

COLLEGE — SOCCER

Amherst College

JOSEPH RAYMOND

Senior

Joe is one of the hardest working athletes that I have had the honor of coaching. His determination, effort, and resiliency in the weight room and on the soccer field are second to none. Joe is always prepared to do whatever it takes to best help his team however he can, and his selflessness helped put his team in a position to win the National Championship this fall. I am honored to have spent the past few years coaching him, and I am very excited to see where his soccer journey takes him!
~Timothy Cahill

Avila University

ANNIKA HOLTORF

Forward

Junior

Annika is the team mom. She knows the temperament of her team and they respect her. She is a great communicator between her coaches and her team along with excellent organizational skills. She provides exceptional effort during lifts and conditioning and is one of the strongest soccer players on the team. She balances all of this while excelling as a nursing program student. On the field she is willing to play whatever roll is necessary.
~Brian Ciolek

Cal Poly Humboldt

MARCUS ABDEL-MALEK

F

Senior

Marcus was the most consistent and dedicated athlete on his team when it came to the weight room. He set the tone for his team and was the

leader in every aspect. His weight room numbers were well above those of his teammates and his dedication and consistency were admirable.
~Anthony Ratto

Colorado College

TEDDY OPLER

Freshman

We have a lot of talent and depth at the position that Teddy plays at. To get playing time and ultimately impact the success of the team, Teddy stepped up this year by working diligently day in and day out. His passion for the sport and his drive to improve is obvious every single day that he steps into the weight room or onto the field. Teddy doesn't only do what is asked of him, but goes above and beyond by coming in on his own to improve at the skills that we need on the field. We're lucky to have Teddy and his work ethic. ~Derek Savage

Colorado College

EMMA SMITH

Midfielder/Forward

Sophomore

I am very excited to nominate Emma for the strength and conditioning All-America award. She is positive, caring, a great teammate, and enjoys what she does and this shows each and every day in the weight room. Emma consistently brings intensity to her workouts and helps others elevate their level to do the same. I'm excited to have her here for another couple of years to help cultivate and engrain an outstanding culture here at CC.
~Cameron Davidson

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Converse University

MARTIN BURGOS

Defender

Junior

Martin's defense on the soccer pitch was a key reason our Mens soccer program advanced to the D2 NCAA Tournament for the second time in 4 years. In the weight room, his strength, and technique not only make him a great leader for the younger players, but it also sets him apart from everyone else. Martin truly brings 110% to every strength and conditioning session.

~Kevin Darlington

Fresno Pacific University

MARIA EIR MAGNUSDOTTIR

Senior

Maria Magnusdottir has been named an All-American Strength and Conditioning Athlete of the Year, a reflection of her incredible energy, dedication, and leadership in the weight room. She brings an unmatched enthusiasm to every session, always encouraging her teammates while pushing herself to new heights. Her willingness to learn and grow has made her a joy to coach, and her impact goes far beyond just her own progress—she has helped create a culture of hard work and positivity. I will truly miss her infectious energy and relentless drive, but I know the habits she has built will carry her far beyond the weight room. This honor is well-earned and a testament to the athlete and leader she has become. ~Whitney Leyva

Lewis & Clark College

CELESTE SCHREIFELS

Forward

Senior

Over four seasons Celeste earned four consecutive NWC All-Conference honors, which has only been done three times in program history. She has been a staple of hard work and dedication to the college's strength and conditioning program. Celeste's development over the years has put her among the conference's best in goals and points, and she sits atop the program's record board in points, career goals, game-winning goals, and assists. Celeste's work ethic transcends the weight room and field of play. ~Angela Dendas- Pleasant

Limestone University

STEFAN ROEB

Defender

Senior

Stefan has played an integral role and has undoubtedly been the team leader on the soccer team this season. His contributions to both the attack and defense resulted in a repeat South Atlantic Conference Championship and an appearance in the Sweet 16. In the weight room, he keeps the team on task and makes sure they know what they are trying to accomplish. Stefan is one of the strongest athletes on the team. He has a 28.9 inch vertical jump, 195 bench press, 360 back squat, and 400 deadlift. I have enjoyed working with Stefan and I am excited to see what the future holds for him. He has had a lasting impact on the Limestone University Men's Soccer team and Strength and Conditioning program. ~Timothy Schachtner

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Maryville University

LOTTE BRANDS

Defense

Senior

Lotte always puts her team first, she works hard in the weight room and leads by example during lifts. She cares about her team and it shows in every interaction. ~Mitchel Schwartzman

McKendree University

REAGAN MAUCH

MF

Senior

Reagan's dedication to improving her overall athletic performance while pushing her teammates makes her an easy choice for this accolade. Her leadership style as a captain both vocally and leading by example brought up those around her both on and off the field. She has set a standard and left a mark for those to come through the program after her. ~Tyler Aulbur

Menlo College

EDER CARRASCO

Midfielder

Senior

Eder is a shining example of "trusting the process." After arriving from a junior college, he immediately embraced the sports performance methodology. He was always diligent, paying close attention to his sleep, nutrition, technique, and effort. During downtime, he actively sought ways to improve his speed and power through sports performance principles. His dedication and work ethic are a true testament to his commitment and growth. ~Victor Brankovich

Minnesota State University-Mankato

LUCY WENINGER

Defender - Center Back

Senior

Lucy is a perfect example of what is possible with a strong work ethic and desire to succeed. Her commitment to improving her fitness and athletic abilities helped her go from not seeing the field, to one of MSU's most successful center backs, earning USC and D2CCA first-team All-American.

~Samuel Lee

Missouri S&T

CAVITT BRUHN

Goal Keeper

Junior

Cavitt is the definition of a leader. He works his butt off in the weight room and on the field. He is my go to guy to get the team headed in the right direction, and his work in the weight room shows up every day. ~David Edwards

COLLEGE — SOCCER

New Trier

HONOR DOLD

Senior

Last year, Honor was our school's first Junior recipient of the NSCA All-American award - her continued motivation, work ethic, and performance continue to inspire those around her. Honor is a 4 year varsity starter for one of the nation's premier Girls Soccer programs. She is a 3-time All-Conference performer, a returning State Champion, and will serve the Trevians as team captain for 2025. Off the field, Honor is Student Council President, a constant on the Honor Roll, a member of the Spanish Honors Society, a recipient of the National Council of Teachers of English Achievement's Certificate of Excellence in Writing, a recipient of the Illinois State Seal of Biliteracy, and an AP Scholar with Distinction. Her approach has led her to success on and off the field, and her best is still yet to come! ~James Davis

Nova Southeastern University

SOFIA SUAREZ

MID

Junior

"If I could clone her, I would" was the response given by Sofia Suarez's coach when asked her thoughts about the Junior Midfielder. Her work ethic, attitude, and respect for her teammates serve as a model that will guide her team for years to come. Her success on the field is a result of her effort in the weight room. Since her arrival on campus, she has consistently pushed herself and her teammates to get stronger and faster, which has led to team and personal success. Sofia has been named to the All-Conference team 2 years in a row and has shown improvement in scoring, assists, and minutes

played. She also boasts a 3.90 GPA in the Exercise and Sport Science program. ~Steven Orris

Point University

BROOKE WISELEY

Midfield

Senior

Brooke exemplifies the standard of excellence in the weight room through relentless dedication, discipline, and leadership. Her commitment has not only enhanced her performance but has also elevated the competitive standards of her teammates. Brooke continues demonstrating exceptional work ethic and resilience, setting new benchmarks in her strength and athletic development. ~Bradley Bonner

Portland State University

LIV FRAZIER

Defender

Senior

Liv has used the weight room to come back from compartment surgery and it has not slowed her down in the least bit. She has a non stop motor and relentless work ethic that is contagious and puts her team in a position of winning.. ~Frederick Fabian

Portland State University

ELLE FRAZIER

Forward

Senior

Elle has worked so hard to in the weight room to put herself in a position to be a dominant force on the field. She was a 2024 all big sky conference selection. Her work ethic and non stop motor put her in a position to achieve this award. ~Frederick Fabian

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Southern Methodist University

HAVEN EMPEY

Goal Keeper

Senior

Athlete exemplifies dedication, leadership, effort, and determination in all training sessions.

~Peter Kenn

Southern Methodist University

ENZO PANOZZO

D

Junior

Athlete exemplifies dedication, leadership, effort, and determination in all training sessions.

~Peter Kenn

Springfield College

ELIZABETH CONNOLLY

Defender

Freshman

Elizabeth has been a consistent energy all year. She's the first person with a smile on her face and the first person to push herself in the weight room. As a freshman, her mindset to better herself is impressive and her ability to always keep things loose and fun is inspiring. ~McKenna Wells

Springfield College

BENJAMIN HUGHES

M

Freshman

Ben acted as a leader to first years and returners alike and gave his all every lift. He would actively ask questions about what we were doing and why we were doing it ~Gregory Baker

Stevenson University

PATRICK CAULDEN

Midfield

Junior

Pat is the first person in the weight room and the last to leave every day, regularly getting in to do extra work. He pushes himself to his limit in everything he does, whether in the weight room or on the field. Pat has committed himself to becoming a leader and making himself the best that he can be.

~James McCormick

Stevenson University

JAIDEN WILLIAMS

Midfield

Senior

A leader on and off the field, Jaiden has always worked as hard as she can while helping those around her. Even while dealing with injuries throughout the season, she continued to do everything she could to make herself and her team better. ~James McCormick

COLLEGE — SOCCER

United States Air Force Academy

HANNAH JOHNSON

Center Back

Senior

Hannah Johnson's demonstrates leadership, unmatched work ethic and dedication to the United States Air Force Academy's Strength and Conditioning program. Johnson achieved top tier performances in the weight room and in conditioning throughout her four-year Academy career with oversight of three separate strength and conditioning coaches. She not only excelled as an extension of the strength staff's values, but was also well decorated in her soccer career, academic endeavors, and in her military duties. Some of her accolades include Strength and Conditioning Player of the year, 2x Defensive MVP, Most Impactful Player, Team Culture Award, 4x Academic Superintendents list, 7x Dean's list, 7x Athletic directors list and served as a member of the Cadet Leadership Board. Hannah Johnson adopts the core values of the United States Air Force Academy and ingrains them into the weight room culture embodying integrity first, service before self and excellence in all she does. Johnson will commission into the United States Air Force and serve as an Acquisitions Officer and Cyberspace Operations Officer. ~Bryce Taylor

nutrition. He makes the people around him better!
~David Marmon

University of Michigan

AVERY KALITTA

Midfield, Center Back

Senior

Avery Kalitta, a senior midfielder/center back on the Women's Soccer team, truly exemplifies what it means to be a student-athlete. She exhibits a drive to succeed in the weight room, on the pitch, and in the classroom. Throughout her career here, Avery has consistently been one of the top performers in the S&C program, and is a leading contributor on the field, serving as a team Captain & having played in 78 games, totaling 5,581 play minutes. Academically, she has been a Three-Time Academic All-Big Ten Honoree as well. Avery's accomplishments demonstrate her relentless nature, athleticism, and dedication to all aspects of being a student-athlete. Avery is an integral member of the University of Michigan Women's Soccer team, with her unwavering work ethic and commitment to the program serving as an example for her teammates. ~Katlyn Smith

UNIVERSITY OF ILLINOIS-CHICAGO

PRESTON HUITRON

Junior

Preston is the hardest worker in any room he walks into. He is an exceptional leader that I can count on for anything. Preston is a student of performance and I am impressed at the lengths that he goes to educate himself about training, recovery, and

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University of Providence

TOMEU NEBOT SCHMALFELD

Senior

Tomeu has fully bought into the training program, and it's been exciting to see him transform into the athlete he is today. In the beginning, it was a culture shock for him to lift super hard and do Olympic lifts. It's been fun watching him embrace lifting and say that cleans are one of his favorite lifts now. I'm very proud of his success on and off the field. He's one of the leaders on the men's soccer team and helps keep everyone accountable. His presence is instantly felt by the way he carries himself. Through the highs and lows, Tomeu has always had a positive attitude which will take him far in life. The soccer program won't be the same without him, but he's made a lasting impression for many years to come.

~Lucky Lovan

University of Providence

SHEA WATERS

Sophomore

Shea exemplifies everything a young-student athlete should strive to become. Strong, courageous and disciplined. She's a pillar for the women's soccer program on the field and in the weight room. Her teammates look up to her as one of the leaders since she's one of the captains on the team. She immediately came ready to work once she stepped foot on campus, and it's been a constant go ever since. Her attitude and determination help set the tone for her team. I'm very proud to coach her and help be part of her journey here at UP. ~Lucky Lovan

University of Redlands

SHANNON STEWART

GK

Junior

I am proud to nominate Shannon Stewart for the National Strength and Conditioning Association's Strength & Conditioning All-American recognition. Since her first year at the University of Redlands, Shannon has consistently put up outstanding numbers in the weight room, showcasing her relentless work ethic and commitment to excellence. She has been a starter from day one, making an immediate impact on the field. Beyond her athletic achievements, Shannon's leadership is second to none—she sets the tone for her teammates through her dedication, discipline, and drive. Her contributions both in training and in competition make her a deserving candidate for this honor. ~Anthony Penalber

University of Southern Maine

ERIN CASTONGUAY

Forward

Junior

Dedicated to strength training. Big improvements during recent testing in all aspects of testing.

~James Giroux

University of Southern Maine

DEVON GATZ

Forward

Junior

Has made tremendous gains from freshman year. Now has one of the better cleans on the team.

~James Giroux

COLLEGE — SOCCER

University of Southern Maine

MADI JORDAN

Goalie

Sophomore

Did great rehab and strength work to come back from an ACL. Moving towards becoming one of the stronger Huskies. ~James Giroux

University of Southern Maine

KAYLA O'CONNOR

Forward

Sophomore

Has been doing both rehab and strength work to come back from a knee injury. Should have very good test #s this spring. ~James Giroux

University of Southern Maine

BRIDGETTE TOLAND

Forward

Junior

Consistent trainer all year. Team leader, getting all team members to train off season. Much improved overall in strength and power testing. ~James Giroux

University of Tennessee at Martin

PARKER GELINAS

Defender

Senior

Parker has been the center piece of our soccer program since she arrived on campus. As a freshman, Parker helped lead the squad to a regular season championship while being selected to All-OVC First Team, OVC Newcomer Team, and OVC Freshman of the Year. Over the next two years, Parker had to overcome season ending injuries. Parker's tireless commitment to her return and the program, has provided important inspiration and leadership for her teammates. This past fall, Parker was selected All-OVC Second Team after playing in all 1620 minutes of the season. In the classroom, Parker has been selected to both the OVC Commissioner's Honor Roll and Athletic Director's Honor Roll. ~Chris Gillies

COLLEGE — SOCCER

University of Wisconsin - La Crosse

ADDIE PAULING

Defender

Senior

Addie is the epitome of the word captain. She embodies all the attributes you would want in someone to lead your team, and this was evident in the weight room. She was always the go-to person to get information out to the team or help organize lifting groups. While she didn't enjoy doing some (or a fair number of lifts) she would still be the first one to do it and say nothing until the end. This mentality rubbed off on her teammates who then pushed themselves harder (again, even if they also did not want to complete the exercise). Outside of the weightroom, Addie took her skills of leadership to her place of employment and helped individuals that most wouldn't even consider helping. On the field, Addie would be the most vocal and help direct her other teammates to where they need to be. Her ability to do this in over 90 games and over 5,973 minutes shows her true ability to lead others over and over. Her teammates, coaches, and others have also noticed this about Addie, leading to 3 consecutive WIAC All Conference 1st team awards, two consecutive CSC Academic All District awards, and a United Soccer Coaches All Region – 4th team award. This multitasking also helped her achieve a cumulative GPA of 4.0 while practicing and playing at a high level. Addie has certainly proven that her accomplishments in the weight room, on the field, and in school should be seen by other strength coaches across U.S. and beyond. She should be the model that all women's soccer players should strive to emulate. ~Philip Whitesitt

University of Wisconsin - Platteville

MICHAEL SCHAEFER

Midfielder

Senior

Michael is an extraordinarily dedicated student-athlete and a pleasure to coach. His love for soccer is matched by his deep passion for training, which he approaches with discipline and enthusiasm. As a Health and Human Performance major, he takes great pride in his development and has demonstrated outstanding leadership throughout his time here. While he may not always be a key player on the field, Michael has earned the respect and admiration of his teammates through his relentless work ethic and commitment. This season, he played in 21 games, starting in five, and served as a team captain, helping lead the team to a program-record-tying NCAA Sweet 16 appearance. His dedication to excellence is further reflected in his record-breaking performance on the team's conditioning test, achieving an impressive 21.4 on the Yo-Yo IRT. Michael's unwavering commitment to training and high standards will undoubtedly serve him well in the future. ~Conor Cantwell

COLLEGE — SOCCER

University of Wisconsin - Platteville

IZZY STREETER

Forward

Junior

Izzy is an exceptionally dedicated student-athlete, committed to continuous growth both on and off the field. Her relentless work ethic in the weight room and offseason conditioning sets a high standard for her team. A talented soccer player, Izzy quickly realized that skill alone wouldn't be enough at the collegiate level. After limited playing time as a freshman, she made it her mission to develop physically, allowing her to compete at a higher level. Her dedication has paid off—since then, she has played in 39 competitive games, earning a spot in the starting lineup for 29 of them. Izzy is a very deserving recipient of this award. ~Conor Cantwell

Vassar College

JACOB RAPHAN

Goalkeeper

Sophomore

Jacob Raphan is steadfast and hard working. Jacob's dedication shows through his outstanding progress in the weight room and consistent efforts at conditioning. His ability to nearly beat the goalkeeper YoYo agility test and move his body weight through maximal push-ups before doubling down on a 300+ front squat demonstrates his well-versed training. Jacob's intent in each and every training session is what sets him apart. ~Alice Read

Washington and Lee University

ANN RILEY HUBER

Forward/Midfielder

Senior

Compiled a career high this season in games started, assists, points, shots, and minutes played. While also tying her high for goals scored. Helped team Soccer team reach Sweet 16 and program record for wins in a season. ~Aron Gibson

Westminster University

KIRSTEN KIRKHAM

Defender

Sophomore

Kirsten exemplifies the qualities of a champion student-athlete, balancing strength training and conditioning with academics, athletics, rest, and social life. Driven by internal motivation, she actively seeks personal growth, welcomes guidance from coaches and faculty, and remains relentless in her pursuit of both academic and athletic excellence. ~Claire West

COLLEGE — SOCCER

William Peace University

AYDEN MILLER

Goalie

Junior

Ayden is a dedicated athlete and a resilient individual. His commitment to sports performance, soccer, and his eagerness to learn and be coached have been essential to his growth. His focus on improving strength, conditioning, soccer skills, and mental toughness has allowed him to consistently elevate his game. Last year, he made significant strides, overcoming a major injury during the spring season. Despite this setback, Ayden made a full recovery before the start of the season and played a key role in the men's soccer team's first-ever conference championship and NCAA appearance. I'm incredibly proud of the physical and mental growth he has shown over the past two years of working together. This accomplishment is truly well-deserved. ~Rebecca Fraser

William Smith College

RUTH HOTALING

Mid-Fielder/ Forward

Junior

Ruth Hotaling is a prime example of how intentional work, a quality work ethic, and a dedication to the weight room can help anybody achieve their goals. At the beginning of her sophomore year, Ruthie met with our staff to discuss her goals, both lift and soccer oriented. She specifically wanted to become more explosive and strengthen her chin ups/upper body. For many strength coaches, this is a recurring conversation and most times the application gets lost. Ruth has become one of the most consistent workers on our WS Soccer team, a great leader, and proud to say she can easily do non-assisted chin-ups.

This season she achieved a career high of 6 goals, 12 assists, NCAA All-Tournament Team, and was part of the DIII National Runner Up Women's Team. Ruth has a competitive, fun spirit that shines both on the field and in the weight room. She is a wonderful teammate and will continue to be an excellent role model for all. ~Brittany Krivicich

William Woods University

MICHAEL BHAT

Midfielder

Senior

Michael Bhat's leadership in the weight room was a cornerstone for the men's soccer team. His positive attitude, coupled with his successful recovery from injury, made him an invaluable asset. ~Robert Jones

William Woods University

HANNAH LOETHEN

Defender

Senior

Hannah Loethen's journey is a testament to perseverance. She battled back from two significant injuries in her senior year to rejoin her team on the soccer field. Her commitment continued into her COVID year, where she displayed versatility by playing out of position for the team's benefit. Beyond her on-field contributions, her consistently positive attitude in the weight room significantly boosted her teammates. ~Robert Jones



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — SOCCER

Wright State University
ALESSANDRO MALTERER

Goalkeeper
Junior

Alessandro has gone above what has been asked of him in the weight room. He comes in every time 100% ready to work. He is the voice of the weight room for his team and it has shown. ~Alyssa Crusey

Wright State University
KAYLEE PHAM

Defender
Junior

Since Kaylee has been here she has done exactly what she needs to do to be successful. Her results in the weight room show her great work ethic, but it has also transferred to the field as well.
~Alyssa Crusey