

COLLEGE — BASKETBALL

Bradley University

CODY “DUKE” DEEN

Guard

Senior

Even at 5’8 and 150 pounds, Cody “Duke” Deen is one of the most feared competitors on and off the basketball court. In effort to compete at high level with his slight statue, he has committed himself to as much work as necessary to make him not only a top performer, but one of the most resilient athletes Bradley Athletics has ever had. Coming off Top freshman in the ASUN his first year, Duke has then backed it up after joining Bradley in the MVC with accolades of First team all-new comer followed then First team All-conference and then heading into this year as Preseason Player of the year. His ability to stay consistent with on court acknowledgments is due to his consistent off court work. Duke has built his strength levels to extraordinary levels with a near 600 lb. TBDL, 400 in season back squat and near 300 lb. bench press (185 lbs x 18 reps in season). To go along with his strength numbers, Duke has jumped 46” in max vertical jump, over 19” on force plates, 2.99 timed ¾ court sprint and 10:50 lane agility. But his ultimate stat is he has played in every game over 3 years at Bradley with an over 30 min/game average while consistently playing and practicing at near or above 1000 Accumulated Accelerated load (via Kinexon). He has been diligent in prehab and recovery work to help keep his durability his top ability. All this work ethic on display is why he is so impactful to the team and even other athletes in the department. ~Eddie Papis

Colorado College

DEVIN PHILIO

Senior

Devin has demonstrated numerous qualities that qualify him for this award. Starting this past summer and continuing throughout this entire school year, Devin has worked through on court adversity and pushed himself further than before. Our team is lucky to have Devin's work ethic and determination. ~Derek Savage

Colorado College

LAURA STRENK

Guard

Senior

Laura is an incredible leader in the weight-room. She has never given less than everything she has, and brings the rest of the team with her. ~Lily Griffith

Converse University

ALEXIS BECKER

Guard

Junior

Alexis is a big reason our Women’s basketball program has qualified for the upcoming conference basketball tournament. Alexis is one of those athletes who relies heavily on the weight room for her development, and she has continuously improved her strength and movement patterns, which has contributed to her being elusive on offense, and tough to beat when she’s on defense. ~Kevin Darlington

COLLEGE — BASKETBALL

Converse University

EARL BURGESS

Center

Senior

Earl is one of the reasons we have qualified for the conference tournament 3 years in a row. Earl is great in the weight room and during conditioning sessions. Everything he does is wide open, and at 6'8 he has 30 plus inch vertical from putting the work in on developing a deep squat and being extremely focused on our plyometric sessions. Earl is always extremely positive, which makes him a pleasure to coach in the strength facility. Earl is also exceptional away from the strength facility and court.

~Kevin Darlington

Drexel University

AMARIS BAKER

Guard

Senior

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

Fairmont State University

LESLIE HUFFMAN

Guard

Junior

Leslie Huffman, a Junior 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. Leslie's work ethic and positive attitude in the weight room carries onto the court, where she plays with passion and toughness, which has helped lead to her success and has been a big aspect towards the success of our women's basketball team. Leslie has started every game this season and is averaging 29 minutes, 17 points, 6.5 rebounds, 2.5 steals 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 3.96 GPA, while majoring in nursing, one of the most challenging programs at our institution. Leslie also garnered MEC all-academic team honors. This is Leslie's second time being nominated for S&C All-American. Our women's basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Leslie Huffman. ~Adam Kolberg

COLLEGE — BASKETBALL

Fairmont State University

HARRISON LINKOUS

Guard

Sophomore

Harrison Linkous, a redshirt sophomore, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Heading into this season, Harrison had a 435 lb back squat, 465 lb deadlift, a 32 inch vertical jump and ran a 4:56 mile. Harrison's work ethic and dedication as a student-athlete also carries into the classroom. He currently has a 3.61 GPA, while majoring in mechanical engineering and has been named to multiple MEC all-academic teams as well as listed on the 2023-24 DII ADA academic achievement award. Harrison is also the student-athlete leader for the Fellowship of Christian Athletes program. Our basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Harrison Linkous.

~Adam Kolberg

Fresno Pacific University

OLIVIA GARCIA

Guard

Senior

Olivia Garcia has been named an All-American Strength and Conditioning Athlete of the Year, a recognition that highlights her relentless drive and willingness to push boundaries. Since her freshman year, she has consistently embraced challenges, always striving to improve and elevate her performance. I still remember her first off-season in the weight room when we pushed the weight on the trap bar deadlift—at that moment, I knew she was an athlete I could always challenge. Olivia's resilience, competitive spirit, and dedication to growth have made her a leader in the weight room and on the court. This honor is a testament to her hard work and unwavering commitment to excellence. ~Whitney Leyva

Guard

JUSTIN ALLEN

Guard

Sophomore

A real student of Strength and Conditioning. Has made great improvements in 2 years. ~James Giroux

COLLEGE — BASKETBALL

Hobart College

NIKO LUTZ

Center

Junior

Niko Lutz's consistent energy and presence are contagious. He is always the first athlete to arrive at the weight room and the last one to leave. His vocal presence is unmistakable - not only is he the first to speak in moments requiring leadership, but he is also the loudest. You can hear his warm-up from the end of the hall, and he isn't afraid to address uncomfortable conversations with his teammates. Lutz's dedication to fitness has led to numerous achievements within our training facility. Over 2.5 years of training, he has added 15 lbs. of muscle mass, increased his barbell split squat by 84 lbs. (+59%), and added 55 lbs. to his bench press (+33%). In his freshman year, Lutz received the Rookie of the Year award for Hobart Basketball. The following year he was elected to the Chimera Honor Society - an honor based on academic, athletic, and extracurricular activities that recognizes athletes who exemplify the values of character, loyalty, and leadership. As a leader within his theme house on campus, his group won Theme House of the Year for their community service work - a cause Lutz is deeply passionate about. Lutz's commitment to consistency in both his actions and words inspires those around him to push for more from themselves - an invaluable quality for any coach to have in their athletes. ~Derek Berry

Limestone University

GREG MCKAY

Forward

Senior

It has been an absolute pleasure to have worked with Greg in the weight room. He has an outstanding work ethic and motivates those around him to be better athletes. Greg has been coachable, leads by example, and will do what he can to help the team be successful. The qualities he has displayed in the weight room carries onto the court. Greg has been averaging 30.5 minutes per game, 16 points per game, 8.6 rebounds per game and has started every game this season. In the weight room, he has a 40.3 inch vertical jump, 185 for 8 reps on bench press, and a 345 back squat. I'm excited to see what Greg accomplishes once he graduates. He has left a positive impact on the Limestone University Men's Basketball and Strength and Conditioning programs. ~Timothy Schachtner

COLLEGE — BASKETBALL

McKendree University

CLARE BREDEN

G

Senior

Clare has been one of the best athletes I have ever worked with. She is consistent, hardworking, honest, a leader, and sets the standard for what it means to be a student athlete. She excels in academics, athletics and in the performance center. No matter how many 6 am lifts she may have in the week, she comes in day in and day out ready to work and ready to encourage and push her teammates to be the best. She has taken pride in a leadership role, holding teammates accountable and expecting greatness of them, helping them along the way. These traits are going to lead her well into her future endeavors. Her presence and effort will be heavily missed in the performance center. We wish her all the best. - BH ~Tyler Aulbur

Minnesota State University, Mankato

EMILY RUSSO

Forward

Senior

Emily has had a tremendous impact on the Minnesota State basketball program and the Strength & Conditioning department. Her work ethic sets a great example for others and her leadership drives her team to success. Emily is a true role model. ~Andrew Stocks

Missouri S&T

ANNA FINLEY

Guard

Junior

Anna is coming back from ACL surgery. Her work ethic to get back to the court has paid off and is very impressive. She has the drive to be one of the best basketball players we have ever had, and works extremely hard to make sure she is always ready to go both in the weight room and on the court. ~David Edwards

Montana State University

SAM LECHOLAT

Forward

Senior

Sam Lecholat has been a key contributor to 3 consecutive Big Sky Conference Championships. He possesses a relentless work ethic both on the court and in the weightroom. Sam has worked incredibly hard to develop himself physically to play at the Division I level. He is a team first individual who will do whatever he is asked to do for the team to be successful. It has been an absolute pleasure working with Sam the last 4 years. John Sauer Director of Strength and Conditioning Montana State University ~John Sauer

Mount Marty University

TASH LUNDAY

Shooting Guard/Small Forward

Senior

Tash has used the weight room to elevate his game this year. Averaging 22.6 points a game, 4 blocks, 90 assists on the year, 213 total rebounds as a 6'6" shooting guard/small forward. This season Tash eclipsed the 1000 point mark. ~Mark Roozen

COLLEGE — BASKETBALL

Pace University
SHANICE SINCLAIR
Guard
Senior

Shanice enters the weight room with a smile and a positive attitude. Her quiet leadership speaks for itself. One of our top female SC athletes with a killer box squat and bench press. When we leave sets for open reps, she brings world class effort with flawless technique. She conquers the classroom with equal vigor with a near 4.0 cumulative gpa. ~Kristen Idalski

Point University
JADA WILLIAMS
Guard
Sophomore

Jada Williams is a vocal leader who brings energy and internal drive to every training session. She holds herself to the highest standard, attacking every lift with focus and intensity. Her dedication to continuous improvement and commitment to the program make her a cornerstone of our program in the weight room. ~Bradley Bonner

Roanoke College
ABIGAIL RICE
Guard
Sophomore

Abigail exemplifies what being a Strength All American is all about. She leads by example in her work ethic every day. She is well versed in all aspects of our workouts, and leads people around her in a positive fashion. ~Scott Bennett

Springfield College
BAILEE LANGE
Guard
Sophomore

Bailee brought a consistent desire to be in the weight room to challenge herself and her teammates. That fire held up even after a significant injury that she suffered earlier in the season. She continued to buy-in to the weight room and seek new challenges. ~McKenna Wells

Springfield College
XOREN LIVINGSTON
G

Sophomore

Xoren has seen incredible growth in the weight room that has translated directly to the court. He is completely bought in and always gives his all. Additionally, he shows an interest in learning more about training. ~Griffin Weidler

St. Edward's University
AINSLEY THUNELL
Forward
Senior

On a team of persistent, hard workers, Ainsley has distinguished herself as a tenacious individual who will never quit and will not allow her teammates to stop working. A ceaselessly selfless athlete, Ainsley has overcome personal obstacles while crushing every workout and game with a determination to be envied and emulated. Her grit has elevated my expectations of our women's basketball athletes and elevated the standard of the team's culture. As Head Coach JJ Riehl said, "They don't make them like Ainsley anymore." ~Zachary Phillips

COLLEGE — BASKETBALL

Texas Woman's University

ARIYANNA HINES

Guard

Senior

Ari has proven herself to be a phenomenal student-athlete. In the weight room, she has been consistent in her hard work and dedication and has improved her strength throughout the years. Her steadiness and consistency has made her a wonderful example for her teammates and have pushed them to work harder even on their toughest days. On the court her steadiness and consistency have also paid off as she has started every game thus far in the 2024-2025 season and have helped the team achieve their success this season and their historical run in the 2023-2024 season. In addition to her regular student-athlete schedule she has taken on an internship this semester, leading to longer days, yet Ari still pushes herself and her teammates daily. Ari is absolutely deserving of becoming an NSCA All-American. ~Delaney Baxendale

Trinity College

WILL DORION

Guard

Senior

He has broken all of the weight room records for men's basketball. He trains 5-6 days per week in season and out. He is the kind of athlete that lives in the weight room and his body transformation shows that. ~William DeLongis

Trinity University

GRANT JACOBS

Forward

Senior

Grant has demonstrated hard work and resilience that go well beyond a high standard. He is an outstanding young man. ~Daniel Martinez

Trinity University

GRANT JACOBS

Forward

Senior

Grant has demonstrated hard work and resilience that go well beyond a high standard. He is a fine ~Daniel Martinez

United States Air Force Academy

MADISON SMITH

Guard

Senior

Madison is the ultimate embodiment of the USAFA Core Values: she displays the utmost Integrity in her words and deeds, Serves others before herself both on and off the court, and demands Excellence of herself and others; all while quietly working to achieve her goals. Madi is humble in her many accomplishments in basketball (1,000+ point scorer, All-Mountain West Defensive Team, 2x team captain just to name a few), and keeps her upcoming career as an officer in the United States Air Force at the forefront of her life. She is the athlete every coach wishes they had a team full of in the weight room; coachable, hard-working, has buy-in, helps others, and the most important, a good person with good character at her core. She has earned and is incredibly deserving of this award, and will serve her country with steadfastness and loyalty after graduation. ~Kimberly Pinske

COLLEGE — BASKETBALL

UNIVERSITY OF ILLINOIS-CHICAGO

TUTU CLAYTON

Freshman

Tutu is the real deal! Gritty, hardworking, confident, and committed. She bought into our sports performance program from day one and the results have been remarkable. I am excited to have 3 or 4 more years with Tutu. The MVC better watch out!
~David Marmon

UNIVERSITY OF ILLINOIS-CHICAGO

KEIMARI RIMMER

Senior

I am so proud of the commitment that Keke has made towards her training for her final season at UIC. She is an absolute JUNKYARD DAWG in the weightroom and it carries over to her performance on the court. She is such a fun athlete to coach and an exciting player to watch. ~David Marmon

University of North Carolina at Pembroke

JAJUAN CARR

Guard

Senior

Jajuan has displayed incredible resilience during his training. He has even began getting an extra training day in during the season to stay strong and durable during the season which has led to him having a great senior season. ~Cory Minnie

University of Providence

KEATON STUCKMAN

Sophomore

Keaton has been a constant presence in the weight room and basketball team. He's improved all his one rep maxes and consistently is one of the hardest workers during lift. His physical improvements have

enhanced his performance on the basketball court. He gives his all every day and continuously brings a positive energy to the team. His mental discipline toward training and basketball will take him far in life. I'm looking forward to watching him continue to grow here at UP. ~Lucky Lovan

University of Providence

AINSLEY THURBER

Junior

Ainsley loves to lift. Plain and simple, she truly embraces the grind. The weight room is her second home besides the basketball court. I admire her work ethic and willingness to do whatever it takes to get better day in and day out. It's a dream to coach her since she does everything you ask and more. Proud of you and excited to see part of your student-athlete experience at UP. ~Lucky Lovan

University of Southern Maine

DIEGO COLON

Guard

Junior

One of the stronger Huskies. Has improved strength each year. ~James Giroux

University of Southern Maine

LIZ COTE

Guard

Senior

Liz had big improvements in fall testing. She has continued to train throughout the season. She is a team leader and has continued to play well all season in part because of her commitment to training. ~James Giroux

COLLEGE — BASKETBALL

University of Southern Maine

CAMPBELL DOUGHTY

Forward

Sophomore

One of the strongest Husky basketball players. Showed big improvements during fall testing including team leading 235 squat. ting including ~James Giroux

University of Southern Maine

EMMA STRED

Forward

Sophomore

One of the stronger Husky basketball players. Tied for team lead with 275 deadlift. ~James Giroux

University of Wisconsin - La Crosse

WILL FUHRMANN

Guard

Senior

Will is one of the most dedicated players on the men's basketball team when it comes to strength training. He puts a lot of effort into quality technique and intensity each session. Will is a regular starter for the team and has played in 26 games this season. He has averaged 8.5 points per game and is the team leader in 3-point field goals made. He has been a major contributor to helping the team to a regular top 10 ranking through the second half of the season. He was listed as a member of the WIAC Honorable Mention team in 2024. Will is a general studies major looking to attend physical therapy school after graduation. He has a GPA of 2.950. Will's leadership in the strength center has helped build a culture recognizing the importance of applying strength training to being a

more powerful and resilient basketball player. ~Philip Whitesitt

University of Wisconsin - La Crosse

ALI SPRANGERS

Forward

Junior

Ali brings quality effort and energy into every lifting session. She has shown great dedication to her strength, conditioning, and nutrition in the past year. Ali pushes herself and teammates to get better every day. Ali has brought her strength to the basketball court. She is a regular starter and has played in 26 games this season. She is the team leader in 3-point field goals made and blocked shots with 32. She has averaged 7.1 points and 4.8 rebounds per game. Ali is majoring in Marketing and minoring in Digital Media. She has a cumulative grade point average of 4.0. Ali is a leader on the court and in the strength center. She has shown incredible growth, and the staff is excited to see her continue this trend. ~Philip Whitesitt

COLLEGE — BASKETBALL

University of Wisconsin - Platteville

BARB KLING

Guard

Senior

Barb has been an absolute pleasure to coach. Her senior season presented a significant challenge when she sustained a season-ending ACL injury early on. Losing her on the court was a huge blow to the team, but her unwavering commitment and leadership never wavered. She remained deeply involved, attending every team activity—from lifts to practices to shootarounds—finding ways to contribute and uplift her teammates at every turn. Despite being unable to play, Barb became a source of inspiration through her relentless dedication to rehab and her continued presence at team lifts, setting a standard for work ethic and resilience. It would have been easy for her to drift away, focusing on her next chapter, but instead, she doubled down on supporting her team and leading by example. Beyond athletics, Barb is also an exceptionally dedicated student, excelling in her Civil Engineering major. She is a true credit to herself, demonstrating selflessness and leadership in every aspect of her senior year. Her commitment to making others better and driving a high standard will leave a lasting impact on the program. ~Conor Cantwell

University of Wisconsin-Whitewater

MAGGIE TRAUTSCH

Guard

Senior

“Relentless” is probably one of the best terms that I could use to describe Maggie. Every single workout, she pushes her limits to improve her abilities, both in the weight room and on the court. More importantly, she loves to encourage her teammates, picking them up when they are down and motivating them to become the best versions of themselves. Because of her efforts, she has helped lead her squad to multiple conference titles and NCAA tournament appearances, including a birth in the 2022 title game. ~John Schimenz

Vassar College

SIERRA MCDERMED

Guard

Junior

Sierra McDermed defines hard work and determination. Don't let her quiet demeanor 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

Washington and Lee University

COLIN RYAN

Forward

Junior

Colin Ryan embodies the qualities of a true leader, both on and off the court, through his work ethic, dedication, and positive influence on his teammates. Serving as team captain, he is highly respected by his teammates as well as his coaches. Colin leads by example and consistently encourages those around him to push themselves to improve. Under his leadership, the standard in the weight room has steadily increased each year, with his consistency and commitment to training. Despite facing adversity this season, Colin has been a pillar of resiliency and steadiness. His morale during difficult moments, has made him an invaluable part of the team. It has been an absolute privilege to work with such an amazing young man. Knowing that he has another year with the team, I have no doubt that, if he hasn't already, Colin will leave the basketball program better than he found it. ~Catherine Rossi

Westfield State University

JORDAN GRANT

Forward

Senior

Jordan has lead her team through every training session we had. Personally, she has always found a way to accomplish goals she has set for herself. Her work ethic is never doubted as she has been one of the best basketball players in the conference every year she has been on the court. As a person who has future plans of becoming a strength and conditioning coach, she exemplifies all the traits needed to do so. ~Tucker Bachand

Westfield State University

TIMMY JACOBUS

Forward

Senior

Timmy has been a great leader in his time at Westfield State University. He is always energetic, leads by example and drives positivity in the weight room, on the court and on campus. Since day 1, Timmy always did the right thing and I'm thankful to have coached an athlete of his caliber.

~Tucker Bachand

William Smith College

MOLLY WALSH

Guard

Senior

Molly Walsh is the epitome of dedication and hard work in the weight room. Her relentless drive to give her best is unmatched, as she consistently seeks to push her limits—often modifying exercises to make them even more challenging. What truly sets Molly apart is her ability to push herself while radiating positive energy, creating an environment where her teammates feel both motivated and supported. Her impact extends beyond the gym, as she excels on the court as well. Molly ranks 17th in the Liberty League in 3-point field goals made per game (1.0), 21st in assists per game (1.9), and an impressive fourth in minutes played per game (32.4).

~Brittany Krivicich

COLLEGE — BASKETBALL

William Woods University

KATIE KEILHOLZ

Guard

Senior

Katie Keilholz has shown unwavering dedication for four years, consistently striving for self-improvement. ~Robert Jones

Wright State University

BRANDON NOEL

Forward

Senior

Brandon's approach is so refreshing. He attacks each day as a true professional and does everything I ask of him. His effort towards each facet of being a student-athlete is incredibly impressive.

~Cole Pittsford

Wright State University

AMAYA STATON

Forward

Senior

Amaya came in this year putting in the work to have a successful year. She has done just that and it has shown on the court as well. She always has a positive attitude and a great work ethic to be a great example for her teammates. ~Alyssa Crusey