

COLLEGE — WATER POLO

Fresno Pacific University

TATUM BENSON

Senior

Tatum Benson has been named an All-American Strength and Conditioning Athlete of the Year, a well-earned recognition of her strength, leadership, and dedication. She has been a strong presence in the weight room, not only through her impressive physical abilities but also in the way she supports and motivates her teammates. Tatum's commitment to growth and her relentless work ethic have made her a standout athlete, and her impact on the team has been undeniable. She will be a missing light next year, but the standard she has set will continue to inspire those who follow. This honor is a testament to the strength—both physical and mental—that she has displayed throughout her time in the program.

~Whitney Leyva

Fresno Pacific University

PIETRO CATTANO

Senior

Pietro Cattano has been named an All-American Strength and Conditioning Athlete of the Year, a testament to his unwavering dedication and work ethic. He consistently pushed himself both in and out of season, never settling for anything less than his best. His commitment to growth and improvement made him a standout in the weight room, and his drive set an example for those around him. Beyond his physical strength, Pietro brought a presence that will be deeply missed, always bringing intensity and focus to every session. This honor is well deserved, reflecting the effort and passion he has poured into his development as an athlete.

~Whitney Leyva

University of Redlands

HARRISON DECOURCY

CTR

Junior

I am proud to nominate Harrison DeCourcy for the National Strength and Conditioning Association's Strength & Conditioning All-American recognition. Owen has demonstrated exceptional dedication in the weight room, consistently achieving impressive training numbers that set the standard for his teammates. Beyond his physical accomplishments, he is a key leader on the team, motivating those around him with his work ethic, discipline, and commitment to improvement. His leadership and performance have been instrumental in our team's success, helping us win two national championships. Owen's impact both in training and competition makes him a standout candidate for this honor.

~Anthony Penalber