this upcoming season. ~Chris Gilman

COLLEGE — TRACK & FIELD

GLENDALE COMMUNITY COLLEGE

JOHN OJEDA

Sprinter

Sophomore

It has been a privilege to work with John these past two years. John has shown commitment to getting better since he stepped foot here, and has always given me 100% day in and day out. John continues to progress and his hard work has shown in the weight room, on the track, and most importantly, in the classroom. He was awarded the All Arizona Academic award, is constantly hitting new PR's in the weight room, and qualified for nationals as a freshman, and is currently preparing for nationals again as a sophomore. ~Michael Woods

KUTZTOWN UNIVERSITY

JACOB SOLONOSKI

Thrower (Hammer, Weight, Shot)

Junior

From his freshman year through to his junior year, Jake has made exceptional progress as a student-athlete. He has demonstrated significant improvements in the throwing events, particularly in the hammer throw, where he has added over 16 meters to his personal record (ranked 9th in school history). Additionally, he has excelled in the weight throw, securing the 5th furthest throw in school history. Furthermore, Jake has shown dedication in the weight room by enhancing his strength and technical proficiency in all major lifts, most notably the back squat and snatch. He continues to progress in this area. Moreover, Jake has actively pursued opportunities to coach other throwers and contribute to the weight room as a student intern. Through these experiences, he has expanded his knowledge in areas such as strength and conditioning, injury rehabilitation, and training organization. ~Scott Hobbs

MINNESOTA STATE UNIVERSITY - MANKATO

FLORE GRACIA

Triple Jump

Senior

Flore's consistent effort and positive attitude have led her to use the weight room to its full benefit in helping her perform in the triple jump. She is always pushing herself to the limit to be the strongest and most powerful athlete she can be. This has led to Flore being one of the best Triple Jumper's in the entire country across all divisions. She is a role model of what it takes to be a high-level athlete through extreme dedication and hard work. Flore is always a joy to be around in the weight room and will do great things in her event, the Triple Jump, even after her college career. ~Samuel Lee

MINNESOTA STATE UNIVERSITY, MANKATO

CARTER AGUILERA

Throws

Senior

Carter has truly used the weight room to enhance his performance in the ring. He has won conference championships in both weight throw and discus and has also made multiple appearances at the NCAA National Championships. His love for lifting has brought him great improvements in the weight room that have helped produced big throws in competition. We look forward to Carter sharing his passion with others in the future.

~Andy Stocks

COLLEGE — TRACK & FIELD

ROCHESTER INSTITUTE OF TECHNOLOGY

EMILY DIMARCO

Throws

Junior

Emily's prowess in the weight room is truly remarkable, reflecting her innate power and exceptional movement competence. Her success across multiple physical parameters, including bench press, squats, cleans, chin-ups and vertical jump places her consistently among the top performing female athletes. Her dedication to her craft and relentless work ethic are evident in all aspects of her training and performance. Emily's positive demeanor and attitude make her a pleasure to coach. Her willingness to learn and grow, coupled with her commitment to hard work, create a supportive and conducive environment for both herself and her teammates. ~Ryan Kelly

SMITH COLLEGE

SHAMS FERVER

Distance/Middle Distance

Junior

Shams has been a quiet leader in the weight room but her accomplishments and work speak volumes. She is constantly the first one to push those around her and raise the caliber for her teammates. This has resulted in a training environment that is constantly rising. Outside of the weight room, Shams is an incredible runner which is shown through her individual qualification for the NCAA DIII Cross Country National Championship and her multiple accolades in track and field. Shams embodies the philosophies of Smith Strength and Conditioning and what we aim to teach our student athletes. We would not be more proud of Shams and all she has accomplished and continues to accomplish.

~Kate Winstanley

SOUTHERN METHODIST UNIVERSITY

RAEALYN ROBERSON

Sprints/Jumps

Senior

Rae has not only done the work to be an All-American but she does it with the focus of a true champion. She has perfected her technique in the weight room and on the track and leads by example in sport and within the university. There is no student athlete better than Rae who exemplifies weight room work ethic and care to detail like Rae does. ~Peter Kenn

SPRINGFIELD COLLEGE

SIERRA BOND

Throws

Senior

Sierra is a true leader inside and outside of the weight room. She is not only a role model to her teammates by working hard during every training session, but also encouraging and helping them with their training. She wants to be a strength and conditioning coach herself and takes advantage of every opportunity to learn as much as she can about the field. ~Brian Thompson

COLLEGE — TRACK & FIELD

UNIVERSITY OF MICHIGAN

AIDEN FELTY

Throws

Senior

Aiden Felty is an excellent candidate for the All-American Strength and Conditioning Athlete of the Year award. He embodies discipline, leadership, humility, persistence, and strength, in all that he does. He is the first to show up, and the last one out, tidying the gym as he leaves. He encourages his teammates while staying focused on his own, personal goals. Aiden has spent the last three years training hard and has improved his power clean from 265lbs to 325lbs. His back squat has improved by over 100lbs— he can now crush 535lbs for a triple. He remains coachable as he climbs the ranks as an elite male shot putter— now boasting a PR of 18.06m. There are many great qualities that could describe Aiden, but “elite” is definitely one of the truest. ~Kate Smith

UNIVERSITY OF NORTH DAKOTA

KENNA CURRY

Throws

Senior

It has been a privilege to coach Kenna over the past 4 years to see her develop as a person and an athlete. She has a relentless work ethic in the classroom, the circle, and the weight room. She currently has 5 all-conference honors in Track & Field, has made the Summit League Academic Honor Roll, qualified for the Outdoor West Region meet, and qualified for the NCAA Indoor National Championships. She owns the indoor and outdoor shot put school records, and ranks second in the weight throw, fourth in the discus, and seventh in the hammer throw at UND. She has always excelled in the weight room and I believe that dedication has helped play a crucial role in her sports performance. I looked forward to seeing what she will accomplish the rest of her career. ~Alex McKee-Crow

UNIVERSITY OF PROVIDENCE

ALLYSON CONNER

Senior

She doesn't shy away from anything in the weight room. Her hard work and dedication shows up when it really counts at the meets. I'm super proud to coach her and help her in her journey to becoming a national champion thrower. ~Lucky Lovan

UNIVERSITY OF PROVIDENCE

KORBEN KERBY

Senior

A great leader to track and field team. He leads by example and hold everyone accountable. ~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE

JAIGAN BOUDREAU

Throws

Sophomore

Has done a great deal of rehabilitation for ACL and Herniated Discs. Added over 2' and 12' to her HS best in shot and discus as a freshman. Has best bench in school @ 175. Has overcome injuries with additional work that allows her to practice and compete. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

JAYDEN JACQUES

Sprinter

Senior

One of the top sprinters in conference. A top strength on the team with 400+ deadlift and squat. Member of one of the top 400 relays in school history ~James Giroux

COLLEGE — TRACK & FIELD

UNIVERSITY OF SOUTHERN MAINE

ETHAN SHAIN

Sprints

Junior

Shain has continued to improve maxes. Benched 255 @ 165 body weight, cleaned 230 and squatted 380. Had longest MBall over on track team, 48'3". Is one of top sprinters in conference in NE D3, has run 10.81 100m.

~James Giroux

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

HANNAH HILDING

Thrower

Sophomore

Placed 4th in discus, 10th in hammer throw and 12th in shot put at WAC Outdoor Championships ... Won discus at the Cactus Cup and was 3rd in hammer with a PR of 51.91 meters while taking 9th in shot put ... Was 3rd in discus at the J. Fred Duckett Twilight with a PR throw of 48.12 meters ... Was 5th in discus and 8th in hammer at the UTSA Invitational ... Finished 5th in discus at the Charles Austin Classic. Marked PRs in shot put (13.36 meters) and weight throw (15.56 meters) at WAC Indoor Championships, finishing 12th and 18th in those respective events ... Was 3rd in weight throw and 8th in shot put at the Jarvis Scott Open. ~Lucas Monroe

UNIVERSITY OF WISCONSIN - LA CROSSE

IZZY CARROLL

Throws

Senior

Izzy's dedication to strength and conditioning has been noticed in the past year. She is a thrower and member of the UWL Women's track and field program. Izzy has always understood how strength training could help her improve in throwing but took a major step forward in her development during the past off-season. She was fully engaged in the training process and has been able to help others in her event group and on her team. Izzy has also shown incredible improvements in her strength and

technique. This willingness to improve has allowed her to accept greater challenges in her training and it has paid off in her sport. She is ranked in the top-20 in NCAA III shot put and top-5 in the WIAC. As a biology major, Izzy has obtained a 3.81 GPA along with her time commitments in sport. The confidence she developed in the strength center has been noticed by her sport coaches at practices and competitions, and she is seen as one of the team leaders. I strongly recommend Izzy to be a recipient of the NSCA All-American Award.

~Philip Whitesitt

UNIVERSITY OF WISCONSIN - LA CROSSE

DOUG GRACE

Throws

Senior

Doug is a natural leader in strength and conditioning. He is an Exercise & Sports Science major who has used his education to become a better himself and those around him. Throughout his academic career, Doug has earned a 3.08 GPA. He is highly motivated to better himself in school and sport. Doug has been a staple in assessing new strength training programs and has worked directly with his strength coach to provide feedback on the program's efficacy. Doug is also a leader in his event group and team. Others recognize his dedication to the track and field program and are willing to follow his lead. Doug's strengths include effective communication, adaptability, and the ability to motivate others. He has shown tremendous improvements in his lifting technique, strength, and ability to teach movements in his time at UWL. This progress helped him be a top finisher in the hammer throw at the WIAC championships in 2023 and a top-50 performer in the NCAA III. Doug has used his time in strength and conditioning to better himself as an individual and has set himself up to be a successful strength and conditioning coach in the future. ~Philip Whitesitt

COLLEGE — TRACK & FIELD

VASSAR COLLEGE

NORA JENSEN

Sprints/Hurdles

Senior

Nora Jensen is hard working and perseverant. Nora has overcome obstacles big and small to build strength from the ground up. If the weight room is open... Nora is there building the blocks of strength, mobility and power needed to perform on the track. In addition to her impressive commitment, she is also a calm and steady leader in the weight room motivating both teammates and fellow Brewers alike. ~Alice Read

WASHINGTON AND LEE UNIVERSITY

STEVAN BAJSKI

Thrower

Junior

Driven for success Stevan returned for his junior season after missing his sophomore year due to injury. He has put in the work to regain strength and mobility to be cleared to compete. Compete he did opening his junior campaign with a massive personal best in the Shot Put by nearly a meter and a half. This performance put him 6th All-Time on the Indoor Shot Put performance list. Stevan has stepped into a leadership role and taken on responsibilities for the team as junior, leading to him becoming an example to younger team members about where hard work and dedication to the developmental process can get you. ~Aron Gibson

WASHINGTON AND LEE UNIVERSITY

OLIVIA BERNTSON

Thrower

Senior

A positive role model and outstanding leader for student-athletes of all ages. Olivia handles balancing academics and athletics superiorly with nearly a perfect career GPA while being a top Shot Putter for the team. Despite losing her freshman and sophomore years to injury, she currently is ranked 2nd All-Time for Indoor Shot Put, 5th

All-Time for Outdoor Shot Put, and 9th All-Time for Hammer in W&L history. She brings energy and joy to her teammates both during throwing practice and in the weight room. Playing a supportive teammate role regardless if she is competing or not to make sure the team needs are met. ~Aron Gibson

WEST TEXAS A&M UNIVERSITY

ELLIOT HARRISON

Multi

Senior

Elliot is one of the hardest working athletes on her team. As a multi, she has to practice and compete in multiple events in one meet. This speaks to her drive and focus as an athlete. She's atop the LSC as far as multi's go, and gearing up to have a great indoor and outdoor season! Off the track, Elliot is an excellent student with great aspirations for her future. Excited to see what her future holds!! ~Brandon Miller

WEST TEXAS A&M UNIVERSITY

LUKE HOLCOMBE

Throws

Senior

Luke is a great student athlete. He was the only thrower to attend both indoor and outdoor nationals in 2023. He is off to a great start in his 2024 season, and were excited to see what this 2024 season holds for him! Outside athletics, Luke is a hard working student. He's involved in a few clubs on campus and in the community. A great athlete, but even better individual! ~Brandon Miller

COLLEGE — VOLLEYBALL

AVERETT UNIVERSITY

DAYTON MOORE

Setter

Sophomore

Dayton's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Dayton's impact on the court transcends mere statistics, leaving an unmistakable mark on the sporting world

~Samuel Roome

CAL POLY HUMBOLDT

AWELINA FAKALATA

Outside Hitter

Junior

Lina is one of the strongest volleyball players we have had in recent history with a 185lb front squat and a 165lb clean. She out lifts most of our male athletes on and it translates onto the court with her explosive play leading her team with 377 kills last season. ~Anthony Ratto

COLORADO COLLEGE

LIBBY OCHS

Sophomore

Libby displays qualities of leadership, work ethic, and determination to the highest level. Libby is what you would call a glue person or a program changer. The girls look to Libby for inspiration and she drives the team to get better every time they are in the weight room. If everyone on the team had the attitude and drive as Libby, we would be national champs every year.

~Derek Savage

FAIRMONT STATE UNIVERSITY

JOSIE SKINN

Libero/DS

Sophomore

Josie Skinn, a sophomore from Norwalk, Ohio, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Josie is an extremely hard worker and helps to motivate her teammates, while leading by example on the court and in the weight room. During her sophomore season, as a Libero, Josie led the conference with 632 digs and was fifth in the conference with 47 aces. These efforts led to honors on the All-MEC First Team and AVCA Atlantic Region First Team and AVCA All-American honorable mention. Josie is also a leader in the classroom, currently holding a 3.85 GPA while majoring in biology. Josie has been recognized on multiple MEC all-academic teams. Our volleyball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Josie Skinn.

~Adam Kolberg

FORDHAM UNIVERSITY

WHITLEY MOODY

Senior

Whitley Moody exemplifies the "Fordham Way". Her hard work, dedication, and Kaizen mentality have led her to set numerous records both on the Volleyball court and in the weight room. Her name is painted on our weight room record board, including an impressive Clean record of 192 pounds. Whitley has been through a lot of adversity during her time at Fordham including numerous injuries, but has continued to train hard and be a positive role model for others. Simply put, Whitley Moody is the standard. ~Joe Gilfedder

COLLEGE — VOLLEYBALL

GLENDALE COMMUNITY COLLEGE

SPIRIT PHIPPS

Setter

Sophomore

Spirit has been an absolutely amazing athlete to work with and it has been my pleasure to get to work with her. As Team Captain, Spirit has been a motivated leader on the court and in our weight room for the past two years. She has led by example and always gives 100% in each and every workout. She is a very committed student/athlete which has led her to excel in the classroom, break weight room records, improve her jumping ability, and improve her overall game. Spirit has received ACCAC Player of the week honors and finished 3rd overall in ACCAC in assists per set. Her dedication has given her the opportunity to play at a University next season, where I know she will continue to be successful.

~Derek Drumtra

IOWA STATE UNIVERSITY

MAYA DUCKWORTH

Outside Hitter

Junior

Maya has been a reliable and dependable member of our volleyball program since the day she arrived on campus. She comes into each training session, practice, and rehabilitation session with a drive and a positive attitude to get better. Maya is one of those student athletes that continues to grow and push the volleyball program and strength and conditioning program to new heights each year. I am honored to nominate Maya Duckworth as NSCA All American. ~Timothy Dombrowski

LIMESTONE UNIVERSITY

JOSIE CURRAN

Opposite Hitter/Blocker

Junior

Josie's commitment to the weight room is unmatched amongst my teams. When I first came to Limestone, she was the first athlete on the team that dove into the sessions and was passionate about getting better off the court. She has a positive attitude and impact on everyone even when sessions get hard. She is always the first one to get her teammates motivated and hype them up before and during the sessions. Through her positive leadership and commitment, she has turned into an invaluable asset to the team and Limestone University. It has been a pleasure to see her grow into a leader in and out of the weight room. ~Kaitlin Holman

NORWICH UNIVERSITY

SAMANTHA LEBRUSKA

Senior

Her unyielding commitment to early morning practices, a tireless work ethic that sees her pushing through fatigue, and unwavering self-discipline in maintaining a balanced lifestyle exemplify what a standout athlete should embody. She has displayed a singular determination to better themselves physically, mentally, and emotionally, fostering a supportive environment that elevates their performance and that of their teammates. Every day, she shows up ready to push the boundaries of their abilities, constantly striving for excellence and setting a benchmark for skill, sportsmanship, and camaraderie. ~Scott Caulfield

COLLEGE — VOLLEYBALL

NOVA SOUTHEASTERN UNIVERSITY

ELIZABETH PRICE

Outside Hitter

Senior

Elizabeth Price understands the value of hard work, being a good teammate, and a willingness to grind in the weight room. After suffering an injury, she dedicated herself to rebuilding her body and committing to filling in any gaps that her team needed while she worked her way back to health; even changing her position. Now, fully recovered, she is in the best shape of her career. Her example of hard work and sacrifice will pay dividends to her team for years to come. Elizabeth will graduate this semester with a bachelor's degree in Exercise and Sport Science. ~Steven Orris

PIEDMONT UNIVERSITY

JENNA ASH

Outside Hitter / Right Side

Senior

Jenna has been someone who from day one has been fully invested in all things related to being a college athlete. She has never missed a day of training regardless of the time of year. As a volleyball player, she started in 79 matches and eclipsed the 606-kill mark in three years. In the weight room, she was top of her team in all three strength categories with a 105# Bench press, 185# Clean, and 315# trapbar deadlift! ~John Delf

PROFORCE | OHIO WESLEYAN UNIVERSITY

NATALIE DIEBALL

Outside Hitter

Freshman

Natalie is a prime example of hard work and dedication to bettering one's craft. From training multiple times a week during her club season to almost everyday over the summer, she set herself up for an incredible freshman fall season at OWU. She finished her first season leading her team in kills and her entire conference in points, winning Conference Newcomer of the Year and Region

7's Freshman of the Year. On top of that, she stayed driven, picking up right where she left off once the offseason began and is already building towards an even better sophomore season. ~Connor Hanson

SALEM STATE UNIVERSITY

CELIA CARBONE

Setter

Sophomore

Celia has been a true leader in all aspects of student-athlete success. She is a key figure in the S&C program for the women's volleyball team leading by example. Celia has a 4.0 GPA, which has earned her MASCAC All Academic Team honors, as well as being a member of the Alpha Lamda Delta Honor Society. In the weightroom she has been a total sponge and a mentor to the other athletes. She has increased her strength by 83% (lower body) and 32% (upper body) respectively. Her hard work has rapidly translated on the court physically and in earning the respect of her upperclassmen. Celia is a very hard worker who will undoubtedly continue her upward trajectory. ~Francisco Aguilar

SPRINGFIELD COLLEGE

DYLAN MULVANEY

Setter

Sophomore

He is a leader inside and outside the weight room, displaying a unique work ethic and discipline in all aspects of his life as a student and an athlete. ~Lorenzo Pelloni

COLLEGE — VOLLEYBALL

TEXAS WOMAN'S UNIVERSITY

MALIA VIERNES

OH/RS

Junior

Malia is an all-around beast. She is the kind of athlete who doesn't think, she just does. No matter what is programmed she just does it and does it with ease. She is one of our strongest athletes across all sports and has one of the best attitudes. Malia wants to do everything in her power to improve herself and she has gone above and beyond to do that in the weight room. Her teammates and student-athletes from every other sport take notice of her capabilities in the weight room and she serves as an excellent role model. Her positivity is also unmatched as she brings a contagious energy. I am excited to see how she continues to push herself and improves throughout the rest of her collegiate career.

~Delaney Baxendale

TRINITY UNIVERSITY

BRETTE THORNTON

MB/RS

Senior

Brette has had an incredible competitive spirit and drive from the very beginning of her time at Trinity. She has always been hard working, disciplined, and has grown into a very capable athlete who is determined to be successful in everything she does. ~Daniel Martinez

UNIVERSITY OF MISSOURI S&T

SHELBY PLY

Middle

Senior

Shelby has worked extremely hard for me ever since I stepped on campus. She is one of the most accomplished volleyball players in the team's history, and a person could easily tell that by the work that she put into the weight room and her craft. Even though she battled through injuries the past year and a half, she

always found a way to get stronger, and stay on the court. ~David Edwards

UNIVERSITY OF PROVIDENCE

CABRY TAYLOR

Sophomore

Every lift she pushes herself past her limit and gives it all she's got. I'm very proud of the development she has gone through and excited to see her grow during her time at UP. ~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE

SIERRA CASTONGUAY

Libero

Senior

Always in top 2 or 3 Volleyball athletes tested. Has bests of 130 Clean, 160 Front Squat, 125 Bench, 23" VJ and 34' Over MB throw. Yearly in the Conference top 6 in digs.

~James Giroux

UNIVERSITY OF TENNESSE AT MARTIN

HAELEIGH PAULINO

Senior

Haeleigh has been an instrumental leader and a centerpiece in the championship successes of both our indoor and beach volleyball programs over the last five years. Her dedication to maximizing her athletic potential has contributed to her being selected twice for the All-OVC first team and once for the All-OVC second team. Additionally, Haeleigh's work ethic has consistently been recognized academically by being selected to the Athletic Director's Honor Roll and the OVC Commissioner's Honor Roll. ~Chris Gillies

COLLEGE — VOLLEYBALL

UNIVERSITY OF WISCONSIN-WHITEWATER

JENNA WEINFURT

Outside Hitter

Senior

Jenna has had a wonderful career at UWW and her dedication to strength and conditioning has helped lead to individual and team success. Jenna is a terrific leader and the team models itself after her. Jenna helped lead the team to back to back Regional Championship berths and she will look to build on that again this fall.

~Lee Munger

WILLIAM PEACE UNIVERSITY

HANNAH WARD

DS/L

Senior

This athlete has made major improvements in the weight room this past year. Her work ethic and discipline has been unmatched. She is always pushing herself to improve. She has been consistent with her training throughout the year. This individual is coachable and present in the weight room. She sets the standards for her teammates when it comes to her effort when she trains. This past year she has had lifetime PR's 135 hang clean, 160 front squat, and 135 bench press

~Rebecca Fraser

WILLIAM PEACE UNIVERSITY

HANNAH WARD

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This athlete has made major improvements in the weight room this past year. Her work ethic and discipline has been unmatched. She is always pushing herself to improve. She has been consistent with her training throughout the year. This individual is coachable and present in the weight room. She sets the standards for her teammates when it comes to her effort when she trains. This past year she has had lifetime PR's 135 hang clean, 160 front squat, and 135 bench press.

~Rebecca Fraser

WILLIAM WOODS UNIVERSITY

LAUREN HIESTAND

DS

Senior

Lauren has consistently demonstrated an exceptional work ethic and dedication during her time at William Woods University. From the outset, she impressed us with her determination and commitment to excellence. Lauren is one of the hardest workers we've ever had and this helped her become a starter during her senior year. Her passion and dedication to the field of Exercise Science lead her to graduate early and become a graduate assistant at Greenville College ~Bob Jones

WRIGHT STATE UNIVERSITY

TAYLOR BRANSFIELD

Middle Blocker

Senior

Taylor has consistently been one of the hardest workers on the Volleyball team and this year was no different. Although an injury caused her to sit out this entire season, she put in a tremendous amount of effort to try to get back on the court. She went above and beyond during rehab and getting extra workouts to attempt to finish the season. ~Cole Pittsford

COLLEGE — WATER POLO

FRESNO PACIFIC UNIVERSITY

NATALIE KISLING

Attacker

Junior

Natalie Kisling ignites the weight room with her infectious energy every time she sets foot inside. Renowned for her unparalleled work ethic, Natalie's dedication shines through in both her performance on the field and her commitment to personal growth. A true leader by example, she sets the bar high for underclassmen, infusing each workout with her trademark positivity and drive. Over the past three years, Natalie has wholeheartedly embraced the program, dedicating herself to the relentless pursuit of excellence and embodying the essence of a supportive teammate.

~Whitney Leyva-Camberos

FRESNO PACIFIC UNIVERSITY

ETHAN MCLAUGHLIN

Goalie

Senior

Ethan McLaughlin, a senior at Fresno Pacific University and a pivotal goalkeeper for the FPU Men's Water Polo Team, exemplifies unwavering dedication. Throughout his tenure, Ethan's commitment to excellence has been unmistakable; never once did he falter in attending gym training sessions, always prepared to go above and beyond. Ethan's drive extends beyond the pool, reflecting both in his athletic pursuits and academic endeavors. As he prepares to graduate, his absence in the weight room will undoubtedly be felt, leaving a void that speaks volumes of his impactful presence.

~Whitney Leyva-Camberos

UNIVERSITY OF MICHIGAN

ELISE WALKER

Center

Senior

Elise Walker is a senior center on our Women's Water Polo team and current team captain. Elise was instrumental in guiding and improving the team culture in the weight room over the past year. She has taken on a much larger role in being an advocate of consistent training, pushing her teammates to heights they didn't believe they could go, and continued to make substantial progress in and out of the pool despite dealing with injuries in the last couple of years. Elise has been a pleasure to work with and am proud to nominate her for NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

UNIVERSITY OF REDLANDS

MAX WAGENER

ATT

Junior

Max, has been a standout water polo player at the U of R. In 2022, he played a pivotal role in leading our team to a National Championship as well as being a scholar-athlete, showcasing not only his exceptional skills in the pool but also his outstanding leadership within the weight room. His dedication to strength and conditioning has been a driving force behind our success. Max exemplifies true leadership, demonstrating both in the pool and the weight room. His commitment and lifting prowess have been instrumental in our triumphs.

~Anthony Penalber

COLLEGE — WHEELCHAIR BASKETBALL

THE UNIVERSITY OF ALABAMA

JOSH HIPPS

2.5

Junior

Josh has displayed a first class work ethic this year. He has made tremendous gains in the weight room and on the court this season. Josh is studying Computer Science and has maintained a 3.71 GPA. Josh is deserving of the award. ~Anthony Wood

THE UNIVERSITY OF ALABAMA

BAILEY MOODY

4

Senior

Bailey has showed extreme work ethic in the weight room, on the court, and in the classroom. She has a 4.0 GPA while studying Psychology and is on the President's List. Bailey is also an Paralympian and a National Champion (2021,2022,2023). Bailey is well deserving of this award. ~Anthony Wood

COLLEGE — WRESTLING

AVERETT UNIVERSITY

CARTER ERICKSON

184

Sophomore

Carter, the epitome of a dedicated athlete, sets the bar high for his teammates, leading by example in every aspect of his training and performance. His relentless work ethic in the weight room is nothing short of remarkable, evident in the consistent improvements he makes day after day. Carter's leadership shines through his actions, inspiring those around him to push themselves harder and strive for excellence both in sport and in life. ~Tyler Smith

Avila University

Markayla Lottie

116lbs Class

Junior

Markayla has been a dominant athlete since she stepped foot on campus. Pound for pound she is one of the strongest female athlete in our program with the ability to deadlift twice her body weight for multiple reps. She is an excellent student who performs at the top of her class. On the mat, she has qualified for Nationals the last two years along with various conference accolades and season national rankings. Her aspirations are to be a strength and conditioning coach and based upon her past abilities she will most certainly succeed.

~Brian Ciolek

HUNTINGDON COLLEGE

CHRISTION CURRY

285

Senior

Christion has been a consistent leader for our wrestling program throughout his career. He is a hard worker that always operates with a positive attitude. Christion has grown into an integral role for us, and demonstrates what it means to be a selfless teammate.

~Charlie Goodyear

MICHAEL FAVRE

JADEN BULLOCK

184lb. weight class

Junior

Jaden Bullock, a redshirt-junior wrestler, has continually demonstrated his leadership and commitment to both the strength and conditioning and wrestling programs. Jaden'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. Jaden's relentless effort and attention to detail in the weight room and on the wrestling mat were instrumental in his return from a season ending injury leading to the starting role at the 184lb weight class this season. Jaden 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.

~Michael Favre

MINNESOTA STATE UNIVERSITY, MANKATO

SHANE GIBSON

197 lbs

Senior

Shane has set the standard for hard work and consistency in the weight room during the season and in the off-season over the course of his career at Minnesota State. Shane constantly pushes himself to the limits of his ability from the beginning to the end of each workout.

~Brett Nelson

COLLEGE — WRESTLING

NORWICH UNIVERSITY

JOSHUA DUCHARME

Senior

Given their remarkable achievements and exceptional qualities, I wholeheartedly endorse the recognition of this outstanding individual as an NSCA All American. Their steadfast commitment to their sport and remarkable sportsmanship have not only raised the bar for collegiate athletics but also set a commendable example for aspiring athletes. Athletes like them epitomize sportsmanship, resilience, and excellence, serving as an inspiration for countless young talents to aspire to greatness and pursue their athletic ambitions with zeal. ~Scott Caulfield

SOUTHWEST MINNESOTA STATE UNIVERSITY

CADEN STEFFEN

197 Class

Senior

Caden had a relentless passion for hard work in the weight room. He set personal record maxes of 525 squat, 635 deadlift, 335 clean, and 405 bench press during fall training. His work does not stop there. In addition to his barbell work he finishes his workouts with heavy sandbag loads/carry's, farmers walks, log press, and sled push and pull. He is a two time All-American at 184. After a season ending injury last year he worked even harder to put on more muscle mass to move up to 197. He is currently ranked 3rd at 197 in NCAA Division II. With his hard work, and leadership abilities I cannot think of anyone more deserving than Caden Steffen to be named All-American Strength and Conditioning Athlete of the Year. ~Brad Gillingham

SPRINGFIELD COLLEGE

MAX GRZYMALA

174

Senior

Max is one of the most dedicated athletes I have worked with in my 30+ years as a strength and conditioning coach. He sets a very high standard for himself in his training and lives up to that standard every day. He is a role model and true team leader and one of the most positive people I have ever met. He wants to become a strength and conditioning coach himself and has already passed the CSCS exam. ~Brian Thompson

UNITED STATES AIR FORCE ACADEMY

GIANO PETRUCELLI

165 lbs. weight class

Senior

G emerged as an outstanding leader both in the weight room and on the wrestling mat. In the weight room, he assumed the role of the leader, orchestrating our team warm-ups and offering motivational weight room quotes that fueled our team's determination. G's commitment extended beyond words as he always led by example, pushing himself in every workout and inspiring teammates to match his intensity. In the wrestling room, his leadership took on a crucial role, fostering a culture of accountability among the team. G not only excelled at a national level in competition but also devoted himself to guiding and mentoring the younger wrestlers. His dedication extended to post-practice cool-downs, leaving no stone unturned in optimizing training and performance. G's multifaceted leadership undoubtedly elevated our team's performance. ~Buck Blackwood

COLLEGE — WRESTLING

UNITED STATES COAST GUARD ACADEMY

COY SPOONER

197

Senior

Holding a Career Record of 65-3, Coy has never lost a regular season match and has only experienced losses during the NCAA tournament. Coming into his senior season, he was a 2x Northeast Regional Champion & a 2x All-American at 197 pounds, placing 5th in 2022 and 2nd in 2023. Additionally, Coy is a 2x Academic All-American and was selected as the 2022 Northeast Region Rookie of the Year. So far this season he has earned the title of Outstanding Wrestler at the 2023 NEWA Duals and is currently ranked 2nd at 197 in NCAA III. Coy will look to compete for a 3rd Regional title, as well as an NCAA National Championship this season. ~Timothy Farina

UNIVERSITY OF PROVIDENCE

ERIN HIKIJI

Sophomore

She's always pushing herself and works harder than any girl during lift. It shows during her wrestling matches in the way she dominates every girl she goes up against. ~Lucky Lovan

UNIVERSITY OF PROVIDENCE

CALEB WERNER

Senior

Reliable, consistent and discipline. He always shows up with a positive attitude ready to work. Blessed to coach such a great athlete and even better man. ~Lucky Lovan

UNIVERSITY OF SOUTHERN MAINE

NICK BEEBE

Heavyweight

Senior

Developed into strongest athlete on team. Has 400+ bench and 500+ squat. Qualified for Northeast Wrestling Regional Championship. Will compete in Powerlifting competitions after wrestling is over. ~James Giroux

HIGH SCHOOL — BASEBALL

BEAR RIVER HIGH SCHOOL

GEHRIG MARBLE

1B/P

Senior

Gehrig put in the time in effort in the off season to progress and improve his athletic ability. His preseason tests were incredible. He measured a 41 inch vertical and 118 inch broad jump at 6'5". He hit a 255 lbs front squat and a 185 lbs press. He put on muscle and improved his power and quickness numbers by leaps and bounds. He was a leader in the weight room and locker room. ~Reggie Shaw

CAPE HENRY COLLEGIATE

TANNER SCHAEDEL

Senior

Tanner is one of the most decorated baseball players in the history of Cape Henry Collegiate. In addition to his impact on the baseball field, Tanner is also a leader on the volleyball and indoor track teams. A year round participant in the strength and conditioning program, Tanner is consistently the first one in and the last one to leave. At time of submission, he earned a bench press of 245, front squat of 330, trap bar deadlift of 570 and a 39" vertical jump. ~Phil Reichhoff

CREIGHTON PREP

MICHAEL SALL

Pitcher

Senior

Michael is a great example of utilizing Strength & Conditioning to enhance on field performance and returning from season-ending injury to achieve future success. He leads through his actions and words each practice and training session. Through his hard work he has achieved much success on the field and the ability to continue his baseball career playing collegiately at the University of Nebraska Omaha. ~Trenton Clausen

FORGED IRON ATHLETIC PERFORMANCE AT THE JAMERSON FAMILY YMCA

CONNOR LANE

Pitcher

Senior

Connor has been a consistent 4 year strength athlete balancing his training with multiple sports. Connor brings a contagious energy to every class, pushing his peers to get better. Because of his year around strength and conditioning training, Connor has been able to reach all his in-season athletic goal. ~Sarah Kline

GEORGETOWN PREPARATORY SCHOOL

SAMUEL WEINSTEIN

Catcher

Senior

Sam has become the model of consistency for our baseball program. His ability to embrace coaching and push himself out of his own comfort zone has been nothing short of incredible. Over his four years at Prep he has excelled at making the "work" his passion. He has thrived both on the field and in the classroom and I would expect nothing less to continue throughout his collegiate years. ~Eamon O'Liddy

GREER HIGH SCHOOL

COLE BELLINGER

C, UTIL

Senior

Cole is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the field and in the weight room. He is an excellent student-athlete and always pushes himself to get better in every aspect.

~Matt Landreth

HIGH SCHOOL — BASEBALL

INSPIRATION ACADEMY

SHIMONTE BAINM

Infield, Catcher

Senior

Coming off a knee injury last year, Shimmy has been an absolute "dog" in the weight room this year. His work ethic in our training sessions have enabled him to create a faster and more resilient self that has elevated his ability on the baseball field. He resilience in the weight room has inspired others as he is always giving it 100%, and thus helps bring others to give the same. Shimmy is a great example on how weight and speed training and help raise an athlete's ceiling and improve overall sports production. ~Brian Commerford

KAMEHAMEHA SCHOOLS - KAPALAMA

GREYSON OSBUN

Pitcher

Junior

Greyson Osbun is an exceptional baseball player who has shown unwavering commitment and dedication since day one. From the moment he walked through the doors, Greyson has been a relentless worker, showing up nearly every day and putting in the work with zero excuses. Last season, as a sophomore, he showcased his talent on the field, throwing 37.5 innings with 37 strikeouts and an impressive 1.12 ERA. With an undefeated record of 4-0 and one save, Greyson proved himself to be a valuable asset to the team, we look forward to seeing him continue to excel in the seasons to come.

~Skyler Yamamoto

LAKE CENTRAL H.S.

DREW ARNOLD

Catcher

Senior

Drew is an outstanding young man with a terrific work ethic. He excels in the classroom as well as the weight room. He has shown great leadership by helping to make sure that he and other team members are performing up to the standards set for them. ~Thomas Halterman

LAKESHORE HIGH SCHOOL

ALEC WOJAHN

Catcher

Senior

It has been such a pleasure to coach Alec the last few years. He is an all around All American. He is always working hard in classroom, in the weight room and on the field. His leadership has been invaluable this last year as he set the standard and is always a positive influence on others to do the same. He help lead the Lakeshore Baseball & Football team to regional finals appearance. Alec's dedication has earned him the opportunity to play both football and baseball at the college level. Beyond athletics, Alec is an outstanding student and leader of the school community. He is truly an amazing young man that has a very bright future ahead of him. ~John Girton

LOGANVILLE HIGH SCHOOL

BRODY HANNAH

Catcher, QB

Sophomore

Brody is the perfect representation of our strength & conditioning program. Our program values integrity, hard work, resiliency, leadership, respect, and physical and mental toughness. Brody exhibits those characteristics and then some, on a daily basis.

~Brad Palmer

HIGH SCHOOL — BASEBALL

MANDAN HIGH SCHOOL

GAGE MILLER

Senior

Gage is a senior at Mandan High where he competes in baseball and Basketball. Last year he threw a no-hitter, and has helped Mandan to a WDA Championship. He has a 225 max bench, 300 Squat, and 190 power clean. Congrats Gage! ~Zach Morast

NEW TRIER HS

MAX KAPLAN

Pitcher

Senior

Max is a 3-year varsity player, returning All-Conference pitcher, and Captain of one of the top teams in Illinois. As a junior he had a 7-2 record as a starter with an elite 2.12 ERA. His passion for baseball was made obvious by year-round, thoughtful training. His coaches note that he is the hardest working pitcher they've ever had in the weight room. A high character, hard-working athlete, Max is committed to play college baseball at University of South Carolina Upstate ~Jim Davis

RAYTOWN SOUTH HIGH SCHOOL

LOGAN LANEAR

1B/C

Senior

Logan, is a standout in two varsity sports, baseball and football. He also excels in the classroom. Logan has a great work ethic in the weight room and upholds the standard for those around him. Logan is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Logan!

~Monte Yancey

ST. ALBANS SCHOOL

DEREK DESMARAIS

SS/Pitcher

Senior

Derek's commitment to the strength and conditioning program has aided him in becoming one of our best student-athletes at St. Albans School and achieve many accomplishments on the baseball field. He led the program in 2023 in ERA (0.87) and saves. He is currently the only member of our baseball program in the "309 Club", having thrown a baseball from home plate over the left field fence, 309 feet away. Derek also hit a clutch RBI triple that helped lead Bulldogs to first championship since 2016 last year. Derek's is a fantastic leader and a relentless work ethic which has earned him to be captain of our 2024 baseball team. Derek is one our seniors, that has played a major role in shaping and shifting success and culture of our strength and conditioning program.

~Christopher Tarullo

HIGH SCHOOL — BASKETBALL

BEAR RIVER HIGH SCHOOL

MASON SORENSON

C/F

Senior

Mason put in 4 years of hard work and they paid dividends in his senior year. During our preseason testing, he measured a 41 inch vertical leap, 114 inch broad jump and 235 lbs front squat. He added muscle, quickness and increased his power numbers immensely over the past year. He has been a leader in the weight room and a leader on the team. ~Tommy Nelson

BIG WALNUT HIGH SCHOOL

LAUREN HALEY

Head Strength and Fitness Coach

Junior

Lauren is a talented Basketball player and Golfer. She is also one my hardest working athletes in the weightroom. Her strongest attributes are her leadership qualities and work ethic. She is a true leader in all activities she participates in. ~Anthony Glass

CAPE HENRY COLLEGIATE

CHASE PROTO

Senior

Chase Proto is a true testament to the long term benefits of consistent strength training, coupled with skill development. Chase worked consistently in the weight room with the goal of gaining weight. Even when results were not immediate, Chase stayed the course and kept his faith. This was also his approach on the court. His investment paid off in his senior season where he was a starter and a hugely impactful player. ~Phil Reichhoff

CHRISUS HUMAN PERFORMANCE CENTER

JACOB WESTBROOK

Junior

Jacob has been an absolute pleasure to train. Coming off an injury in his previous basketball season, Jacob has trusted the process, worked extremely hard, and now is back on the court better than ever. He has given up

Saturdays to get his training in at the HPC but is has paid off. We cannot wait to see the continued growth and development from Jacob as he continues to train with us. ~Ryan Dupre

CREIGHTON PREP

DILLON CLAUSSEN

Forward/Center

Senior

Dillon has used Strength & Conditioning to elevate his level of play through his hard work and dedication. He pushes himself and his teammates each training session to achieve great results. During his senior season, he averaged more than 16 points, 9 rebounds and 2 blocks per game. He has set a great example of how hard work and sacrifice can lead to great results. Dillon will continue his basketball career playing collegiately at Washburn University. ~Trenton Clausen

EZELL-HARDING CHRISTIAN SCHOOL

BLAKE DEAN

Point Guard/Shooting Guard

Senior

Blake Dean, a seasoned senior combo guard (point guard/shooting guard), has carved an impressive path as a four-year varsity starter, earning the distinction of a two-time all-district player and standing out as one of the state's leading scorers with a remarkable 21 points per game average. Beyond his offensive prowess, Blake consistently takes on the challenging role of guarding the opposing team's best player every night, showcasing his defensive skills. What truly distinguishes Blake is not just his on-court abilities but his exceptional character. A dedicated teammate and individual, he approaches his daily workouts in the weight room with a commitment that goes beyond the norm, embodying the motto of giving 111%. Always driven to enhance his skills and evolve into the best version of himself, Blake Dean is not only a standout player but also a shining example of dedication and personal growth. ~Justin Loudon

HIGH SCHOOL — BASKETBALL

FORGED IRON ATHLETIC PERFORMANCE AT THE JAMERSON FAMILY YMCA

ETHAN KLINE

Point Guard

Senior

Ethan goes above and beyond in his weight room training. Ethan does the correctives necessary to stay healthy and the lifts needed to be strong and agile. Ethan has been a consistent 5 year strength and conditioning athlete and will continue his training as he begins his college basketball career at Sewanee- The University of the South. ~Sarah Kline

GAYVILLE VOLIN RAIDERS

NATE SELCHERT

Center

Sophomore

Nate has started on the varsity basketball team as a Freshman and now as a Sophomore. At 6'4" and 260 lbs, with improvement in the weight room in off-season, pushing his bench up to 250 lbs, his squat up 50 lbs to 290 lbs and improving his vertical 2.5 inches, Nate was able to help the team make it to regional play for the first time ever in school history. Nate averaged 6 points per game and 8 rebounds per game. Also a football player, on the track team and playing baseball, Nate is a 4-sport athlete. Helping on the line to get the football team 2 rounds deep into the play-offs, throwing the shot 37.8 feet and discus 110 feet as a freshman. He also has started on the Varsity baseball team and batted .500 this past summer. He is also on the honor roll, a member of FCA and works as a mentor to the younger kids in school. ~Mark Roozen

GREER HIGH SCHOOL

KEIANNA PARKS

Forward

Junior

Keianna is an outstanding young woman and hard working student-athlete that has seen her strength, power and speed all increase because of her commitment to our program. She is a hard worker on the court and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect. ~Matt Landreth

LOGANVILLE HIGH SCHOOL

NINO NESBITT

Guard

Junior

Nino is the perfect representation of our strength & conditioning program. Our program values integrity, hard work, resiliency, leadership, respect, and physical and mental toughness. Nino exhibits those characteristics and then some, on a daily basis. ~Brad Palmer

MANDAN HIGH SCHOOL

HAILEY MARKEL

Senior

Hailey is a senior at Mandan High where she competes in Basketball and Track. She has been a Mandan Athlete of the Month, PSP MVP, Rookie of the year, and a two time team captain for basketball. Markel is also a 4 time qualifier for state track and field. She has really dedicated herself to the weightroom her senior year. While working through a knee injury Hailey has hit a max on bench of 125 and clean of 115. Congrats Hailey! ~Zach Morast

HIGH SCHOOL — BASKETBALL

MANDAN HIGH SCHOOL

WYATT PIEHL

Senior

Wyatt is a senior at Mandan High where he competes in Football, Basketball and Track. He has been a two-time lifter of the week, Silver Iron Brave Club Member (Bench, Squat, and Clean over 850), was 2 time all WDA and 2 time all-state in football, and a basketball team captain. Piehl has worked hard in the weight room recording maxes of 255 on bench, 385 on Squat, and 245 on clean. Congrats Wyatt! ~Zach Morast

NEW TRIER HS

LOGAN FELLER

Guard

Senior

Logan is a leader in the weightroom and on the court. He embodies what it means to be a New Trier basketball player and is recognized as one of the hardest working and toughest players in the state. His focus, attendance, effort, and toughness are undeniable. Logan is a Captain for one of the top teams in the state. On the court, he has been recognized as a 2-time All-Conference player, has made multiple all-tournament teams (including 1st team All-Tournament at the Loyola-New Trier Thanksgiving Tournament and 1st team All-Tournament at the Saguro Arizona Holiday Tournament. Last year, he was a key player for a team that finished 3rd in State; this year, he is making big moves throughout the State playoffs; next year he will continue his basketball career at Johns Hopkins University. Coach Fricke says, "statistics don't begin to describe Logan's impact on a game. He is our primary ballhandler. He gets the toughest defensive assignments. He is truly a coach on the floor." ~Jim Davis

RAYTOWN SOUTH HIGH SCHOOL

CORDELL HOLLEY

PF

Junior

Cordell, plays basketball. He excels in the weight room and classroom. Cordell has a great work ethic in the weight room and upholds the standard for those around him. Cordell is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Cordell! ~Monte Yancey

THE PEDDIE SCHOOL

MING WANG

Guard

Senior

Ming completely transformed his body during his 4 years at The Peddie School. He truly loves the process and asks all the correct questions with a desire to learn every day. His results speak for themselves. At 155 lbs body weight, he earned a 342 lbs Back Squat, 266 lbs Bench Press, 335 lbs Deadlift, 208 lbs Front Squat, 186 lbs Hang Clean, 304 lbs RDL, 259 lbs Bulgarian Squat, 25 Pull ups, 32.8" Vertical Jump, and a 1.7 second 10 yard Sprint. ~Mike Volkmar

YANKTON BUCKS

LONDON POTTS

Guard

Senior

Landon was a senior on the Yankton Bucks Basketball team and used his off-season work to propel him into a starting position on the varsity and the team's leader for the season. On the court, as a point guard, Landon averaged 17 ppg, had 4 rebounds per game, 2.6 assists per game and 1 steal per game. In the weight room for off-season and pre-season, Landon was a leader and improved in all areas; with an increase of 40 lbs in his bench from 155 lbs to 195 lbs, a 65 lbs increase in his squat; from 235 lbs to 300 lbs, and an increase in his vertical by 3.5 inches. ~Mark Roozen

HIGH SCHOOL — CHEERLEADING

DACULA HIGH SCHOOL

MYA MILLER

Flyer / Base

Junior

Mya is an incredible athlete. She works incredibly hard every single day and is not afraid to get under some heavy weight. As a cheerleader, she has won the Summit Championship and NCA Championship. She has won the "Best-All-Around Athlete" for the previous 3 years, been athlete of the month, and the All-Region team for 2023. She plans to attend a four year college in Florida. Her current best lifts are a 205lb Back Squat, 105lb Bench, and a 195lb Hex-bar Deadlift. ~James Romaniw

GREER HIGH SCHOOL

ELLA-CAROLINE PANOZZO

Junior

Ella is an outstanding young woman and hard working student-athlete that has seen her strength and power all increase because of her commitment to our program. She is a hard worker on the mat and the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect. ~Matt Landreth

RAYTOWN SOUTH HIGH SCHOOL

SKYLAR WATTS

Sophomore

Skylar, is a standout cheerleader. She also excels in the classroom. Skylar has a great work ethic in the weight room and upholds the standard for those around her. Skylar is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Skylar! ~Monte Yancey

HIGH SCHOOL — CROSS COUNTRY

ALL SAINTS EPISCOPAL SCHOOL

AUDREY RIEPE

Sophomore

Audrey Riepe has greatly improved her overall athletic abilities through her continued dedication to her sports performance training here at the Christus Human Performance Center. ~Taylor Nox

GAYVILLE-VOLIN HIGH SCHOOL

WILL PIRAK

Distance

Junior

Will has used the weight room to not only improve as a runner, but become a starter on the varsity basketball team as well. He is the top runner for the school and was a top finisher in the State Cross Country meet this past fall. He also made the game winning shot in basketball to send the team to the regional playoffs the first time in team history. Squatting 285 lbs and benching 195 lbs. Will has taken his performance to new levels.

~Mark Roozen

MANDAN HIGH SCHOOL

MICHAEL PFLIGER

Senior

Michael is a senior at Mandan High where he competes in cross country and track. He has been nominated as lifter of the week, WDA Academic All-Conference multiple year, and helped the Cross-Country team to highest place at state in ten years. This year Pfliger hit a max squat at 225. Congrats Michael!

~Zach Morast

HIGH SCHOOL — FIELD HOCKEY

CAPE HENRY COLLEGIATE

KIERSTON RUBY

Senior

Kiersten Ruby has shown an unwavering commitment to developing her fitness and contributing to winning programs. Kiersten first started training under COVID restrictions that limited workouts to outside only. In the years to follow she would be a mainstay in the Summer S&C program, encouraging many other female athletes to join. A leader in our Field Hockey program, Kiersten was also a major contributor to the school's first VISAA D2 Girls Swim State Championship. ~Phil Reichhoff

NEW TRIER HS

TESSA HERBST

Senior

Tessa has been as committed to strength and conditioning as she is to her sport. This past season she was named a team Captain, named 1st Team All-Conference, and 1st Team IHSFHA All-State. She is a true leader of the program on the field and in the weight room. We are incredibly proud of the person – not just the athlete – that Tessa has become. She shows tremendous sportsmanship and is a positive role model for student athletes across campus. She has committed to strength training and has been a true leader in recruiting her teammates to the weightroom. Tessa is a standout in the classroom as well and will be continuing her field hockey career at Middlebury College. ~Jim Davis

NEW TRIER HS

IZZY MORGAN

Senior

Izzy is a four-year varsity started who played a key role in multiple State Championships. Coaches suggest that she is in the conversation for the best field hockey player to play at New Trier. Her 108 career goals rank 1st all-time for this storied program. Though she started with incredible ability, she invested a great amount of time into strength and conditioning, speed and agility, and her ability has improved every year. Izzy was a team Captain, 1st Team All-Conference, 1st Team NFHCA All-Region, and 2nd Team NFHCA All-American. She will continue her journey through USA Field Hockey with hopes of making the National Team. An elite student as well, Izzy will continue her field hockey career at Princeton University. ~Jim Davis

HIGH SCHOOL — FIGURE SKATING

EDMOND NORTH HIGH SCHOOL

LANDICE MULLINS

Junior Lady

Junior

Landice is a junior at Edmond North High School, a member of the Oklahoma City Figure Skating Club (OKCFSC) & the Oklahoma Premier High School Team (OK Premier). Landice has achieved the highest honors by passing all the Gold Medalist Tests in three disciplines offered by US Figure Skating: Gold Senior Moves, Gold Free Skate, and Gold Senior Solo Free Dance. Landice has participated in the State Games of America in 2017. This is Landice's 4th year to participate as a competitor in the National Qualifying Series (NQS) with US Figure Skating. Landice was nominated by her OKCFSC club for these awards: 2019 Nice on Ice, 2021 American Idol, 2022 Team Spirit, 2022 American Idol, 2022 True Grit, 2023 American Idol. Landice is a member of National Honor Society, takes AP classes, volunteers at Learn to Skate at Arctic Edge Ice Arena, and a member of the Memorial Road Church of Christ youth group. I have had the honor to coach Landice as her off-ice conditioning coach. During the pandemic, there was no ice available, but her coaches were creative in offering virtual lessons to keep her training during a challenging time for all. I have witnessed Landice learn that consistency in the weight room has helped her see success on the ice. Landice shows dedication and persistence showing up, getting up when she falls, and giving her best to each day. Landice is a person that leads by example, encourages those to keep showing up and putting in the work, and is a wonderful role model to the young skaters she coaches. It is my great honor to nominate Landice for this award. Thank you for your consideration. ~Elizabeth Mullins

HIGH SCHOOL — FOOTBALL

ASHEVILLE SCHOOL

REED CASEY

Offensive line, defensive line

Senior

Reed Casey was a three-year letter winner and senior captain in both football and track & field. The Chicagoan broke numerous class and school records in the weight room, boasting personal bests of 315 pounds for power clean and 34.5 inches for vertical jump. Reed's 50' 5" shot put earned him second place in the 2023 NCISAA state championship. On the gridiron, Reed was a two-way starter in 30 appearances for the Blues. Following his senior season, he was voted First Team All-State, Second Team All-Western North Carolina, and All-Conference as an offensive lineman. On the opposite side of the ball, Reed recorded 143 career tackles - 34 for loss. He was a major factor in the football program's back-to-back state titles in 2022 and 2023. Through leadership, poise, and hard work, Reed brought the Blues strength and conditioning program to new levels, blazing a path for others to follow. ~Douglas Harger

ATHENS ACADEMY

NOAH PRIOR

TE/DL & Special Teams

Senior

Noah is a joy to coach and stands as a servant leader in our school community. He is a talented and versatile football player receiving All-Region and All-State honors over his High School career. Additionally, he is an outstanding young man setting a positive example for our K3-12th grade student body. Noah is extremely coachable, has a strong work ethic on the field, in the weight room and classroom. He is a great teammate who is quick to serve and to encourage others around him, always conducting himself in a respectful and positive manner. As a wonderful testament to his character and athletic ability, Noah will continue his football career and service to others at the United States Military Academy at West Point. I am grateful for the privilege to coach

him and look forward to the positive impact he will have serving our country. ~Bryan Pulliam

BARBOUR PHILIP HIGH SCHOOL

KADEN HUMPHREYS

Quarterback

Senior

Kaden maxed out leadership qualities in the weight room, on the field, and in the classroom, culminating in the best record in school history. ~Jerry Handley

BEAR RIVER HIGH SCHOOL

BRODY MILLER

LB/RB

Senior

Brody put in work during his entire career and improved his strength, speed and quickness. He was a key contributor on the field. ~Reggie Shaw

BERRIEN SPRINGS HS

OWEN KERLIKOWSKE

Linebacker, Guard

Senior

Owen is a truly gifted athlete, both on and off the field. He leads by example and has earned the respect of his fellow teammates, having been named a team captain twice, All Conference three times and a two time Program Leadership Award winner. His teams were district qualifiers each of the four seasons he played, making the district finals three times. Off the field, Owen boasts a 3.77 GPA and volunteers his time with the Greater Berrien Springs Rec Department and has worked with special needs children from Blossomland Learning Center. In the weight room, Owen has a max squat of 500#, deadlift of 525#, bench press of 270#, clean 245# at a weight of 227#. He also has a 31" vertical, and runs a 4.73 40. Owen will continue to play football in college at Taylor University in Upland, IN and study to be a strength and conditioning coach. ~Bob Taylor

HIGH SCHOOL — FOOTBALL

BIG WALNUT HIGH SCHOOL

NATE SEVERS

Head Strength and Fitness Coach

Senior

Nate is an outstanding athlete and role model. He was All Conference and All State back-to-back years. He Power Cleans 255, Squats 415, Benches 335 and Trap Bar Deadlifts 535. ~Anthony Glass

BISMARCK HIGH SCHOOL

SAM LARSON

OL

Junior

Sam is a really hard worker. He is extremely coachable and a great leader! Sam's testing numbers Squat 495 Bench 345 Clean 245 ~Kooper Kelly

BISMARCK PUBLIC SCHOOLS

JACK SCHAFFER

OL/DL

Junior

Jack has grown a lot over the last year. He has completely transformed body, while increasing his strength. He has developed into a leader for this program! Squat 510 (All time school record) Bench 315 Clean 280. ~Kooper Kelly

BISMARCK PUBLIC SCHOOLS

AYDEN TINCHER

RB

Junior

Ayden is a extremely hard worker. He is very coachable and wants to succeed. He had an incredible increase in his total and became the lightest boy in school history to join the 1000 club at 175lb. Squat 485, Bench 315, Clean 245 ~Kooper Kelly

BROOKINGS HIGH SCHOOL

JOEY FITZPATRICK

Offensive Guard, Defensive Tackle

Senior

Joey was a bright spot on our football team. He was a team captain and leader throughout a very challenging season. He was a rack leader in the weight room, set many PRs during his time on the team, and certainly led by example. Joey was a starter as a senior, while only playing football for a little over a season and a half.

Joey also was a state placer on the wrestling team and competes as a thrower on the track team ~Kerry Brown

CREIGHTON PREP

JEFFREY PEPRAH

Wide Receiver

Senior

Jeffrey exemplified work ethic that is second to none during each Strength & Conditioning session. He worked his way to being a varsity football contributor at wide receiver and on special teams. His dedication gave him the skill and confidence to be a varsity letterwinner. Jeffrey set a great example for teammates of setting a goal, working towards it each day and receiving great results. ~Trenton Clausen

HIGH SCHOOL — FOOTBALL

EASTCHESTER HIGH SCHOOL

SEAN MANNION

Defensive End, Offensive Tackle

Senior

Sean holds the schools current 1RM Bench press Record and has top performances in our annual combine, placing first in both the chin up and bench press rep out as well as top 3 in 40 yard dash and other events. Sean as one of our captains helped lead the team to the semifinals after and an overall winning season with a 7-3 record. Sean was awarded for the 2023 season- 4th team all state and all section. Defensively he had 37 solo tackles and 5 sacks and helped assist our team into giving up only 11.6 ppg. As the anchor our or offensive line he helped lead our team to over 3,200 yards for the season. Overall, Sean shows extreme leadership on and off the field and his dedication to his off season was evident on the field. ~Shane O'Connor

FAIRMONT SENIOR HIGH SCHOOL

DYLAN OURS

Running Back

Senior

Dylan is one of the hardest workers I've ever seen and the toughest. Will led the team to a state championship victory with a 6-touchdown performance. ~Jerry Handley

FREDERICK DOUGLASS HIGH SCHOOL

AUSTIN HARMON

Offensive Line

Senior

Austin Harmon is a dedicated, hardworking team first player with good leadership skills. He carries a 4.0 GPA with a weighted 4.5 GPA, he speaks 3 languages and plays the violin in the school Orchestra. Outside of school Austin participates in martial arts and is currently a 4th degree black belt in Taekwondo and a blue belt in Jujitsu. On the football field he was a member of the 2022 State Championship Football Team. He is a two year starter and was voted to All-City Team and voted

Most Valuable Offensive Lineman. In the weight room he leads by example, gives relentless effort and keeps his teammates accountable. Austin's consistent hard work in the weight room is a key contributor to his success on the field and in life. His 1,100 lb. total in PC, SQT & BP and his Strength Power Index at 4.20 has him among the top Lineman we have ever had in our program. Austin's goal is to attend one of our great Military Academies.

~Ed Towle

GAYVILLE-VOLIN RAIDERS

PRESTON KARSTENS

Offensive Line & Defensive Line

Sophomore

Preston has started on varsity since 8th grade. This year being a 2-way starter on the offensive and defensive line for his team that made it 2 rounds deep into the State playoffs. On the Grid Iron, on D-Line, Preston averaged 5 tackles per game, 3 assisted tackles per game, and had 9 sacks on the 8-game regular season. On the offensive, he was on a line that help to accumulate 3,119 yards passing, and 1382 yards rushing scoring on average 26 points per game. Preston also starts on the Varsity basketball team, does track and throws for the varsity team, and plays on the HS Baseball team as a catcher, pitcher, and first baseman. In the weight room, Preston was a leader, and his hard work paid off as he improved his bench by 40 lbs and his squat by 65 lbs and improved his vertical jump by 3 inches, and dropped his 40-yard dash time down by 2 tenths of a second. At 6'3" and 280 lbs, Preston is a top-level recruit in the State and surrounding area. ~Mark Roosen

HIGH SCHOOL — FOOTBALL

GREENWICH HIGH SCHOOL

PETER VOMVOLAKIS

OFFENSIVE LINEMAN

Senior

Peter Vomvolakis is a role model for our high school athletic program. His commitment to making himself a better athlete through hard work and positive attitude has made him a leader and Captain of the Varsity football team. Peter has broken all school records in the weight room and has received All American, All State and County first team recognition along with national recruiting offers at the Collegiate level and the military academies at West Point (Army) and Annapolis (Navy).

~Patrick Mediate

GREER HIGH SCHOOL

BROCK DIGGINS

WR/DB

Junior

Brock is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the field and in the weight room. He is an excellent student-athlete and always pushes himself to get better in every aspect.

~Matt Landreth

GREER HIGH SCHOOL

HUNTER FREE

LB

Senior

Hunter is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the field and in the weight room. He is an excellent student-athlete and always pushes himself to get better in every aspect.

~Matt Landreth

GREER HIGH SCHOOL

DARIUS JOHNSON

MLB

Senior

Darius is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the field and in the weight room. He is an excellent athlete and always pushes himself to get better in every aspect.

~Matt Landreth

HEREFORD HIGH SCHOOL

ALIJAH CISNEROS

Outside Linebacker

Sophomore

Alijah started on our Varsity football team this year as a sophomore. He is a leader on the field, and in the weight room and cannot be outworked. Alijah was the first skill player to make the record board with a 250 lb power clean and will soon be up there for bench press and squat. His hard work drives his teammates to be better and his workout group has made major gains this offseason

~Sarah Baulch

HIGH SCHOOL — FOOTBALL

JOPLIN HIGH SCHOOL JONATHAN WILLIAMS

Linebacker
Senior

Jonathan Williams has provided our student-athletes with a positive role model through his work ethic and commitment. Jonathan was nominated by his peers for our Hard Hat Award given to the teammate willing to make the sacrifices necessary for the betterment of the squad. Jonathan earned Second Team All-State honors in football as well as First Team All-Area, All-District and All-Conference awards. Jonathan earned Academic All-State honors in addition to his on the field accomplishments. Jonathan also earned three letters while competing for our wrestling team. Jonathan will graduate with a 3.7 GPA and has signed to continue his career at William Jewell College in Liberty, MO.

~Michael Lawrence

LAKESHORE HIGH SCHOOL MATT VAUGHN

QB
Senior

Matt embodies what a Strength & Conditioning All American is. He has an amazing dedication to the weight room and has developed into one of the best athletes in the region. In addition to his athletic work ethic Matt has developed into a fantastic leader on and off the field. He has raised the standard for all athletes at Lakeshore. Matt has to be one of the best young men I've ever had the privilege to coach in 20 years as a strength and conditioning coach. Matt's dedication, work ethic, leadership, and character, are exactly what we try to instill into our athletes. He is truly an All American in every aspect! ~John Girton

LOGANVILLE HIGH SCHOOL HENRY SIMPSON

Center
Junior

Henry is the perfect representation of our strength & conditioning program. Our program values integrity, hard work, resiliency, leadership, respect, and physical and mental toughness. Henry exhibits those characteristics and then some, on a daily basis.

~Brad Palmer

LUDINGTON HIGH SCHOOL GAGE JONES

Wide Receiver, Safety
Senior

Gage Jones is a fierce competitor that knows how to show up and find a way to win. Gage is a 3 sport athlete that leads by demonstrating great effort and competitive spirit. His willingness to find a way to train is unparalleled. Whether it be in the strength class, zero hour, or 545 am workouts in the summer, Gage found a way. Besides displaying great numbers in all of his key performance indicators, Gage will be extending his football career at Calvin University. ~Richard Kirby

MANDAN HIGH SCHOOL PAXTON OHLHAUSER

Senior

Paxton is a senior at Mandan High where he competes in Football. He is in the Silver Iron Brave Club (Bench Squat and Clean over 850lbs) and has been awarded lifter of the month. In football, Ohlhauser has been awarded all WDA as a WR, DB, and Returner. At the Shanley weightlifting meet, he took 3rd in total weight and 2nd in pound for pound in his weight class. He also took 3rd place in pound of pound for seniors. Pax has maxes of 275 on bench, 385 Squat, and 260 power clean. Congrats Paxton! ~Zach Morast

HIGH SCHOOL — FOOTBALL

MIDDLETOWN NORTH HIGH SCHOOL

BRIAN DUNLEAVY

WR

Senior

Brian epitomizes the resilience and heart of a true athlete, making him an exemplary nominee for the All-American Strength and Conditioning Athlete of the Year. Despite facing a daunting setback from a severe injury that sidelined him for most of his senior season, Brian's determined spirit and unwavering dedication propelled him to make a triumphant return to the field in record time. His significant contributions to his team, fueled by his hard work, determination, and commitment, have been nothing short of inspirational. Throughout his four years in high school, Brian has not only been a powerhouse in the weight room, leading by example, but he has also been a mentor and a helping hand to his peers. His relentless pursuit of excellence and his readiness to support others underscore his outstanding character and make him a deserving candidate for this prestigious accolade. ~Marc Rosamilia

MORGANTOWN HIGH SCHOOL

ANDREW PHARES

Wide Receiver

Senior

Andrew has a phenomenal work ethic and appreciation for technique in the weight room, and it shows in his results. Along with being one of the strongest and most hard working athletes in the gym, he has one of the top 5 vertical jumps in gym history ~Jerry Handley

PERRY HIGH SCHOOL

JAYDEN STUDIO

LB/RB

Senior

Jayden's athletic accomplishments are a direct reflection of his efforts in the weight room. Jayden was a leader for the Perry High School athletic program and a leader in the classroom. ~Mike Crissinger

PHILIP BARBOUR

NATHANIEL HULVER

Running Back

Senior

Nathaniel is a spark for the best team in school history with speed and toughness. ~Jerry Handley

PHILIP BARBOUR

KEATON MCDERMOTT

Lineman

Senior

Keaton is a workhorse leader of the team who worked his way onto first team selections for his senior year, leading the offensive and defensive lines for the best team in school history. ~Jerry Handley

PINE TREE HIGH SCHOOL

RAIMONE FLOURNOY

OLB

Senior

Flo is a classic overachiever who has reached his full potential as an athlete through hard work and determination. Every single day he competed at the highest level in the weight room, football, track, and powerlifting. He is one of our most respected athletes because of his hard work and determination! ~Ellis Cody

ROCK CREEK HIGH SCHOOL

PAYTON MCCARN

Senior

Payton exemplifies what our Strength Program is all about. ~Mark Oberkrom

HIGH SCHOOL — FOOTBALL

SAINT FRANCIS HIGH SCHOOL

JOSEPH PAUL PAYER

WR/DB

Senior

JPP is the definition of using the weight room to better himself on the playing field. His work ethic and commitment to strength & conditioning is why he deserves this award. ~Jake Siebert

ST. ALBANS SCHOOL

JACK ZAMER

TB/WR/DB

Senior

Jack has been a valuable member to our football program these last few years playing multiple positions, on both sides of the football. He is one of our best overall student-athletes at St. Albans School which is no surprise due to his relentless work ethic and effort he has put in. He has earned All-conference honors in football, being named All-IAC and earning many offers to bring his talents to the next level and compete. Jack is also a tremendous leader and captain of our football program. He always encourages his teammates whether it's being vocal or leading by example. Jack has made a huge impact on the culture of our strength and conditioning program. His presence and commitment have helped the program reach new heights. ~Christopher Tarullo

SYOSSET HIGH SCHOOL

JAKE COHEN

Linebacker

Senior

Throughout his 4 years at Syosset High School, Jake has been a standout in our weight room. His work ethic has led to him becoming one of the strongest students in the school. He was a 3-year starter on the gridiron, and as a senior was named All-County and All-State. Jake's physical strength and speed made him a force on the field, which helped his team on the way to being Nassau County Runners-Up. ~Christopher Gagstetter

WASHINGTON COMMUNITY HIGH SCHOOL

ELIJAH PAPIS

Linebacker

Senior

Eli Papis is the ultimate comeback story. Midway through his junior year football season while making a tackle, Eli broke his ankle, which required surgery that included inserting a plate. An injury that would set many back, Eli chose to make an opportunity to get better. He got in the weight room almost every day 2x a day for 6 months, including summer 6 am workouts. He put on weight while becoming faster. He chose to pick up lacrosse, a sport he never played, as a way to build up his conditioning and physicality. These efforts of resiliency and determination earned him a spot as team captain for his senior year. His hard work also made him pound for pound one of the strongest and explosive athletes on the team. With numbers in clean, bench press, squat and deadlift, all 2x his bodyweight and also being in the top 5 of all agility and speed testing, he became an on-field terror for opponents, leading the area in TFL, sacks and scoring twice as a linebacker. Through this intense commitment to rehab and return to play protocols in weight room he went on to become a first team All-Conference and All-Area Linebacker and help lead the team to semi-final appearance in state playoffs. Staggering numbers and results for Eli after having reconstructed ankle. ~Josie Jay

YANKTON HIGH SCHOOL

SHAYLOR PLATT

Running Back - Linebacker

Senior

Shaylor was one of the hardest working players; both on and off the field. at 6'0" and 205 lbs. He was named to the 2023 11AA All-State Football team as fullback and was a key member of the team that helped them make it to the State Championship game. He will play college football at Mount Marty University in Yankton, SD. ~Mark Roozen

HIGH SCHOOL — GOLF

LUDINGTON HIGH SCHOOL EMMA MCKINLEY

Senior

Emma is a multi sport athlete that epitomizes the definition of a student athlete. She has been tenacious and steadfast in her pursuit to be a great teammate and student. Constantly leading teammates in the right direction. As a multi sport athlete she has managed health and well being by keeping things in perspective. She knows what matters most. She values both hard work and sees the value in recovering properly. She keeps her eye on the prize. I will miss seeing Emma in the wt room, but am thankful for the legacy that she has left. She is a pioneer of sorts reminding us that strength is for everyone. Anxious to see her excel in her next chapter as she represents The University of Detroit as a member of their golf team. ~Richard Kirby

MANDAN HIGH SCHOOL RUBY HEYDT

Senior

Ruby is a senior at Mandan High where she competes in golf. She has been awarded all-state twice, all-conference twice, all-tournament team, all region tournament team, and team mvp. In 2023, she helped Mandan to conference and state championships in Girls Golf. Heydt has been a mainstay in the weight room and has won lifter of the week last summer. Congrats Ruby! ~Zach Morast

MANDAN HIGH SCHOOL JAYCE JOHNSON

Senior

Jayce is a senior at Mandan High where he competes in Golf, Football, Basketball, and Track. In golf, Jayce has been awarded All-Conference twice and All-State. His max bench is 205, Squat 315, and power clean 315. Congrats Jayce! ~Zach Morast

HIGH SCHOOL — GYMNASTICS

GREER HIGH SCHOOL

TAYLOR CATES

Sophomore

Taylor is an outstanding young woman and hard working student-athlete that has seen her strength, power and speed all increase because of her commitment to our program. She is a hard worker on the mat and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect.

~Matt Landreth

UNIVERSITY HIGH SCHOOL

SOPHIA RICE

Senior

Sophia works extremely hard and has an appreciation of how the weight room can help her skills have paid off. She has been consistently been training at our gym for years and has recently sign to WVU for gymnastics.

~Jerry Handley

HIGH SCHOOL — ICE HOCKEY

MANDAN HIGH SCHOOL MCKENZIE YANTZER

Junior

Mckenzie is a Junior at Mandan High where she competes in Hockey and Softball. “Mac” has been one of the most consistent lifters at Mandan High over the last 5 years. She has helped Mandan Hockey to two strait WDA championships and three straight state appearances. She has a 125 max bench and 165 squat. Congrats Mckenzie! ~Zach Morast

MANDAN HIGH SCHOOL MASON ZANDER

Senior

Mason is a senior at Mandan High where he competes in football and hockey. He has been a four time lifter of the week, Silver Iron Brave Club Member (Bench, Squat, and Clean over 850), and has one of the highest participation percentages for weightlifting in Mandan history. Zander was also awarded the Brave Award which is given to an athlete which most exemplifies what it means to be a brave on and off the field. He has hit a max bench of 275 and a max squat of 405. Congrats Mason! ~Zach Morast

MULLINS PERFORMANCE + FITNESS CARSON JONES

Forward

Junior

Carson Jones is a junior at Memorial High School in Edmond, Oklahoma. His journey began in competitive ice hockey during his freshman year in high school. Carson is an impactful forward on the Nationals-bound Oklahoma Junior Warriors 18U AA team. His speedy improvement can be attributed to his incredible work ethic and dedication to strength training off-ice and individual lessons on the ice. Beyond putting in work in the classroom and the weight room, Carson's humility, positive attitude, excellent sportsmanship, and kindness have influenced his teammates and coaches, alike. Carson Jones is an excellent example of what can be accomplished with work ethics and a positive attitude. Carson goes above and beyond to show respect to others and is quick to highlight another person's success. I am honored to nominate Carson for this award. Thank you for your consideration. ~Elizabeth Mullins

HIGH SCHOOL — LACROSSE

ASHEVILLE SCHOOL

MADDY HALLER

Defense

Senior

A standout field hockey and lacrosse player and captain, Maddy Haller was a consummate defender: hard-working, unsung, and essential to team success, which included a state championship in lacrosse in 2023. Her coaches praised her exceptional physicality, ability to mark top scoring threats, control the ball, and impact offensive play from the opposite side of the field. Maddy was equally productive in the Blues strength and conditioning program, pushing herself to top finishes in conditioning tests and personal bests of 5.30 seconds for 40-yard dash and 150 pounds for power clean. Academically, Maddy carried a 3.96 cumulative GPA and was a prefect and member of the hoste society. Maddy is the first female Blues athlete to be nominated for NSCA All-American recognition and a tremendous example of dedication and the impact of physical preparation. ~Douglas Harger

BEXLEY HIGH SCHOOL

HENRY HONDROULIS

Senior

Henry's dedication to the weight room started the very first day. He understands the important part that training plays in becoming a well-rounded athlete. Henry has been a captain for the lacrosse and football team because of his tremendous leadership ability. He leads by example—he is consistently one of the hardest working people and does the little things right. His attention to detail and effort will carry him far in life. He is committed to play lacrosse at the next level, and I have no doubt that he will be successful. It is my honor to nominate Henry Hondroulis as an NSCA All-American. ~Jesse Padgett

BIG WALNUT HIGH SCHOOL

CLARA BOWSER

Head Strength and Fitness Coach

Senior

Clara is an outstanding Volleyball and Lacrosse athlete. She works exceptionally hard in the weightroom. She Power Cleans 115, Squats 200 and Benches 105. ~Anthony Glass

CAPE HENRY COLLEGIATE

MADELEINE KEOGH

Senior

Madeleine Keogh is a three sport varsity athlete, excelling in field hockey, basketball, and lacrosse. With a demanding schedule she earned her reputation as a member of The Breakfast Club, our before school workout group. Even through the ups and downs of sport seasons she never wavered with her approach. On the field, Maddy was a senior captain on all of her teams and led with passion. ~Phil Reichhoff

CAPE HENRY COLLEGIATE

JACK JENKINS

Senior

Jack Jenkins is a mainstay in our strength and conditioning program year round, for multiple years. As a sophomore Jack had a serious lower body injury that forced him to take a step back and dedicate himself to his rehabilitation. He did not let his injury derail his consistency. Often working out before school, Jack inspires his teammates and has earned all of his progress. To date, he has a bench press of 190, front squat of 285, and a trap bar deadlift of 400. ~Phil Reichhoff

HIGH SCHOOL — LACROSSE

EASTCHESTER HIGH SCHOOL

EMMA KELLY

Attack

Senior

Emma Kelly has been a force on our Varsity Lacrosse team for the last 3 years. Her overall stats include G-154, A-65, P-219, GB-19, DC-99, CTO-16. Emma has been awarded all league and all section honors and is anticipated to have an all section/all state year during this upcoming 2024 season. Emma has been our most dedicated female athlete in the strength and conditioning program here at Eastchester over the last 4 years. While suffering a knee injury during the 2023 injury Emma has been relentless with her rehab and post rehab training- making a full recovery and return to play. Emma during her sophomore year (before injury) was a top performer in our combine - coming in first place in the pro agility and top 3 in other events. Emma will be continuing her student athlete career at the division 1 level, attending Monmouth University this fall where she earned a full athletic scholarship to play.

~Shane O'Connor

HANDLEY LACROSSE

ADDISON SHARP

Midfield, Attack, and Defense

Junior

Addi has been relentless in the weight room, on the field, and in the class room. She's the president of the Leo Club, in the National Honor Society, and taking college courses as a junior in high school. Not only does she strive to be her best, but she is always encouraging those around her. Lacrosse in our area is a growing sport, and Addi invested by not only playing and performing at a high level; but also, by helping teach the next generation. When not working out, practicing, or studying she is out helping young girls learn the sport so that they can be encouraged as well. I could not be prouder of Addi. She has earned this recognition in so many ways. Her desire to better herself and those around her will allow her to achieve anything she puts her mind to.

~Christopher Armel

SYOSSET HIGH SCHOOL

LEAH KAUFER

Midfield/Draw

Senior

Throughout her 4 years of high school, Leah has pushed herself to become great both on and off the field. In the weight room, her motivation comes from how competitive she is and her desire to best her own lifting records. Leah has seen the value in off-season training, which has helped her to become a better leader during training sessions through her actions.

~Christopher Gagstetter

HIGH SCHOOL — MARTIAL ARTS

VISTA RIDGE HIGH SCHOOL

RICHARD "LANE" PETERS

Senior

Lane could be described as a dedicated son, brother, and friend who was intelligent beyond his years. He took pride in being an amateur Jeep mechanic, as well as passionately demonstrating his commitment to Brazilian Jiu-Jitsu through coaching and competition. He loved to work with and teach people, showing the utmost care for everyone around him. As his family said, the lyrics of the Lynyrd Skynyrd song, "Simple Man," embody the character of Lane — an extraordinary person that effortlessly followed a good path. We miss you Lane!!

April 12 2006 - October 10 2023

~KC Bonnin

HIGH SCHOOL — MULTI-SPORT ATHLETES

ARMIJO HIGH SCHOOL

CHASE LEWIS

Baseball, Soccer

Shortstop, catcher, outfielder (baseball)/ defense and mid-fielder (soccer)

Junior

Extremely hard working young man, dedicated to bettering his physique, sports performance, and talents on and off the field of play. A bright student as well that truly embodies the term Student-athlete.

~Javan Williams

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY

ELLA FEEHAN

Multisport

800m, distance relays, 55m high hurdles/ 2nd Basemen Senior

Ella made it a point to put more time in the weightroom to help her improve in her sports starting this past summer. Ella was one of the most consistent lifters we had this year, along with former winners of this award! She was extremely dedicated, committed, and focused on her training in the weightroom. It has been a pleasure watching her gain confidence in the weightroom and watch it carry over into her sports. She improved greatly in the weightroom and in her respective sports. Ella did such a great job in the weightroom she even ended up joining our powerlifting club and doing great in that as well. I'm very proud of the amazing progress Ella has made her senior year! Your dedication did not go unnoticed, and it shows everyday. ~Vincent Mahoney

BENNINGTON HIGH SCHOOL

TYSEN FLEISCHMAN

Football, Track & Field, Weightlifting

Defensive End, 110 Hurdles, 300 Hurdles, Long Jump, Triple Jump

Junior

Through a consistent level of work and dedication, Tysen Fleischman has become a leader in the weight room this winter for the Bennington Badgers. In the Fall, Tysen took a big step forward and elevated his play at defensive end while helping the Badgers win their 3rd straight state championship. Building off of that performance level in the fall, Tysen has been preparing for his junior track & field season - with his coaches highly excited to see what new levels of competition he and the rest of the team can achieve after a highly energetic winter of training.

~Brandon Mimick

BENNINGTON HIGH SCHOOL

RAYNA APLEY

Track & Field, Volleyball, Weightlifting

Middle Hitter, Long Jump, High Jump

Junior

Whether it is on the court, the track, or in the weight room, Rayna's determination and work ethic help Bennington Badgers' athletics achieve new levels of success. In three years, Rayna's work in the weight room has helped her develop strength, power, and confidence, not only observed by her coaches but demonstrated through action when she established the new clean record in her weight class at Bennington High School. As a sophomore, Rayna competed highly at the Nebraska State Meet for Track & Field - respectively finishing 8th in the long jump and 10th in the high jump. However, with an additional year of training under her belt, Rayna looks to build off her prior success and continue to help the Badgers achieve new levels of success, as a team!

~Brandon Mimick

HIGH SCHOOL — MULTI-SPORT ATHLETES

BENNINGTON HIGH SCHOOL

JACK JANSEN

Football, Weightlifting, Wrestling

Defensive End

Junior

This past season, Jack Jansen was a dominant force at defensive end for the Bennington Badgers. Through his consistent play, Jack played an integral role in helping lead the Badgers to their third-straight Nebraska state championship. Additionally, Jack was named Class B First Team by the Omaha World Herald, Lincoln Journal Star, GI Independent, and Huskerland Prep. Jack's determination and work ethic extend outside of football and help him to be a leader within the wrestling program, as well as in the weight room at Bennington High School.

~Brandon Mimick

BERRIEN SPRINGS HIGH SCHOOL

TIVIDAR TASI

Football, Track & Field, Wrestling

Offensive tackle, thrower

Senior

Tividar Tasi has been a dedicated student and athlete at Berrien Springs High School for the past 4 years. He overcame an ACL tear, reconstruction and rehab sustained at the beginning of his junior year to become one of the strongest athletes at Berrien Springs. As an athlete, Tividar was a team captain in both football and wrestling, was a member of our state champion track and field team and was All Conference as an Offensive Lineman. As a student, he had a 3.71 GPA, was on the honor roll for 4 years and was Academic All State for football. Tividar worked extremely hard after his ACL reconstruction and had a 550# squat, 615# deadlift, 335# bench press and 305# power clean. Despite having many offers to play football at the DI, DII and DIII levels, Tividar will continue his academic career at Andrews University and will be studying Exercise Science. It has been a pleasure to work with such a dedicated student athlete

and see him succeed after such a devastating injury.

~Bob Taylor

BISHOP LYNCH HIGH SCHOOL

FAITH PETERSON

Powerlifting, Softball

Outfielder/Infielder

Junior

Faith Peterson is a team captain for the Varsity Softball team and a competitive member of the Varsity Powerlifting team at Bishop Lynch High School in Dallas, TX. Miss Peterson's Varsity Softball team captaincy as a junior and 2x TAPPS Second Team All-State honors are the products of her peerless work ethic, prodigious leadership, positive presence, and persistence in strength and conditioning. If we can get nine Faith Petersons, we will win the state championship every year. Faith Peterson is one of the greatest athletes I have ever had the joy, honor, and privilege to coach. Faith Peterson is most deserving of All-American recognition from the National Strength and Conditioning Association.

~Phil Tran

DOWNINGTOWN WEST HIGH SCHOOL

DEAN HANGEY

Football, Lacrosse

Wide Receiver, Strong Safety, Short-Stick Defensive Middle

Senior

One of the most physical skill players in the state, his power and explosiveness on the field and in the weight room made him a role model to his fellow athletes at Downingtown West. His work ethic showed his senior season with nearly 800 receiving yards and 9 TD catches of which 5 came during the 6A playoffs helping to march the team to the District 1 Final. Dean had an impressive 230 lbs. max Power Clean, 315 lbs. Squat and could single-leg squat 225 lbs. for 3-4 reps and looks to improve while at Sacred Heart University. ~Dylan Ferron

HIGH SCHOOL — MULTI-SPORT ATHLETES

GALENA PARK HIGH SCHOOL

ABIGAIL ESQUEDA

**Cross Country, Soccer, Track & Field, Volleyball
Long Distance, Defense, DS**

Junior

Abigail is a unique athlete who applies the importance of strength and conditioning in all the sports she competes in. She is the top long-distance runner in the district for cross country and track and is a starter on the varsity soccer and volleyball teams. Abigail demonstrates remarkable talents and passion for all sports she competes in. In addition, Abigail is a dedicated AP and Dual Credit student who is currently the salutatorian of her class with a 4.6 GPA. Abigail is also a member of the National Honor Society, National Technical Honor Society, and Mu Alpha Theta Math Honor Society. Abigail is a strong-hearted and brilliant young lady who is always finding ways to become the best version of herself. Holding herself to high standards, she is always looking to challenge herself and welcomes constructive feedback from her teachers, coaches, and peers. Abigail is truly a prime example of a phenomenal student-athlete.

~Alejandra Cruz

GAYVILLE-VOLIN RAIDERS

TAYLOR HOXENG

Other

Volleyball - Basketball - Track - Rodeo

Sophomore

Taylor is a multisport athlete competing in everything from volleyball and basketball on the court to track & field and rodeo outdoors. In Volleyball, Taylor had 667 digs for the season and averaged 19 digs a games and the most digs in a game with 63. She set the record for most digs in a season and made All-Conference team. In Basketball, averaged 19 ppg, 5 rebounds per game, 2 assists per game and had 3 steals per game. She also my All-Conference team for basketball as well. In the rodeo arena, she is a multievent winner in barrel racing. pole bending, breakaway, and team roping. She was a State

Qualifier in Pole Bending, Breakaway, and Team Roping. Taylor is a Jr. National Qualifier. Taylor is also a sprinter and jumper on the Track Team making it to the State Track Meet last spring. ~Mark Roozen

GAYVILLE-VOLIN RAIDERS

SPENCER KARSTENS

Other

Spencer was Quarterback on the football team, Guard on the basektball team, does weight events in track & field and is a pitcher on the baseball team.

Junior

A 4-Sport Athlete, Spencer is a leader both on the field and courts as well as in the weight room. In the off-season, Spencer was able to improve with lifts of 235 lbs on the bench, and 285 lbs in the squat while lowering his 40 time to 4.85, his pro-agility run to 4.61, and increasing his vertical to 29 inches. In Football Spencer threw for 1385 yds and 13 TDs while rushing for 796 yds for 9 TDs. On Defense, he had 79 tackles, 4 sacks, and 1 interception - all while leading his team to 2 round deep into the playoffs, in which one game he broke the school record for completions of 24 and yardage for 327 yds in a single game. In basketball this season Spencer averaged 21 mpg, 7 rebounds, 4 assists, and 2 steals per game while helping the team make it to regional play for the first time in school history. Spencer also is on the Track team and throws with a toss of 122 feet in the discus as a sophomore. In the summer he pitches for the baseball team, while having a .583 batting average. ~Mark Roozen

HIGH SCHOOL — MULTI-SPORT ATHLETES

GREER HIGH SCHOOL

AIDEN JONES

Football, Powerlifting

DL

Sophomore

Aiden is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the field and in the weight room. He is an excellent student-athlete and always pushes himself to get better in every aspect.

~Matt Landreth

Greer High School

Blake Taylor

Football, Wrestling

Center, 215

Junior

Blake is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the field, mat and in the weight room. He is an excellent athlete and always pushes himself to get better in every aspect. ~Matt Landreth

HAMILTON HEIGHTS HIGH SCHOOL

CARSON FETTIG

Football, Wrestling

Football-Running Back, Lineback; Wrestling Team

Captain

Senior

Wicked smart- honored as Academic All State in both football and wrestling, Academic All American in Wrestling. Outstanding competitor- 1A and 2A State Champion and IHSAA Individual State Qualifier in Wrestling; member of the Region All-Star Football Team. Numerous community/school activities focused on helping others. Interns at premier sports physical therapy center. Savage with strength and conditioning activities, but truly leads quietly with confidence.

Unafraid to stop and help another athlete with technique to assure proper form for maximum benefit and reduction of the chance of injury. Carson is all of this and more; he rebuilt his body following a potential career ending injury with drive and dedication rivaled by few. He is a warrior leader making those around him safer and stronger. ~Jan Clifton-Gaw

HAMILTON HEIGHTS HIGH SCHOOL

KASSIDY SCHAKEL

Basketball, Other, Softball

BB-5; SB-Left Field; Uni FB- defense/helper

Senior

KS has a no-nonsense, get to it attitude that is infectious on the field and most certainly during strength and conditioning activities. She makes others better through her example, vocal motivation, and intensity. She is not afraid to do the essential but overlooked tasks that make everyone's experience better. Her dedication to improving her own strength, power and conditioning allowed her to succeed as an undersized center/post at the highest levels of Indiana basketball, her commitment to defense is unrivaled. ~Jan Clifton-Gaw

HANDLEY BASKETBALL

BRENDAN CAMPBELL

Basketball, Track & Field

SF, PF, & Hurdler

Junior

I haven't seen many athletes come in as competitive and hungry as Brendan has each and every day. Those attributes show not only as an athlete, but as a student, and in his character. Brendan volunteers through the Arlington Diocese Workcamp to rebuild homes for needy families in Virginia, as well as help with a myriad of clubs in his school and church. We have watched Brendan achieve athletic feats in our weight room we haven't seen before, and we can't wait to watch him do the same in life. We are proud of Brendan and he has earned this award. ~Christopher Armel

HIGH SCHOOL — MULTI-SPORT ATHLETES

HENDRICKSON HIGH SCHOOL

JACOB DONNELLY

Football, Powerlifting, Wrestling

**Football-Outside Linebacker/ Wrestling- Varsity 165/
Powerlifting- Varsity 165**

Senior

Coming into his senior year, Jacob was projected to be a defensive starter. During fall camp, Jacob tore his ACL. In three months Jacob recovered to be fully cleared to participate in wrestling. Jacob won the district championship at the 165lb class as well as became a 4x Regional Qualifier for wrestling. Jacob has also competed in powerlifting and baseball in his four years at Hendrickson. Jacob is an absolute workaholic in the weight room always striving to push himself, and his teammates and inspire those around him to be better than they thought they could be. ~Peter Noonan

HOLY TRINITY EPISCOPAL ACADEMY

BROGAN MCNABB

Football, Soccer

Quarterback, Striker

Sophomore

3 year varsity starter, 2 year captain. 2,462 total yards, with 30 total touchdowns. Passing stats: 1,620 yards with 17 touchdowns and 3 interceptions. Rushing stats: 842 yards with 13 touchdowns. 4.61 40 yard dash, 285 bench press, 405 back squat, 3.7 GPA. ~Vincent Martins

HOLY TRINITY EPISCOPAL ACADEMY

ALINAH SARRATT

Basketball, Track & Field

Shooting Guard, Sprinter/Hurdler

Senior

Varsity since 7th grade, 1,000 career point scorer, Career stats: 1,031 points, 367 rebounds, 140 assists, 189 steal, and 30 blocks. 8th in the state in the 400 meter, 15.05 100m hurdles, and career best 58.86 in the 400 meter. ~Vincent Martins

JAMES WOOD VOLLEYBALL

KENNEDY SPAID

Beach Volleyball, Volleyball

Outside Hitter

Sophomore

Two words that come to mind when I watch Kennedy play volleyball are fierce, and joy. Not only can she lay the hammer down with a big spike, she is always smiling. You can clearly see the joy that she gets when she plays. As a sophomore she is already achieved so much. She has won at beach tournaments across the country, is a two-time state champion in the state of Virginia, as well as the 2023 Virginia Volleyball Player of the Year. Along with all those accomplishments Kennedy has also proven herself to be a leader. She is always encouraging those around her, and often gets more excited when her teammates make a good play than when she does herself. It's been an honor and a privilege to be her strength coach for the past two years.

~Christopher Armel

KAMEHAMEHA SCHOOLS - KAPALAMA

MARLEY ESPIAU

Soccer, Softball

Centerfield (Softball), Forward (Soccer)

Senior

Marley Espiau, a standout athlete in both soccer and softball, brings boundless energy and passion to the game. Last year, Marley showcased her skills with a .375 batting average with 5 home runs in softball while also scoring 5 goals in soccer this year. Marley is the type of athlete every coach dreams to have on their team. You can always count on her to give her absolute best in everything she does and demonstrates meticulous attention to detail in her craft. Marley sets a high standard for herself and her teammates each day. With Marley in centerfield it's a "no fly zone," as they say, 70% of the Earth is covered by water, the other 30% is covered by Marley Espiau. ~Skyler Yamamoto

HIGH SCHOOL — MULTI-SPORT ATHLETES

LAKE CENTRAL H.S.

JEFFREY LUCAS

**Football, Track & Field
Linebacker; Shot Put**

Senior

Jeffrey is a young man who is always up for a challenge. He has a great attitude and desire to be good at whatever he undertakes. He is always willing to help out when asked and has been a positive influence in the weight room. ~Thomas Halterman

MANATEE HIGH SCHOOL

DAMONTEZ MCDOWELL

**Football, Track & Field, Weightlifting, Wrestling
Football- Linebacker, Weightlifting -219 class, Track-
Javelin and and Discus, Wrestling- 215 class**

Senior

2023 Weightlifting County and District Champion, 2023 and 2024 Wrestling County and District Champion, State Qualifier for Wrestling and Weightlifting, committed to play college football at Stetson University.

Tez is a true competitor, challenging himself to compete year round in multiple sports at the top level for high school athletes. A great student and a natural leader

~Richard Lansky

MANATEE HIGH SCHOOL

TY'REEK ROBINSON

**Football, Track & Field, Weightlifting
Football - Defensive Tackle, Noseguard, Track and Field
- Shotput, Weightlifting- Unlimited Class**

Senior

County and District Champion- Shotput, County and District Medalist- Weightlifting, Football All Area Defensive Team, Selected to play in Florida North- South Football All-Star Game, Committed to play at UCF next year, 4.4 GPA

'Reek is a true student athlete, earning top grades in the classroom while dominating on the football field, in the

throwing ring and on the weightlifting platform. Highly coachable, a natural leader and a true competitor. ~Richard Lansky

MANATEE HIGH SCHOOL

MIA WHITE

**Track & Field, Weightlifting, Wrestling
Weightlifting -199 class, Wrestling, Shotput**

Senior

Mia is a two time state qualifier for weightlifting, with last and/ or current district championships, regional medalist and county championships. She is current county champion for wrestling and a district medalist and regional qualifier. She also competes in the throws events for track. An excellent student, she will be attending FSU next year. ~Richard Lansky

MANDAN HIGH SCHOOL

GABRIELE FROHLICH

Other, Soccer, Volleyball

Sophomore

Gabby is a sophomore at Mandan High where she competes in volleyball and soccer. At the Shanley weightlifting competition, she took 3rd in her weight class for pound for pound and overall weight lifted. Frohlich has a max bench of 120, squat of 190, and a 130 clean. Congrats Gabby! ~Zach Morast

MANDAN HIGH SCHOOL

TUKKER HORNER

Baseball, Football, Ice Hockey, Other

Senior

Tukker is a senior at Mandan High where he competes in football, hockey, and baseball. He was awarded rookie of the year in baseball, lifter of the month, and the Brave Award which is given to an athlete which most exemplifies what it means to be a brave on and off the field. Horner has a 230 max bench, 340 squat, and 225 power clean. Congrats Tukker! ~Zach Morast

HIGH SCHOOL — MULTI-SPORT ATHLETES

MENNO HIGH SCHOOL

NORA ROBB

Multisport

Junior

Nora is a true multisport athlete, taking part in volleyball, basketball, softball, cross country, & track and field. The 5'7" standout has used the summer off-season to help make her one of the top athletes in the area.

~Mark Roozen

MERCER COUNTY SENIOR HIGH SCHOOL

MALACHI DAVIS

Football, Powerlifting, Track & Field

Senior

Malachi Davis has left an indelible mark on Mercer County Senior High School through his achievements in Football, Track, and Powerlifting. As a team captain of the Football team, Davis played a pivotal role in securing the school's first District Championship since 2015, achieving its first season with 10 wins since 2006. On the track, he was a part of the team's back-to-back state championships. In the weight room, Davis made his largest impact. His strength was unparalleled for his 165 lb. weight class, boasting 550 lbs. Back Squat, 315 lbs. Bench Press, and 520 lbs. Deadlift. His extraordinary hard work led him to a 1st place at the 2023 Kentucky High School State Push/Pull competition and earned him the title of Best Overall Lifter at the 2022 Kentucky Powerlifting Invitational. What will cement Malachi's legacy as one of Mercer County Senior High School's most accomplished strength student-athletes is not limited to his numbers, but also includes his work ethic and caring personality. Not only would he outwork his teammates, he had a way of turning around and pushing them to become more than they imagined for themselves. He was the heartbeat of the school's weight program for his four years at Mercer County Senior High School. Congratulations Malachi! ~Jeremy Carlson

MIDDLETOWN NORTH HIGH SCHOOL

COLIN JACQUES

Football, Other

WR

Senior

Colin's steadfast commitment and work ethic throughout his high school career have set him apart as a paragon of strength and conditioning excellence. His dedication extends beyond his own training; he is the backbone of support for his coaches and teammates, always ready to lend a hand or share a word of encouragement. Colin's strength isn't just physical—his character is marked by relentless effort, tireless work, and an innate ability to uplift and mentor the next generation of athletes. By making the weight room his second home, showing up early, and staying late, Colin doesn't just lead by example; he is the example. His presence is a constant reminder of what it means to be a dedicated, supportive, and exceptionally strong athlete. Colin embodies the spirit of a true leader in the realm of strength and conditioning, making him an outstanding candidate for any accolade that recognizes his exceptional contribution and impact. ~Marc Rosamilia

HIGH SCHOOL — MULTI-SPORT ATHLETES

NEW TRIER HS LILLY COTTINGHAM

Olympic Weightlifting, Powerlifting Senior

Lilly's dedication to strength and conditioning is hard to match. She began her athletic career as a coxswain for the rowing team, which initially led her to the weightroom. Once there, she found her home. She has taken 1st place in every meet she has competed in: 1st place, NASA Powerlifting Nationals; 1st place, IHSPLA State Championship; 1st place, Sakoulas Summer Open; 1st place, Mid American Weightlifting Championship; and 1st place, Chicago Open. She is a Captain of the New Trier powerlifting team and one of her best moments came at the 2023 NASA HS Nationals meet – an injured wrist kept her from competing, but she flew with the team to Oklahoma City anyway and proved to be an invaluable part of the team's 1st place finish while leading, supporting teammates, and cheering all the way through. Her best lifting (and leadership) is still to come!
~Jim Davis

NEW TRIER HS LIAM FITZGERALD

Football, Powerlifting, Track & Field Defensive Line, Throws, M308 Division Senior

Liam has excelled in multiple sports and his dedication to development through strength is elite. He was a 2-time All-Conference football player, a 2-time Academic All-Conference honoree, and 2-time Defensive Lineman of the Year. His is slotted to be the lead competitor in his division for New Trier's Powerlifting team. And as a senior, he decided to try Track & Field... in his first few weeks, his shot put numbers already have him ranked top 30 out of 1,431 competitors across the state. His 455 squat, 315 bench, and 275 hang clean are increasing quickly. His best is still to come. A diligent student as well, Liam will continue his football career in the Ivy League at Brown University. ~Jim Davis

NEW TRIER HS DYLAN JEPPE

Football, Powerlifting, Rugby Senior

Dylan has been a leader in the weightroom, on the field, and around campus since he first arrived at New Trier. His dedication to his teammates is matched only by his enthusiasm and work ethic. He has played rugby, wrestled, and run track. He has competed in Powerlifting 5 times, took 1st place in his Division at NASA HS Nationals, and elected as a team Captain for the spring. This past football season his hard work was on display. A role player as a junior, Dylan re-committed himself to the weightroom and the track. He became one of the strongest, most resilient players on the field. Senior year, Dylan was named team Captain, led the team in tackles (103), named All-Conference, and received the team's 'Defensive Player of the Year' and 'Most Inspirational' awards. He is also a committed student with a 4.58 GPA, 34 ACT, and will continue his football career at Macalester College. ~Jim Davis

NEW TRIER HS BRIANNA WYLIE

Olympic Weightlifting, Powerlifting Senior

Brianna is the epitome of work ethic. She is a Captain for the New Trier powerlifting team and is a leader in every way – especially by example. She found powerlifting while training for a soccer season and never turned back. Notable competition finishes in powerlifting and Olympic weightlifting include 1st place, Westtown Throwdown (and Female Lifter of the Meet); 2nd place, IHSPLA Regionals; 4th place, IHSPLA State Championship; 2nd place, NASA HS Nationals; 1st Place, USAW Mid-American Championships, 1st Place, USAW Chicago Open. Current PRs include a 315 Squat, 170 Bench Press, and 370 Deadlift – on pace to set both IHSPLA State and NASA National records for one of the most competitive divisions. ~Jim Davis

HIGH SCHOOL — MULTI-SPORT ATHLETES

PLATTEVIEW HIGH SCHOOL

REED PATERA

Football, Wrestling

Running Back, Linebacker, 144 lb. Wrestler

Senior

Reed is the epitome of what hard work and dedication look like. Reed is a 3-time state qualifier who has compiled 132 career wins with 86 career pins. Reed holds the school record for most technical falls in a season and in a career. Reed volunteers his time helping coach the youth involved in the Trojan Youth Wrestling program at Platteview and is a perfect example of the success you can have when you commit to the hard work.

~Nick Crouse

PLATTEVIEW HIGH SCHOOL

KATE ROSELAND

Track & Field, Volleyball

Middle Hitter, High Jump

Senior

2-time reigning Conference Champion and 1 time State Qualifier in High Jump while being a member of the District Runner-Up Girls Track & Field program. Has participated in and been enrolled in our Strength & Conditioning program every semester and summer since her 8th grade year. Honorable Mention All-State and 1st Team All-Conference in Volleyball. Kate is one of the most improved athletes from their freshman year to senior year we have had at Platteview. Her commitment to consistently improving while pushing her teammates has been instrumental to her personal improvement along with the improvement of our Track & Field and Volleyball programs. ~Nick Crouse

PLATTEVIEW HIGH SCHOOL

GRIFFIN SAUNDERS

Baseball, Football

Center, 1st Base, Pitcher

Senior

Griffin is a silent leader on and off of the field that is willing to do whatever he could to help his teams be as successful as possible. He was All-District in Football after not being a starter on the Junior Varsity team as a Sophomore. Griffin enrolled at Platteview in the summer of 2021 and has had a 95% attendance record during the summers of 2021, 2022 and 2023 each and has been enrolled in our Strength & Conditioning classes every semester he has been at Platteview. ~Nick Crouse

PLATTEVIEW HIGH SCHOOL

HANNAH TAGEL

Basketball, Track & Field, Volleyball

Libero, Guard, 400/800 Runner

Senior

Hannah is one of the best all-around athletes we have had at Platteview High School. Hannah has served as a multi-year captain and consistently holds herself and her teammates accountable in order to reach their goals. Hannah has led her teams to qualify for the state tournament in Volleyball while also being a multiple time qualifier in State Track and has been a part of 3 District Final qualifying Basketball teams. Hannah is also outstanding in the classroom ranking in the top 5 of her class. ~Nick Crouse

ROCK CREEK HIGH SCHOOL

BROOKLYN PLUMMER

Other

Senior

Brooklyn exemplifies what our Strength Program stands for in all aspects of her life. ~Mark Oberkrom

HIGH SCHOOL — MULTI-SPORT ATHLETES

SOLON HIGH SCHOOL

HARLEY BARMEN

Baseball, Football

Safety, Punter, Receiver and Catcher

Senior

Harley is an All-American in the classroom, the community and on the field. He leads by example by showing up every day ready to go, he thrives under pressure and feeds on challenges. He is continually working on being 1% better everyday in the weight room and on the field. Not only does he commit countless hours lifting and practicing each week, but he is positively impacting the youth in the community by spending time teaching and coaching the elementary and middle school students as well. ~JD Dunn

ST. ALBANS SCHOOL

WESLEY SOLOMON

Other

DE/TE & Crew

Senior

Wesley is an example of an all-around athlete that uses his performance training to be successful in all sports he participates in. His work ethic, effort and consistency has led him to many athletic accomplishments here at St. Albans School; receiving All-Conference honors in football being named All-IAC, along with being All-Met this past year in Crew. He is the top 2k erg scorer in the program currently and sits in the top 5 in the program's history. Wesley is a tremendous leader, being team captain of both programs that he participates in, but he is also a leader walking the halls of our institution each day. Wes is our senior class Head Prefect, which comes with many responsibilities during and outside of the typical school hours. Wesley is the standard to what it means to be a student-athlete at St. Albans School and has made a everlasting impact on our strength and conditioning program. ~Christopher Tarullo

TRINITY CHRISTIAN SCHOOL

JENNA BARNETT

Basketball, Cross Country

Senior

Jenna is a long term trainee who has seen the benefits of committing to strength and conditioning her entire career, finishing cross country as top 10 in the state. ~Jerry Handley

WINDSOR HIGH SCHOOL

NICK BAER

Football, Tennis, Wrestling

Senior

The most impressive attribute that Nick brought to training was his attitude. He made the most of every training session, and his infectious positivity and work ethic improved the quality of training of his training partners and teammates. Nick's effort and commitment to his training helped him develop into an integral varsity football player and state-caliber wrestler. While a season-ending arm injury kept him from competing in the State tournament, it didn't keep him from training. Just days after surgery, Nick's relentless positivity and can-do attitude were on full display as he performed one-arm hangs, all lower-body training, and other single-arm exercises. Most student-athletes would use this injury as an excuse not to train and give up. But not Nick. It was this attitude and determination that set him apart. It's been a true joy to have been Nick's Strength & Conditioning Coach these past four years, and I'm honored to nominate him as an NSCA All-American.

~Ty Van Valkenburg

HIGH SCHOOL — MULTI-SPORT ATHLETES

WINDSOR HIGH SCHOOL

TONY NAJJAR

Tennis, Wrestling

Senior

If every student-athlete at Windsor possessed the same intelligence, perseverance, and commitment as Tony Najjar, every sports team at Windsor would be in contention for the State Championship each year. Tony entered high school, having played no sports, and left it as a multiple-sport athlete. His transformation from Freshman to Senior year was not without struggle, but no obstacle was too big for “Big Tony.” Tony’s will and determination led him to accomplish more in his Strength & Conditioning than many of his more athletically gifted peers, regularly surprising his Wrestling coach with how strong his deadlift had become. Tony’s love for training will be truly missed in the Windsor Weight Room. I’m proud to nominate Tony Najjar as an NSCA All-American. ~Ty Van Valkenburg

WINDSOR HIGH SCHOOL

AJ PATRICK

Basketball, Football, Track & Field

Senior

AJ is among the most physically impressive high school student-athletes I’ve ever worked with. I’ve seen many student-athletes with above-average natural ability rely on their genetics alone and become complacent in training, leaving heaps of untapped potential on the table. This was not the case with AJ. He never stopped pushing the envelope in his training and stayed hungry for improvement from the start of his Freshman year to the finish of his Senior year. This is what stands out the most about AJ: his unending desire for more. The combination of his genetics and work ethic resulted in him earning post-season accolades in Basketball, Football, and Track. He also has cemented his legacy in the Windsor Weight Room as he is the only student-athlete to earn their Elite Athlete Classification three years in a row and currently holds three Strength &

Conditioning All-School records, including a 38.8” Vertical Jump, a 10’1” Standing Long Jump, and a 295 pound Clean. He also holds 11 boy’s basketball, six football, and four track and field records. AJ has undoubtedly left his mark on the culture of Windsor Strength & Conditioning. He will be truly missed, and I’m honored to nominate AJ as an NSCA All-American.

~Ty Van Valkenburg

WINDSOR HIGH SCHOOL

DELANEY RAPP

Track & Field, Wrestling

Senior

Intelligent and determined, Delaney Rapp refused to let any obstacle stand in between her and her goals in training. She routinely went above and beyond when addressing weaknesses, often putting in extra work during lunch and after school. She earned her Elite Athlete Classification at Windsor High School through sheer will. Her consistency and commitment to Strength & Conditioning not only helped her become a state-caliber wrestler and an integral part of the Track & Field team but also put her in the position to continue her wrestling career at the college level. Her passion for training and her coachability will be truly missed in the Windsor High School Weight Room. I’m pleased to nominate Delaney Rapp as an NSCA All-American.

~Ty Van Valkenburg

HIGH SCHOOL — MULTI-SPORT ATHLETES

WINDSOR HIGH SCHOOL

BRENTON SHIRK

Basketball, Track & Field

Senior

Few students are more solid in training at Windsor High School than Brenton Shirk. Brenton never skipped reps in training and routinely brought a positive attitude to each and every training session. Even more, he remained consistent in training across each summer. His commitment to training helped him become one of the fastest, quickest, and most explosive athletes at Windsor, as he currently holds several Strength & Conditioning records, including a 6.64 second 3-Cone. Brenton's work ethic in training helped him develop into an impact player on his basketball team and track teams. His basketball coach described him as his strongest defender, and his track coaches routinely commented on the quality of his jumping technique. Windsor Strength & Conditioning is better because of Brenton Shirk, and he will be missed. I'm pleased to nominate him as an NSCA All-American. ~Ty Van Valkenburg

YANKTON HIGH SCHOOL

TUCKER GILMORE

Multisport

Tight End, Forward, Sprinter/Jumper

Senior

Tucker is a stand out; at 6'4" and 215 lbs, a 4.0 grade point average was a 3 sport stand out. In football, Tucker had 42 receptions for 748 yds, 5 TDs and 17.8 yds/rec. He was All-Conference, All-State, and Academic All-State and helped the team compete in the State Championship game. He was the starting forward on the basketball team. On the hardwood, he averaged 10 ppg, and 5 rebounds per game, took 16 defensive charges, and was Team Captain. In track Tucker was on the 4x200 Relay with a record time of 1:32:07. A leader in the weight room, Tucker had a bench press of 250 lb, squatted 315 with a 32-inch vertical. ~Mark Roozen

HIGH SCHOOL — POWERLIFTING

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY

VICTORIA ROBERTS

Powerlifter

Senior

Victoria has been a huge surprise and inspiration at ACIT. I first met her in my S&C class last year and was shocked at how naturally strong she was. She started training for powerlifting, and eventually basketball and soccer as well. Her powerlifting performances were not to be taken lightly though. She would go on to dominate our leaderboards in the Squat and Deadlift setting the All-Time Records, and by the end of the year she is on pace to be over 100lbs over the next closest lifter, as well as break the All-Time Bench Press record. It has been an honor seeing Victoria stay humble, but be such a huge inspiration and role model for other lifters at our school. ~Vincent Mahoney

BEAR RIVER HIGH SCHOOL

BRIDGER BARFUSS

Powerlifting

Guard

Senior

Bridger improved his power and athleticism by leaps and bounds this year. He was able to improve his front squat to 225, while improving his vertical to 35 inches and his broad jump to 104 inches. He's been a great example to younger lifters. ~Reggie Shaw

GREER HIGH SCHOOL

SONNY LE

Powerlifting

Junior

Sonny is an outstanding young man and hard working student-athlete that has seen his strength and power increase because of his commitment to our program. He is and intense competitor in the weight room, an excellent athlete and always pushes himself to get better in every aspect. ~Matt Landreth

PINE TREE HIGH SCHOOL

ALEX BRACE

Powerlifting

Lifter

Senior

Alex has been an amazing student-athlete for us in Football and Powerlifting. He had some injuries that he had to rehab back from and never gave up. He committed to strength & conditioning and came back and made Regionals this year for Powerlifting. He is one that my 6 year old son looks up to and we consider him family. My wife has also taught him in Health Science classes and he is a great student as well. ~Ellis Cody

WINDSOR HIGH SCHOOL

JAYDEN TORNABENE

Powerlifting

Senior

Jayden Tornabene's love for training and the process of self-improvement is second to none. By his senior year, he turned himself into one of the strongest pound-for-pound student-athletes and became one of just six student-athletes to have earned their Elite Athlete Classification at Windsor High School. His impressive transformation from Freshman year to Senior year was the result of hours of meticulous planning and fierce execution of training, as he regularly trained 2 to 3 times per day in Strength & Conditioning Class, during the lunch hour and after school. I have met few people who have been as committed to their personal growth and training as Jayden. I can tell he will be a lifelong member of the physical culture. His passion for training and learning will be sorely missed. I'm proud to nominate Jayden as an NSCA All-American. ~Ty Van Valkenburg

HIGH SCHOOL — POWERLIFTING

WINDSOR HIGH SCHOOL

SOPHIA WILLIFORD

Powerlifting

Senior

What Sophia is capable of today compared to what she was capable of when I first met her is staggering. She went from quiet and unsure of herself to becoming one of the most dedicated and fittest female student-athletes currently at Windsor. Her intelligence and diligence were consistently on display as she persistently overcame obstacles in training. It is obvious that Strength & Conditioning is important to her, and there is no doubt that Sophia will be a lifelong member of the physical culture. She has had an overwhelmingly positive impact on the culture of Strength & Conditioning at Windsor High School, and she will be missed. It's my pleasure to nominate Sophia Williford as an NSCA All-American.

~Ty Van Valkenburg

YANKTON HIGH SCHOOL

CONNOR SLABA

Powerlifting

Junior

Connor is a state level powerlifter, but is a state level athlete; doing football, powerlifting and track. In track, he has long jumped 19'6", has been on the 4x100 relay team and the 4x200 relay team. In football with his 4.3 40 speed and 34 inch vertical, and was on the team that made it to the State Championship Game. He place 2nd in the state at 140 lbs, benching 225 lbs, squatting 325 lbs and deadlifting 365 lbs. ~Mark Roozen

HIGH SCHOOL — ROWING

THE PEDDIE SCHOOL

DEVJIT BHATTACHARYA

Rowing

Senior

Devjit is a wonderful example of consistency, perseverance, culture. He did not start Weightlifting until the Winter of his Freshman year on the Wrestling team.

He learned time management balancing two varsity sports and a heavy academic schedule. He got into the gym over the summer and made time before or after practices to make progress. At only 150 lbs, Devjit earned a 298 lbs Back Squat, 215 lbs Bench Press, 377 Deadlift, 217 lbs Front Squat, 279 lbs RDL, 216 lbs Bulgarian Squat, 454 lbs Hex Bar Deadlift, 17 Pull Ups, and a 31.5" Vertical Jump. ~Mike Volkmar

HIGH SCHOOL — SOCCER

CAPE HENRY COLLEGIATE

TAYLOR ERVIN

Senior

Taylor Ervin has demonstrated the long term commitment to his strength and conditioning development over 5 years, starting to train in the 8th grade. Taylor was a captain and strong contributor to Cape Henry's storied Boy's Soccer team while still earning impressive strength numbers. At the time of submission, Taylor earned a bench press of 215, front squat of 235, and a trap bar deadlift of 400.

~Phil Reichhoff

EASTCHESTER HIGH SCHOOL

DECLAN MCLAUGHLIN

Midfielder

Senior

Declan has been a member of our strength and conditioning program since 8th grade. Since then he has lead the way for his peers in the weight room and in all his off season training. His talent along with dedication and hard work has lead him to a stellar senior year where as captain of the boys varsity soccer team he helped lead them to a section championship. Declan was awarded all region(entire east coast), all section, all league, and league MVP. Declan's senior year stats include an impressive 19 goals and 10 assists. While Declan has not committed yet he will be continuing his student athlete career in college. ~Shane O'Connor

MANDAN HIGH SCHOOL

LUKE EBERLE

Senior

Luke is a senior at Mandan High where he competes in Soccer. He has been awarded most improved player and the hustle award. Luke has been consistent in the weight room and has the deepest squat in the room. Eberle has maxes of 195 on bench, 295 Squat, and 215 power clean. Congrats Luke! ~Zach Morast

MANDAN HIGH SCHOOL

ABBY LANDEIS

Sophomore

Abby is a sophomore at Mandan High where she competes in soccer. She was Mandan Soccer Club MVP and rookie of the year last year. In the weight room, Landeis is a member of the silver Iron Brave Club (Bench, Squat, and Clean over 500). At the Shanley Weightlifting Competition, Abby won 1st place in pound for pound and most weight lifted in her weight class. She has a 145 max bench, 285 squat, and 150 power clean. Congrats Abby!

~Zach Morast

MULLINS PERFORMANCE + FITNESS

CORBAN MULLINS

Midfielder

Senior

Corban is a senior at Edmond North High School in Edmond, OK. Corban has played soccer for his high school all four years and played club soccer for Oklahoma Energy Football Club for seven years. Corban is a member of the National Honor Society and the Oklahoma Honor Society. Corban and his Stellar-Explorers (a STEM program of the Air & Space Forces Association) be competing at Nationals this April. Corban is also a member of the Memorial Road Church of Christ youth group. Corban is a person of high character, is quick to help others, and encourages others to strive for excellence in life. Corban has dedicated time the weight room to improve athletic performance on the soccer field. Corban is looking forward to attending Oklahoma State University in the fall. It is an honor to nominate Corban. Thank you for your consideration.

~Elizabeth Mullins

HIGH SCHOOL — SOCCER

NEW TRIER HS HONOR DOLD

Defense

Junior

Honor is a three-year Varsity starter and returning All-Conference player for a team that is routinely ranked among the top in the state, if not the nation. Her focus, technique, and intensity in the weightroom are an extension of her on-field demeanor. She is committed. Her 255lb back squat is more than 100lbs over her bodyweight - a rare accomplishment for a junior. It did not happen by accident. She is dedicated to improving her game through year-round training and is a role model in the weightroom. That intensity transfers to the field. She is an elite defender on one of the elite defenses in the state. Hall-of-Fame Head Coach Jim Burnside, who has seen countless high level athletes come through his program, says "Honor is one of the best defensive players we've had at New Trier - she is a high character, hard-working, leader-by-example who elevates the play of those around her. It's exciting to think that her best soccer is yet to come." Dold's qualities transfer to the classroom as well. She is one of the school's top performers in DECA (an organization of emerging leaders and entrepreneurs) and recently created a project focused on raising money and awareness for unhoused women in the Breakthrough Women's Center in Chicago. There too she is a strong, confident leader. She consistently demonstrates care for teammates and the community. Her commitment to high performance is exceptional. ~Jim Davis

PROFORCE | MASON HIGH SCHOOL ZACH COCHRAN

Goalkeeper

Senior

Zach is not only an outstanding goalkeeper but also someone with a tremendous work ethic and drive to get better. He finished his high school career with 28 shutouts, which put him one shy of tying the all-time

school record. On top of that, he finished his senior club season by being named to the National League E64 Best XII. His work wasn't finished there, he stayed relentless in his passion and pursuit to play soccer at the next level, which recently culminated into earning himself a walk-on spot for the UC San Diego Men's Soccer team. Holding the majority of our speed records at our facility, the accolades he's won and the things he's gone onto accomplish are of no coincidence. The sky's the limit for him, and I cannot wait to see what he continues to accomplish! ~Connor Hanson

RAYTOWN SOUTH HIGH SCHOOL AMIAH SANTOS

Junior

Amiah, is a 3 sport athlete. She also excels in the classroom. Amiah has a great work ethic in the weight room and upholds the standard for those around her. Amiah is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Amiah! ~Monte Yancey

SHERANDO SOCCER EVAN BURRELL

Defender

Senior

Evan is an athlete that works in silence, and let's his success do the talking. Evan's work ethic is rare and can be seen not only in his sport, but also as a student. Evan has earned academic awards though the National Honor Society and has been a captain on his high school and travel soccer teams. One of my favorite attributes about Evan is his curiosity. He is always asking questions and wanting to learn more about what he's doing and why he's doing it. That combination of curiosity and work ethic will help him achieve whatever he sets his mind to. We are proud of you Evan! ~Christopher Armel

HIGH SCHOOL — SOCCER

SLEEPY HOLLOW HIGH SCHOOL

EMILY ORELLANA

Defense

Senior

Emily is the superstar of our summer strength and conditioning program! For two years now, she's been there like clockwork, rain or shine, inspiring everyone with her commitment. Emily is a total cheerleader for her teammates, pushing them to dig deeper and work harder just with her positive energy. Every workout, she gives it her all, striving to be the best.

Emily listens to her coaches, pushes herself without needing someone to tell her, and always stays positive, even when things get tough. Plus, she's got this amazing drive to be the best, which motivates everyone around her. It's no wonder she's such an asset to our Strength & Conditioning program!

~Enrique Rosario

STRONG ROCK CHRISTIAN SCHOOL

JAKE MCDOUGAL

Midfielder

Senior

Jake is a tremendously hard worker towards his strength & conditioning. He effort in the weight room is unmatched and he does an amazing job of motivating others to be better. He has been a member of the soccer, cross country, track & field, and wrestling teams during his high school career. He earned the highest honor in our Strength & Conditioning program this past fall by earning Elite Patriot in our end of semester testing competition. ~Tobias Jacobi

WINDSOR HIGH SCHOOL

MADDY FOLLMER

Senior

Consistent, competitive, and positive, Maddy provided an excellent example throughout her entire high school career of how one should go about their business as a student-athlete at Windsor. Not only did she start her high school career strong, but she made sure to finish it right, as she was a Team Captain of her Soccer team, maintained a 4.3 cumulative GPA, and held several Strength & Conditioning records. Maddy maintained strong attendance during summer Strength & Conditioning and would come in during lunch or after school to continue improving her training progress. Her diligence in training helped her achieve post-season accolades and put her in a position to continue her soccer career at the college level. Her never-ending smile and laughter made every training session she was a part of better. Her commitment and positivity will be truly missed. I'm happy to nominate Maddy Follmer as an NSCA All-American. ~Ty Van Valkenburg

HIGH SCHOOL — SOFTBALL

BELLEVUE HIGH (UNIVERSITY OF WASHINGTON SIGNEE)

ALEXIS DEBOER

Power-Hitter / Infielder

Senior

Alexis is dedicated to her development on and off the field and brings an unwavering focus and determination to the weight room. Her grit, positivity, and growth mindset, particularly in the face of adversity, is inspiring. She is undoubtedly a fierce competitor with a bright future. ~Caroline Gonyea

BEXLEY HIGH SCHOOL

HELENA SIDEL

Junior

Helena's work ethic and attention to detail is second to none and as a result she has become an incredible leader for the softball team in the weight room. Helena is very kind and quick to help anyone who is new. She has a positive impact on everyone around her. She pushes herself hard every workout and as a result of her work ethic, she currently holds our school's broad jump record. The standard that she sets for herself elevates everyone in her vicinity. With Helena's work ethic, I know she will be successful in all that she attempts. It is my honor to nominate Helena Sidel as an NSCA All-American. ~Jesse Padgett

CHRISTUS HUMAN PERFORMANCE CENTER

SARA ECKERT

Junior

Sara is a standout softball pitcher who came to us after several injuries that looked to derail her athletic career. She put a tremendous amount of effort and hard work in during her off-season to get stronger so she can rejoin her team for the upcoming season. Even after a setback, Sara continued to show up to training and push hard towards her goal. Her determination and hard work ethic will continue to help her not only on the softball diamond but also outside of athletics. ~Ryan Dupre

GREER HIGH SCHOOL

TATE DAVIS

3B

Senior

Tate is an outstanding young woman and hard working student-athlete that has seen her strength, power and speed all increase because of her commitment to our program. She is a hard worker on the field and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect. ~Matt Landreth

KAMEHAMEHA SCHOOLS - KAPALAMA

MUA WILLIAMS

Infield

Senior

Mua Williams, an infielder with exceptional talent, made a significant impact on the softball field last year with an impressive .463 batting average and 10 home runs. Her elite presence in the weight room and on the field sets her apart as a true leader. Beyond her athletic prowess, Mua is also one of the kindest and most genuine individuals you will ever meet. Her unwavering positivity and genuine nature make her a beloved teammate and a role model for others. Mua's combination of skill, work ethic, and character make her an invaluable asset to our team. ~Skyler Yamamoto

HIGH SCHOOL — SOFTBALL

MANDAN HIGH SCHOOL SAVANNAH GUSTAVSSON

Senior

Savannah is a Senior at Mandan High where she competes in softball. In the weight room, “Gus” is a member of the silver Iron Brave Club (Bench, Squat, and Clean over 500) and has won lifter of the week. On the diamond she has been nominated as team captain, is a four time all academic performer, WDA all conference, team mvp, and awarded the Brave Award which is given to an athlete which most exemplifies what it means to be a brave on and off the field. She has a 130 max bench, 225 squat, and 140 power clean. Congrats Savannah!
~Zach Morast

RAYTOWN SOUTH HIGH SCHOOL ABIBATOU VILANE

P

Junior

Abi, is a standout in two varsity sports. She also excels in the classroom. Abi has a great work ethic in the weight room and upholds the standard for those around her. Abi is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Abi! ~Monte Yancey

SPARTANBURG HIGH SCHOOL AMEELIYAH GETER

Junior

Ameeliyah Geter excels academically and has a 4.3 GPA. As a sophomore she finished 1st in the SCHSSCA female Strength meet unlimited division. This year, as a Junior, she finished 2nd in the unlimited division. She had the highest meet total at 620 lbs with a back squat of 410 lbs and a bench press of 210lbs. All of which are SCHSSCA All-time state records. She is considered the strongest SCHSSCA All-time female athlete. She has Cleaned 225 lbs.

Ameeliyah Geter is a model student athlete and an outstanding teammate. She is a servant leader and leads by example on and off the field. In the team setting, she is always supportive of coaches and teammates and is willing do whatever it takes to help the team succeed. She is intrinsically motivated and enjoys the challenge of hard work and rigor. ~Andrew Caldwell

HIGH SCHOOL — SWIMMING

CREIGHTON PREP

DRAY BEBER

Senior

Dray utilized Strength & Conditioning to elevate his performance and ability in competition. He was able to accomplish success at the state Swimming & Diving Meet by winning the 200 IM (All-American consideration time of 1:51.03), placing 2nd in the 100 Breast (All-American consideration time of 55.58) and being a member of 2 winning relays that both achieved automatic All-America times. ~Trenton Clausen

LUDINGTON HIGH SCHOOL

TREY KESON

All Sprints and Sprint Relays

Senior

Trey has been a great role model for all Oriole student athletes over the last 4 years. This man shows up! A three sport athlete that has embraced the process. He is the definition of KAIZEN. The process of constant improvement. He is a come with me kind of person who makes sure other Orioles find their way to the wt. room willing to pick them up and bring them to our 630 am Breakfast Club workouts. He has gracefully managed his own fitness as a 3 sport athlete seeing success at the State Level. His lead by example leadership will be missed. ~Richard Kirby

NEW TRIER HS

AIDAN MUSICK

Multiple events

Senior

Aiden is a constant presence in the weight room. He looks like he could be a defensive end on the football team, but his competitive outlet is the pool. Aiden is a 3-time All-Conference selection, a 10-time Conference Champion in individual and relay events, and holds Conference Records in the 100 Fly and 500 Free, and holds School Records in 100 Butterfly and 200 Free relay for one of the most historic swimming programs in the

Nation. This high character athlete also received the CSL Sportsmanship Award. Aidan has made noise on the State and National level as well. He is a 3-time All-State honoree and was the 2023 State Champion in the 100 Fly. He is a NISCA Academic All-American and his times have earned him 14 time NISCA All-American, while his leadership helped his team to back-to-back State Runner-Up finishes. Even with such an accomplished career, Aiden's work ethic and high character makes coaches believe that his best swimming is still to come!
~Jim Davis

RAYTOWN SOUTH HIGH SCHOOL

DAYRA AGUILAR-FELIX

Junior

Dayra, is a standout athlete. She also excels in the classroom. Dayra has a great work ethic in the weight room and upholds the standard for those around her. Dayra is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Dayra! ~Monte Yancey

RAYTOWN SOUTH HIGH SCHOOL

ROME RICHARDSON-QUARN

Senior

Rome, is a standout in two varsity sports, swimming and baseball. He also excels in the classroom. Rome has a great work ethic in the weight room and upholds the standard for those around him. Rome is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Rome!
~Monte Yancey

HIGH SCHOOL — TENNIS

CAPE HENRY COLLEGIATE

MARY TURNER SHIPP

Senior

Mary Turner Shipp is a three sport varsity athlete, excelling in tennis, basketball, and soccer. With a demanding schedule she earned her reputation as a member of The Breakfast Club, our before school workout group. Her consistency and attitude is contagious and has encouraged other female athletes to start training. Continuing to train in-season, Mary Turner led Girls Tennis to back to back VISAA D2 State Championships. ~Phil Reichhoff

LUDINGTON HIGH SCHOOL

HANNAH GLANVILLE

Senior

Hannah Glanville is a finisher. She is the one who is typically first to arrive and the last to leave. As a multi sport student athlete she has managed health and well being by keeping things in perspective. She knows what matters most. She values both hard work and sees the value in recovering properly. She keeps her eye on the prize. I will miss seeing Hannah in the wt room, but am thankful for the legacy that she has left. She is a pioneer of sorts reminding us that strength is for everyone.

~Richard Kirby

THE WHEATLEY SCHOOL

ARYAN BADLANI

Singles

Junior

Aryan has been embracing S & C with me since 2021. It was in the past year that he really began to recognize the impact structured training has on his tennis. Recently he came to a session after a tournament so excited, saying "I have never felt so strong out of the corners". He also realized how much better he has gotten, how his injuries have been reduced and how off court training is critical to his on-court success. ~Mark Lerman

HIGH SCHOOL — TRACK & FIELD

BERRIEN SPRINGS HIGH SCHOOL

JAKE MACHINIAK

Sprinter

Senior

Jake was on our state champion track and field team his sophomore year of high school. He put a ton of work in the weight room and worked on his sprint mechanics in the off season. Half way through his junior season, his hard work paid off, as Jake broke the school record in the 100m with a time of 10.73. Not to be satisfied, Jake then broke his own school record at the state finals, winning the 100m with a time of 10.53. Jake was also on our state champion 200 and 400 relay teams. He is working hard to defend his state title his senior season. Jake plans on running track in college and studying engineering.

~Bob Taylor

BIG WALNUT HIGH SCHOOL

ZANDER STEPSIS

Head Strength and Fitness Coach

Senior

Zander is an outstanding Track and Field athlete and extremely hard worker in the weightroom. He has won our weightlifting monthly award numerous months.

~Anthony Glass

CAPE HENRY COLLEGIATE

ELENA GRANADOS

Senior

Elena is a multi sport athlete who leads by example. A school record holder in multiple track and field events, Elana consistently attended before school workouts in order to keep making progress. Her accomplishments in the weight room and willingness to help others has led to the growth of our overall fitness & performance program.. She currently holds the female school record in the bench press and front squat. ~Phil Reichhoff

CAPE HENRY COLLEGIATE

NATE JENSEN

Senior

As a senior leader of the indoor track team, Nate is a multisport athlete who takes his training very seriously. This focused approach has paid off in and out of the weight room. He currently has a bench press of 270, front squat of 415, trap bar deadlift of 710, and a vertical leap of 36.9". Nate leads by example and has helped to create a culture of year-round strength training. He is a standout on the Boys Volleyball and Baseball team.

~Phil Reichhoff

CHRISTUS HUMAN PERFORMANCE CENTER

BADEN BRINK

400m Sprints

Senior

Baden Brink is a home school athlete who runs for the Tyler Heat and trains at the CHRISTUS Human Performance Center. Baden has been training at the HPC for over 2 years and has made tremendous progress with his performance in the weight room and out on the track. Baden is one of the hardest working athletes I have had the pleasure of training in my career and that hard work has paid off recently as Baden will be running track in college. ~Ryan Dupre

CHRISTUS HUMAN PERFORMANCE CENTER

WILL BUTTS

Sophomore

Will Butts is an extraordinary athlete who embodies determination and heart. Will came to us after an injury and did not shy away from hard work when he entered the CHRISTUS Human Performance Center. Through is training, Will has broken several personal records and even TWO National ParaSport records (in the long jump and 100 meter sprint). ~Ryan Dupre

HIGH SCHOOL — TRACK & FIELD

CHRISTUS HUMAN PERFORMANCE CENTER

ALYSSA STRICKLAND

Sprints and Triple Jump

Senior

Alyssa is a home school athlete who runs for the Tyler HEAT and trains at the CHRISTUS Human Performance Center. Alyssa has been training at the HPC for almost 3 years now and we have seen outstanding growth (physically, mentally, and spiritually) from her in that time. Her hard work and dedication in the weight room has helped her achieve her dream of receiving a college scholarship in track & field. ~Ryan Dupre

GAYVILLE-VOLIN HIGH SCHOOL

HUNTER WUEBBEN

Sprinter/Jumper

Sophomore

A multisport athlete, playing football, basketball, and doing track and field, Hunter is one of the top athletes in the school. At 5'10" at 160 lbs, Hunter runs a 4.59 40 yd dash, has benched 185, and squats 285. As a freshman, Hunter long jumped 19;6: to place 9th at the State Meet, high jumped 6'0", and ran on multiply relay teams, getting 3rd on the Sprint Medley relay at regionals and placing 6 in the open 200 meters at the conference.

~Mark Roozen

GREER HIGH SCHOOL

JEWEL BRANTLEY

100, 4x1

Sophomore

Jewel is an outstanding young woman and hard working student-athlete that has seen her strength, power and speed all increase because of her commitment to our program. She is a hard worker on the track and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect.

~Matt Landreth

GREER HIGH SCHOOL

JULIAN PEARSALL

Hurdles

Senior

Julian is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is a hard worker on the track and loves the weight room. He is an excellent athlete and always pushes himself to get better in every aspect.

~Matt Landreth

JOPLIN HIGH SCHOOL

ABIGAIL ECKERT

4 x 100, 4 x 200

Senior

Abigail exemplifies the definition of student-athlete. She has won our Breakout Athlete of the Year award in Track and Field in addition to the NICO Leadership award. Abigail also earned Academic All-State honors in volleyball and posted personal bests of 125 lbs. in the bench press, 250 lbs. in the squat, and 135 lbs. in the clean while competing for our powerlifting team. Abigail has been able to balance her athletic accomplishments while serving as our Student Body President and as the student advisor to our school board. Abigail will graduate Summa Cum Laude and attend Southwestern College in Winfield, Kansas to continue her track career while majoring in the medical field. ~Michael Lawrence

HIGH SCHOOL — TRACK & FIELD

LAKESHORE HIGH SCHOOL

AALIYAH ALBERT

Sprinter

Junior

Aaliyah has done such an amazing job committing herself this year to be the best athlete she can be. Aaliyah has been the most consistent hardest working female athlete at Lakeshore. She comes in everyday ready to work and make herself better. Her positive attitude, work ethic, and grounded perspective has been infectious to everyone around her. More importantly she is such an amazing young woman! She has become a leader and role model for others in the weight room always helping others to be better. It's been a privilege to coach Aaliyah and looking forward to seeing her future success.

~John Girton

LOGANVILLE HIGH SCHOOL

KARSTON TORBERT

Safety, 100m, 200m

Sophomore

Karston is the perfect representation of our strength & conditioning program. Our program values integrity, hard work, resiliency, leadership, respect, and physical and mental toughness. Karston exhibits those characteristics and then some, on a daily basis.

~Brad Palmer

MANDAN HIGH SCHOOL

HUNTER CORBIN

Senior

Hunter is a senior at Mandan High where he competes in Football and Track. In football, he was second team all-state in football his junior year and 1st team his senior year. In track he placed 4th in WDA. At the Shanley Weightlifting Competition, he took 3rd place in both pound for pound and total weight in his weight class. During the meet Corbin hit a bench of 295, Squat of 405, and Power Clean of 265. Congrats Hunter! ~Zach Morast

MANDAN HIGH SCHOOL

MAGDALENA KLEINKNECHT

Senior

Magdalena is a senior at Mandan High where she competes in Track. She has placed top ten in state and top 20 at the Howard Wood Invitational. Kleinknecht has placed in every track meet she has competed in for either shot or disk. She has been very consistent in the weight room, including putting in a lot of work in the summers. Magdalena has a max bench of 130, 230 on squat, and 135 on power clean. Congrats Maggie! ~Zach Morast

PERRY HIGH SCHOOL

BRADYEN RICHARDS

Decathlon

Senior

Brayden is an exceptional athlete who outworks his competition. He is a true multi-sport athlete and will be continuing his track and field career in college.

~Mike Crissinger

SCOTLAND HIGH SCHOOL

TRINITY BLIETZ

Throws

Junior

Trinity is a 3 sport athlete who plays basketball, and volleyball and throws the shot in track and field. She was the Class B State Shot Put Champion last year as a sophomore. Trinity has used her time in the weight room to achieve her high levels of success. ~Mark Rozen

HIGH SCHOOL — TRACK & FIELD

SLEEPY HOLLOW HIGH SCHOOL

RONALDY LIZARDO

Sprinter/Jumper

Senior

Ronaldy is dedicated to enhancing both his skills and those of his teammates. He has successfully utilized our Strength & Conditioning program to transform into an exceptionally competitive track athlete. Leading by example in the weight room, he motivates his peers through his dedication and perseverance. Ronaldy has significantly enhanced his performance, shaving seconds off his sprints and achieving impressive distances in the Long Jump. Throughout the season, his commitment has been rewarded with medals at numerous meets. Beyond his athletic achievements, he stands out as a leader among his peers and excels academically. Ronaldy has achieved notable accomplishments, receiving All-league honors and attaining the prestigious title of the 200M Section Champ in 2023. ~Enrique Rosario

THE PEDDIE SCHOOL

ERIC CHO

Junior

“Coachable, Hard Working, Dedicated, Driven, and a "Yes Sir, No Sir" type kid are how I would describe Eric.”

As a multi-sport athlete (Football, Winter Track, and Spring Track), he continues to show great time management getting into the Weight Room during Off Periods, after practice, and on the Weekends. Eric is constantly closing the Weight Room each night with me. Eric has put on 30 lbs of muscle since Freshman. Now standing a muscular 170 lbs, he continues to improve his relative strength. Eric has earned a 354 lbs Back Squat, 255 lbs Front Squat, 219 lbs Hang Clean, 461 lbs Hex Bar Deadlift and 15 Pull ups. He also can boast a 30.8” Vertical Jump.

Eric shows other athletes (leadership) it is possible to get Strong AND play 3 Varsity sports. ~Mike Volkmar

HIGH SCHOOL — VOLLEYBALL

CAPE HENRY COLLEGIATE

EPHRAM THOMPSON

Senior

Ephram started training as an 8th grader and has grown into one of the strongest boys at our school. His passion and commitment to fundamental strength training is a model for young students. At the time of submission, Ephram earned a bench press of 290, front squat of 405, a trap bar deadlift of 560, and a 34" vertical leap. On the court, Ephram contributed to Boys Volleyball continuing their dominance of the TCIS conference. ~Phil Reichhoff

GAYVILLE-VOLIN HIGH SCHOOL

KEELEY LARSON

Hitter

Senior

Keeley was All-Conference and had 659 assists and 252 digs. She also had a 96.7% serve ratio with 24 aces. She hit her 1000 career dig this year. She played for the first team to qualify for the State Volleyball in school history. Along the way, Keeley broke the career assist record with 3,734 and holds the individual season assist record at 895. Keeley squats 225 lbs and benches 125 lbs.

~Mark Roozen

GREER HIGH SCHOOL

DAMIAH POLK

Sophomore

Damiah is an outstanding young woman and hard working student-athlete that has seen her strength, power and speed all increase because of her commitment to our program. She is a hard worker on the court and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect. ~Matt Landreth

HAHNVILLE HIGH SCHOOL

MARIAH MOTT

Outside Hitter/Defensive Specialist

Junior

Mariah is an athlete who possesses a unique blend of pure humility and a tenacious work ethic. She has a commanding presence in any team huddle/situation yet is never overbearing. She has shown maturity well beyond her years in her strength training and maintains a 3.55 Unweighted GPA in the classroom. She is a leader in the halls and on the court. Her commitment to being great is evident in everything that she does. She is a 2x 1st Team All-District Player and was named to the LVCA All-State Team this past season. ~Taylor Dunn

HARDIN HIGH SCHOOL

MCKENNA TORSKE

MIDDLE HITTER

Junior

Mckenna has unassumingly become one of the most influential student athletes at hardin high school, both athletically and academically. Mckenna has consistently put in the hours not only in practice but the weight room as well. As a three sport athlete, mckenna is constantly striving to improve herself both physically and mentally. Mckenna is a detail oriented athlete, asking questions and constantly challenging herself to be her best. Mckenna is a coaches athlete, leading her team to their first state volleyball title in 20 years. ~Patrick Sargent

HIGH SCHOOL — VOLLEYBALL

KAMEHAMEHA SCHOOLS - KAPALAMA HARRYZEN SOARES

Libero

Senior

Harryzen Soares stands out as a remarkable volleyball player whose dedication and talent have made a lasting impact on the team. Last year, Harryzen led the division with an impressive 176 digs, ranking him 2nd in the entire state. His exceptional athletic prowess is evident in his relentless work ethic and unwavering commitment to excellence. Harryzen consistently puts forth maximum effort in everything he does, making him an invaluable asset to the team. Harryzen is truly a gifted athlete who excels in weight room and on the court.

~Skyler Yamamoto

LUDINGTON HIGH SCHOOL

MIA PUNG

Libero and Defensive Specialist

Senior

Mia Pung is a great teammate in many ways. One in particular is her willingness to train to make herself a better athlete and teammate. She would often be found at many of those invisible zero hour mornings that most people do not see improving her craft and making herself a stronger student athlete. She possessed several LHS all time bests on our leaderboards over her career. Currently she owns the Oriole Strength Index honor for best relative strength which compares body wt to total amount lifted. I appreciate Mia's willingness to help younger student athletes make themselves better. She knows how to show up and lead. ~Richard Kirby

MANDAN HIGH SCHOOL

MILLA EHLIS

Junior

Milla is a Junior at Mandan High where she competes in Volleyball and Soccer. She is fairly new to the weightroom and has bought in to the culture of Mandan weightlifting. Ehlis won most improved on the volleyball team her junior year. In a short time, Milla has recorded a max bench of 115 and a max squat of 190. Congrats Milla! ~Zach Morast

PLATTEVIEW HIGH SCHOOL

LEXI HANS

Outside Hitter

Senior

Lexi was named 1st team All-Conference and 2nd team All-State. Lexi served as team captain for 2 years and was a strong leader on and off the court. She demanded the best of herself and her teammates, and always gave full effort in practice and games. Lexi is a determined, goal-driven athlete. She led the team to a conference championship, district championship, and state tournament appearance her senior year. Lexi has been committed throughout her high school career to make herself and her teammates better every chance she could. ~Nick Crouse

RAYTOWN SOUTH HIGH SCHOOL

AMIYAH MCGILL

S

Sophomore

Amiyah, is a standout in volleyball. She also excels in the classroom. Amiyah has a great work ethic in the weight room and upholds the standard for those around her. Amiyah is a great example of what it means to be a Cardinal in the classroom, and on the court! Congratulations Amiyah! ~Monte Yancey

HIGH SCHOOL — VOLLEYBALL

YANKTON HIGH SCHOOL

CAMRYN KOLETZKY

Outside Hitter

Senior

At 6'0", Camryn was a key player on the volleyball team and a stand out on the basketball team, as well as helping the softball team in their first year of play. ~Mark Roozen

HIGH SCHOOL — WEIGHTLIFTING

BISMARCK PUBLIC SCHOOLS

SYDNEY KIEFER

Junior

Syd is an incredibly hard worker! She brings a great attitude and is a leader to those around her. She is #1 all time in BHS history in squat 305lb, bench 175lb and #2 in power clean 165lb weighing under 120lbs. ~Koopers Kelly

BROOKINGS HIGH SCHOOL

SPENCER BACHER

Linebacker, Power lifting, leader

Senior

Spencer is a lead by example kind of athlete. He is quiet, keeps to himself, yet is looked up to by all. Spencer never really saw the field as a football player, but in the weight room is where he shined. Spencer set several pound for pound records while in the lifting program and competed in a few powerlifting meets. During his senior year, he had an incredible meet at SDSU. Weighing in at 144 pounds, he recorded a squat of 355, bench of 220, and deadlift of 415. In the weightroom, Spencer has hit a clean of 215 and Snatch of 175. He is honestly the strongest pound for pound athlete I have ever worked with. ~Kerry Brown

MANDAN HIGH SCHOOL

ELLIE LANDEIS

Senior

Ellie is a senior at Mandan High where she competes in weightlifting. She was the first female at Mandan to reach the Gold Iron Brave Club (Bench Squat and Clean over 600lbs). She also was nominated the Sanford Power athlete of the month and has won multiple lifter of the week awards. Landeis has maxes of 170 on bench, 285 Squat, and 170 power clean. Congrats Ellie!

~Zach Morast

MANDAN HIGH SCHOOL

NOLAN MARTEL

Senior

Nolan is a senior at Mandan High where he competes in weightlifting. He won four metals at the Shanley High School Lifting Meet. Martel took first in his weight class in both pound for pound and most weight lifted. He also took 2nd in pound for pound in all classes and 3rd most weight lifted in all classes. He has maxes of 335 on bench, 525 Squat, and 205 power clean. Congrats Nolan!

~Zach Morast

RAYTOWN SOUTH HIGH SCHOOL

EMILY MANCERA

Junior

Emily, is a standout in multiple varsity sports. She also excels in the classroom. Emily has a great work ethic in the weight room and upholds the standard for those around her. 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 — WRESTLING

BEXLEY HIGH SCHOOL **MUHAMMAD JALLAQ**

Senior

Muhammad is a leader and one of our hardest working student athletes. His success on the wrestling mats are a reflection of the work he puts in at practice and in the weight room. He is one of the strongest athletes we have in the school because of his desire to improve daily. It has been an absolute pleasure to have the opportunity to work with him throughout his high school career. With every person he passes on our strength leaderboard, I see it fueling his drive even more. The way he attacks goals will serve him well in anything that he attempts in life. It is my honor to nominate Muhammad Jallaq as an NSCA All-American. ~Jesse Padgett

BROOKINGS HIGH SCHOOL **MAIZY MATHIS**

165#

Senior

Maizy was our team leader on this year's girls wrestling team. She battled through several injuries, including a shoulder injury that prevented her from wrestling a full season. In the end, Maizy wrapped up her season as the 165# state runner up. She will wrestle in college at the University of Sioux Falls. Maizy also competes in Volleyball and Track. ~Kerry Brown

DACULA HIGH SCHOOL **ETHAN ROSS**

138 lb - Weight Class

Senior

Ethan Ross is one of the hardest working kids in the weight room. He makes everyone around him better. I can turn my back and know that he is following his lift with pin-point accuracy. His wrestling career has been stellar with 121 wins, 50 pins. He was the 2022 Gwinnett County Champion and a 3x State Qualifier. He has done all that while maintaining a 4.1 GPA and winning the AP Scholar Award. Ethan's current best lifts are a 270lb Back

Squat, 175lb Bench, and 385lb Hex-bar Deadlift. He plans to attend college and major in education post-high school. ~James Romaniw

GREER HIGH SCHOOL **CHANDLER SEWELL**

132

Senior

Chandler is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the mat and in the weight room. He recently was just crowned State Champion in 4A in the 132 weight class. He is an excellent athlete and always pushes himself to get better in every aspect (nutrition, training, etc.). ~Matt Landreth

HARDIN HIGH SCHOOL **MILES WELLS**

160# STATE CHAMPION

Senior

Miles is a leader by example. Whether it is attending summer workouts, excelling in the classroom, or his current season, miles is all in, doing the work necessary to be his best, while being a role model for his younger teammates. Miles capped off his senior wrestling campaign with a state title at 160# ~Patrick Sargent

PERRY HIGH SCHOOL **RILEY ROWAN**

126 Wt Class

Senior

Riley is one of the hardest workers in the weight room, classroom, and on the mat. He holds himself to the highest standards and makes those who work with him significantly better. ~Mike Crissinger

HIGH SCHOOL — WRESTLING

STRONG ROCK CHRISTIAN SCHOOL

JAMIE GIBSON

Senior

Jamie Gibson is one of the hardest working athletes that has ever competed at Strong Rock Christian School. He has been a member of the football, wrestling, & lacrosse teams during his high school career. During his senior year, Jamie helped lead our wrestling team to a Team State Champion Title, while also capturing the individual 165lbs title on the way. His efforts on the lacrosse field helped the 2023 Patriots to a GIAA State Runner-Up finish. Jamie's commitment to his strength & conditioning has helped him achieve all these successes, while his leadership does an amazing job motivating others. He is very deserving of the NSCA All-American honor & would represent it well. ~Emily Mayer

THE PEDDIE SCHOOL

RAY MUROI

Senior

Ray is a great combination of natural ability, consistency, and dedication. Ray gave his best efforts every time he entered the gym. His results speak for themselves. At only 160 lbs body weight, Ray earned a 420 lbs Back Squat, 279 lbs Bench Press, 408 lbs Deadlift, 180 lbs Shoulder Press, 240 lbs Bulgarian Squat, 475 lbs Hex Bar Deadlift, 20 Pull Ups, 32" Vertical Jump, and 1.71 second 10 yard sprint. ~Mike Volkmar

UNIVERSITY HIGH SCHOOL

PEPPER MARTIN

Senior

Pepper has transformed his wrestling game by becoming one of the strongest lightweight wrestlers in the state. ~Jerry Handley

WINDSOR HIGH SCHOOL

LEAH MCROY

Senior

Leah McRoy's story is one of courage and maturity. Wise beyond her years, she was hesitant to commit to Strength & Conditioning at Windsor High School because she was initially unsure if she was ready to meet the program's standards. Yet, she knew not only would participating in Strength & Conditioning benefit her physically, but she also appreciated what stepping out of her comfort zone and conquering her fears could do for her as a person. Leah's commitment to testing herself resulted in her becoming one of the strongest girls at Windsor. Her newfound confidence and appreciation for the physical culture assisted in her becoming an integral member of the girl's wrestling team in her junior and senior years. The Windsor Strength & Conditioning culture is in a much better place than when Leah first entered it four years ago, and that would not have been possible without the attitude, effort, and maturity she brought to every training session. Leah made every training session better. It's been a true joy to have been her Strength & Conditioning Coach these four years, and I'm happy to nominate Leah McRoy as an NSCA All-American. ~Ty Van Valkenburg