

COLLEGE — FOOTBALL

Avila University **MALIK ASHFORD**

Line Backer
Senior

Malik has been a consistent leader on the Avila Football team for the last two years. The team loves him and he is always concerned about the wellbeing of his teammates. He places the team above his own interest. He is consistent in his effort in the weight room and when called upon will give maximal intensity on the football field. Everyone respects Malik on his team and he has the presence to command their attention when needed.

~Brian Ciolek

Chadron State College **WILL STEMLER**

Defensive End
Sophomore

It is with great enthusiasm that we nominate Will Stemler, a standout defensive end at Chadron State College, for the National Strength and Conditioning Association (NSCA) All-American Award. Will's incredible combination of strength, explosiveness, and on-field performance makes him a prime candidate for this prestigious honor. Will is one of the most explosive athletes we have worked with, and his physical prowess speaks for itself. He has a standing vertical jump of over 33 inches, showcasing his elite explosive ability, which is critical for a defensive end. Additionally, Will's strength numbers are remarkable: he front squats over 400 pounds, performs hang cleans at 350 pounds, and bench presses in the mid-300s. On the field, Will's impact is undeniable. In the 2024 season, Will showed the ability to disrupt offenses and make game-changing plays. Will's exceptional strength and conditioning,

combined with his impressive on-field statistics, set him apart as one of the top athletes in our program.
~Earl Kreis

Clemson **WALKER PARKS** **OG/OT**

Senior

Bench 480, 225 rep x 33, Squat 640, Power Clean 315, Vert 27", Broad 8'7" ~Paul Hogan

Clemson University **PHIL MAFAH**

RB

Senior

Record setting running back who rushed for almost 3,000 yards and 28 touchdowns on 1,687 snaps in his career. A three time All-ACC selection played in over 50 games and started 21. At 230 pounds Phil was a weight room giant. His work ethic was an example for all of his teammates. Phil was voted permanent team captain which is one of the highest awards at Clemson that an athlete can receive.

~Larry Greenlee

Clemson University **PAYTON PAGE**

Defensive Tackle

Senior

Page is credited with 69 tackles (6.5 for loss), a half-sack, two fumble recoveries and a 57 yard pick-six. In 2024 all-conference selection. Page success on the field came from his dedication to strength and conditioning. He finished his career with a 405 close grip bench press, 600lb deadlift, and a 365 Reverse Lunge. ~Ben Batson

COLLEGE — FOOTBALL

Curry College FINN SULLIVAN

Wide Receiver Junior

Finn was the only underclassman Captain for the football program this past year. Someone that has shown tremendous leadership in all ways. His relentless work on and off the field but the attitude he brings to team workouts is contagious to his teammates across the board. ~John Walker

Fairmont State University DEREIK CROSBY II

Running Back Junior

Derek Crosby, a Junior from Sykesville, MD, is an exceptional student-athlete and is one of the hardest-working young men that I have had the pleasure to coach. Derek has shown a desire to get better in the weight room and on the field. His consistency and hard work have allowed him to have PRs for the back squat at 505 lbs, dead lift at 455 lbs, power clean at 265 lbs and bench press at 345 lbs. This fall, all of his hard work was on display as he led our team's rushing attack with 879 yards and four touchdowns. He also caught 18 passes for 353 yards and an additional four touchdowns. He was also named Mountain East Conference first team. Derek has really started to develop as a leader on the team, on and off the field. He currently has a 3.43 GPA, majoring in national security and intelligence and has been 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 Derek Crosby. ~Adam Kolberg

Fairmont State University DONOVAN O'MALLEY

Defensive Line Senior

Donovan O'Malley, a Redshirt-Junior from Pittsburgh, PA, is an exceptional student-athlete and was one of the hardest working and highly motivated young men that I have had the pleasure to coach. Donovan helped uphold our team standards in the weight room, in the classroom and on the field. He was a leader for his position group and the football team as a whole. In the weight room, Donovan was relentless in his efforts to improve his strength and power. As a junior, he had a 545 lbs squat, 525 lbs deadlift, a 275 lbs hang power clean and a 365 lbs bench press. During his junior season, Donovan finished with 66 tackles, 5.5 TFLs and one fumble recovered. Donovan's discipline, work ethic and leadership also show in the classroom. He currently has a 3.3 GPA, majoring in criminal justice and will be graduating this Spring. After graduation, he will be joining the Pennsylvania State Police Department. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Donovan O'Malley. ~Adam Kolberg

COLLEGE — FOOTBALL

Fort Hays State University

MASON PEREZ

Defensive Back

Senior

Mason was a 4 year player and 3 year starter for the Fort Hays State University Football team. He was a 3 year all conference selection and all-district selection. Mason's commitment to being the best at everything he did was also recognized by being a 4 year member of the conference academic honor roll. Mason is a tremendous leader for his team, not just by his experience, but also with his actions on and off the field. Mason's commitment, dedication and hard work in the weight room set the example for his teammates to follow. Mason Perez is a great young man and will be outstanding in his future endeavors. ~Doug Boucher

Hobart College

JAIMEN BLISS

LineBacker

Senior

Jaimen Bliss has demonstrated exceptional leadership both on the field and in the weight room. He approaches training with the same purpose and dedication that he brings to every aspect of his life, constantly pushing himself and his teammates to improve. Through hard work and dedication Jaimen was able to achieve a 245lb Bench Press, 405lb Back Squat, 4.78s 40 Yard Dash, and a 32.8in Vertical Jump. His focus on mastering movements and working with intent has been crucial to his development as an All-American linebacker. Jaimen led the Statesmen to a Liberty League Championship, recording 104 tackles, 13 TFLs, 2.5 sacks, and 1 interception. He was named to the D3Football.com 3rd Team All-American and earned

the Liberty League Defensive Player of the Year award. Jaimen has proven to be an outstanding teammate, not only to his football team but across all of HWS athletics. ~Brittany Krivicich

Lewis & Clark College

DEVON GUEST

Wide Receiver

Senior

Over three seasons Devon earned three consecutive NWC All-Conference honors, all while becoming one of the top receivers in the conference. He has been a staple of hard work and dedication to the college's strength and conditioning program. Guest's development over the years has put him near the top of the program's list for receptions and receiving yards. Devon's work ethic transcends the weight room and field of play. ~Angela Dendas- Pleasant

McKendree University

CALEB FISHER

QB/WR

Senior

Leadership, Passion, and intensity are just a few of the quality attributes that come to mind when describing Fish. His unwavering commitment to his own development, as well as that of his teams, is remarkable. He leads from the front and brings an energy and passion to the program that motivates his teammates to compete every single day. His commitment to strength and conditioning has helped him see a rise in his own game and become a leader of the program. ~Tyler Aulbur

COLLEGE — FOOTBALL

Merrimack College

BRANDON ROBERTS

DL

Senior

Brandon Roberts is the definition of grit, discipline, and loyalty. Over his five dedicated years to the Merrimack Football program and the neighboring community, B-Rob excelled in all his pursuits. During his career, he tied for second on the team for 18 tackles, had a single-game high of seven tackles at LIU, and recorded a half of a sack at Sacred Heart. Merrimack College Athletics congratulated him on being a HERO FCS Sophomore and an NEC All-Conference award (2022). In the community, Brandon worked with individuals who were part of Team Impact—then topped it all off in the weight room with a defensive line team record squat of 635lb (2023). ~Rob Livingstone

Minnesota State University, Mankato

NATHAN GRIBBLE

Offensive Line

Junior

Gribble is a stalwart for the Maverick football program and the Strength & Conditioning department. His grittiness, intensity, and love for lifting are second to none. Gribble's blue collar work ethic will drive him to great success in the future. ~Andrew Stocks

Morningside University

ISAAC PINGEL

Linebacker

Senior

Isaac was an outstanding athlete who demonstrated great work ethic and a drive to get better every single day. He was always looking for the next thing

to improve on, whether it was strength, speed, or technical skills. Isaac always led by example and served as a great role model for those who trained around him. His hard work was largely demonstrated on the field, as he ends his career with three first team all-conference (GPAC) awards, as well as achieving NAIA All-American status his last two years (1st team in 2024). He was also named to the CSC Academic All-District List this past year. ~Zachary Schroeder

Mount Marty University

ISAAC CROWNOVER

Linebacker

Sophomore

Isaac is one of the top lifters on the team and leads the defense in the weight room. With a squat of 500 lbs, bench at 335, clean of 280, a 34 inch vertical, a pro-agility run of 4.33, he is looking to make a major impact this next year; after his sophomore year of 9.0 tackles in games played. ~Mark Roozen

Mount Marty University

KYLE HIRSCH

Offense - Running Back

Sophomore

Kyle is one of the top lifters on the team and one of the pound for pound strongest member of the Lancer Football Team. He squats 505 lbs, benches 345, has a clean of 275, a 33 inch vertical and has run a 4.43 in the pro-agility test. In 10 games, Kyle had 664 yards, averaging 4.3 yards per rush. He also had 3 touchdowns on the year. ~Mark Roozen

COLLEGE — FOOTBALL

Mount Marty University

JAYDEN HORRACH

Special Teams Player

Junior

Jayden is one of the top leaders in the weightroom; in-season, off-season and pre-season. A running back that is used in special situations, he is also a key member on the special teams for the Lancer football team. Jayden squats 515, benches 325, cleans 300, runs a 4.95 in the 40, a 4.23 in the pro-agility run and has a 22 inch vertical. He is a key member of the teams leadership team as well. ~Mark Roozen

Pace University

CHRIS MCGUIRE

Running Back ; Utility Player

Senior

Chris was a team captain for Pace University Football Program, his senior year. He was all-around leader, and his daily actions and behaviors emulated everything a true leader should be. I have been at Pace for 2+ years, and Chris's dedication to the strength and conditioning program was incredible. He participated in on-campus training on an all year round basis (12 months) for his entire 4 year career. His determination and commitment to improve his capabilities led to significant improvements in his football performance. His leadership to mentor and teach younger players on the team regarding strength and conditioning was also admirable ~Matthew Ambrose

Point University

ETHAN BINNS

Linebacker

Junior

Ethan Binns is the athlete that every coach dreams about. He shows up every day with the same mentality to get better. He embodies the toughness and determination required to excel in football, consistently pushing himself to new heights in the weight room. More than just an athlete, Ethan is a leader who inspires teammates through his work ethic and commitment to improvement.

~Bradley Bonner

Portland Sate University

PEYTON WING

Linebacker

Junior

Peyton has work so hard in the weight room and it has paid off for him by earning a big sky all conference selection. Peyton has used all the tools the weight room bring to improve his performance on the field. ~Frederick Fabian

COLLEGE — FOOTBALL

South Dakota Mines

HENRY DRYDEN

Tight End

Senior

Henry has accomplished a lot in his time here at SD Mines and is probably one of the most coachable young men I have had the pleasure of working with. He is the definition of leading by example by just doing everything the right way whether its in the weight room, on the field or academically. The habits he has cultivated has earned him numerous accolades including being named to the D2football elite 100, RMAC academic all-conference as well the first AFCA All American in school history. I look forward to seeing his success as he moves on from South Dakota Mines. ~Garrett Snook

South Dakota Mines

CALEB FRANKLIN

Senior

Caleb is an exceptional young man and has been a true pleasure to train. His dedication to strength and conditioning has paid off as he has made tremendous physical strides in the time I have worked with him. His positive attitude is infectious to everyone around him. Having him in the weight room was like having another coach on the floor with how much he encouraged and lifted up his teammates. There are great things to come for Caleb as he moves on from South Dakota Mines. ~Sophia Grohs

South Dakota School of Mines

WREN JACOBS

Defensive Back

Senior

Wrens is probably the strongest guy pound for pound on campus and his commitment to the strength and conditioning process goes beyond the weight room. He commuted 30 minutes to campus everyday, never misses a session and still works at his families auto shop. His performance on the field, weight room and classroom has been an inspiration to our team so much so that he was a captain his senior year after proving himself the traditional route of redshirting, then some special teams, rotational player up to a full time starter. I look forward to seeing the success I know he will achieve in the future. ~Benjamin Servais

Springfield College

DANTE VASQUEZ

Halfback

Senior

Dante is aspiring to be a strength and conditioning coach and has completed multiple internships throughout his time at Springfield College. Internships including University of Kansas Football and two stints with American International College. He displays his passion for the weight room each and every opportunity he gets, wearing his emotions on his sleeve and never failing to encourage, uplift, or assist his teammates. There is no one more deserving of the NSCA All-American award than Dante Vasquez. He was a two-time captain for Springfield College Football and played a critical role in leading them to a historical 12-1 2024 season, reaching the quarterfinals of the NCAA DIII Playoffs ~Sam Crain

COLLEGE — FOOTBALL

Trinity College

KEVIN KEOGH

DE/LB

Senior

He lives our core values of Dedication, Effort, Attitude and Team First. No matter how banged up he was from the sport of football he always find a way to train hard and push his teammates.

~William DeLongis

University of North Carolina at Pembroke

COLIN JOHNSON

Quarterback

Senior

Colin is deserving of the NSCA All-American award for his unparalleled dedication and commitment to the weight room. His work ethic while training has led to him breaking several personal and school records. Beyond his dedication in the weight room, he displayed incredible leadership, helping mentor younger teammates pursue athletic excellence.

~Cory Minnie

University of Virginia

KAM BUTLER

Defensive End

Senior

Kam Butler, a 6'3 260 lb. defensive end who tallied 50 career starts in college football, has been an outstanding leader, student-athlete, person, and worker for our football team. Butler, a 2024 team captain elected by his teammates, is the epitome of what we want our team to be. After overcoming an injury that sidelined him for nearly 70% of the 2023 season, Butler had a monster year in 2024 to get his body prepared for ACC football. In the weight room, Butler hit the following numbers: bench press 360

lbs., 225 bench rep 20 reps, back squat 585 lbs., power clean 315 lbs. Butler also improved his field performance metrics, all while being a 7th-year senior coming off injury. On the field, Butler defined toughness, sacrifice, and leadership. In addition to his strength & conditioning and football accomplishments, Butler is pursuing a master's degree in higher education. Butler is a worker on and off the field. He exhibits respect, personal excellence, integrity, leadership, and incredible work habits in all he does. Kam Butler has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Adam Smotherman

University Of Virginia

JAHMEER CARTER

Defensive Tackle

Senior

He is the example of discipline, consistent, dedicated, the example. Doing things just as he's coached and always goes above and beyond the call of duty. ~Matthew Hickmann



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — FOOTBALL

University of Virginia

MALACHI FIELDS

WR

Senior

I am honored to nominate Malachi Fields for the NSCA Strength & Conditioning All-American Award. As a dedicated and driven athlete, Malachi exemplifies the core values of strength and conditioning through his unwavering work ethic, leadership, and commitment to excellence. Malachi is an exceptional young man who has been an outstanding leader, student-athlete, and worker for our football team. On the field, the 6'4 220lb wide receiver was a third-team All-ACC, on the Biletnikoff Award Watch List, voted Team Offensive Team MVP, and voted Team Captain by his teammates. In the weight room he is equally impressive. Malachi is strong and powerful, squatting 515lbs and cleaning 315lbs. He has explosive capability with a 38" vertical and a 10'7.5" standing broad jump. He also has breakaway speed, running 22mph. Malachi accomplished all these feats while battling a nagging injury that would last throughout the whole season. Beyond his impressive athletic ability, his relentless pursuit of improvement has not only enhanced his personal performance but has also elevated the competitive standard of our entire team. Coaches, trainers, and teammates alike recognize Malachi as a cornerstone of the program, embodying the resilience and determination that this award seeks to recognize. For these reasons, I strongly endorse Malachi Fields for the NSCA Strength & Conditioning All-American Award. His commitment to training, leadership, and performance makes him a deserving candidate for this prestigious recognition.

~Barry Kaigler

University of Virginia

JONAS SANKER

Defensive Back

Senior

Jonas Sanker, a 6'1", 210lb. defensive back from Charlottesville, VA was one of the most productive defensive backs in the country during the 2024 season. Sanker was recognized for his production on the field by being named the Atlantic Coast Conference Defensive Back of the Week 4 times during the 2024 campaign. Sanker was an Associated Press (AP) First Team All-ACC selection at safety and was named the 2024 Touchdown Club of Richmond Defensive Back of the Year. Sanker was also invited to both the Reese's Senior Bowl and East-West Shrine Bowl. Sanker finished the 2024 season with 98 tackles, 8.5 tackles for loss, 2 sacks, 1 interception, and 1 fumble return for a touchdown. Based on his work ethic, consistency, leadership, and performance, players voted Sanker as one of the five 2024 Season Team Captains. Sanker was also the recipient of the 2024 UVA Football H.E.A.R.T. Award. The recipient of the H.E.A.R.T. award not only embodies the program's core values but also was very dependable, resilient, committed and provided extremely valuable leadership to the team. Sanker's work ethic, attention to detail, toughness, and consistency allowed him to thrive in the weight room. His testing numbers were as follows: back squat 585lbs., front squat 440lbs., power clean 315lbs., broad jump 10'4", 10 yard dash 1.47, 20 yard dash 2.50, pro agility 4.20, and a top velocity of 22.50 MPH. Jonas Sanker has earned NSCA Strength & Conditioning All-America honors in my opinion.

~Will Harrison

COLLEGE — FOOTBALL

University of Virginia

BRIAN STEVENS

OL

Senior

Brian Stevens is a Team Captain who earned the respect of his teammates through grit, determination, and consistency. Brian was a transfer from Dayton who showed up with a mindset to outwork everyone and that started in the weight room. Brian power cleaned 385 pounds, Bench Pressed 415, and Back Squatted 555. Brian ran a 1.56 10 yard sprint and is in the Top 3 on our all time record boards for Vertical Jump & Broad Jump for all OL/DTs. He was able to accomplish these impressive testing numbers despite having double hip labrum surgery and fighting through a torn labrum in his shoulder. He missed only one game during his time at UVA due to pneumonia that showed up the night before the game, he still showed up at the stadium trying to suit up. Brian Stevens was a 4.0 student while attending graduate school here at UVA. The way he carried himself on and off the field here at UVA makes Brian Stevens deserving of being a NSCA Strength And Conditioning All-American in my opinion.

~Gavin Rush

University of Wisconsin-Whitewater

JADEN HENDRICKSON

Defensive Back

Senior

Jaden is one of the most passionate people when it comes to strength and conditioning that I have ever coached. He is a perfectionist, especially when it comes to improving his lifting and running technique, always looking for ways to get better. More importantly, though, he loves to help his

teammates out, constantly giving them tips to help their performances. His hard work has paid off, going from a grayshirt player and overcoming a serious leg injury to playing a huge role on defense and special teams. To top it all off, he has been an excellent strength and conditioning intern for our athletics program as he starts his coaching career.

~John Schimenz

Washington and Lee University

WILL KNEISLEY

TE

Senior

Will's attention to detail and work ethic set the standard for the football program. His commitment and consistency are tremendously appreciated. Will is a valued asset for a coach, he is another coach on the floor, as he promotes the values and qualities you desire an entire roster to embody.

~David Forman