

COLLEGE — BASEBALL

Bradley University

TIMMY O'BRIEN

INF

Senior

Timmy O'Brien epitomizes patience and perseverance. When he first arrived on campus he came as a slim built player with no real position on the field. After his first year through hard work off the field and progressing in the weight room he developed more strength, size and confidence to play wherever needed. As he was set to move into the daily lineup he was struck down by injury ending his season with a broken hand. His journey wasn't done but elevated. His intense work to stay in shape and rehab took him from a season on the sidelines into a 2024 season where he started every game and led the team in HR's and RBI's and was second on team in hits. His surge in power and durability is a direct reflection of his determination to stay fit and strong. He maintains pound for pound strength with anyone on the team. Even in his summers while doing engineering internships, he continued to stay strong and healthy. This work ethic and leadership has been a bright spot and inspiration to his teammates and other athletes. Tim leads us every day in weight room sessions and is off to a hot start on the field this season as well. ~Eddie Papis

Clemson University

JACOB JARRELL

catcher

Junior

Jacob Jarrell has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman three years ago. He attacks every workout, warmup and sprint session with the same intensity and focus that he has being the starting

catcher for the tigers. Jacob is one of the strongest athletes on the team, demonstrated by his 500 plus pound box squat and 500 plus pound split deadlift. Jacob is one of few two time captains in team history. Jacob'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, Jarrell has exemplified the team credo of "plant trees you will never see."

~Richard Franzblau

Duke University

ANDREW YU

Catcher

Senior

Andrew Yu is the epitome of servant leadership in action. The strongest player to ever put on a Duke Baseball uniform, Andrew shows his teammates daily how individual development as an athlete can and should be done for the betterment of those around him. It has made him a leader on the field, a team captain, and one of the most respected players ever in our program. He dives into discomfort, fatigue, failure, and resilience every day. He sets new weightroom records almost too often for us to count. He is the player that teammates and coaches alike look to for strength of character, strength of nerve, and strength of will. He raises the bar for what it means to be a Duke Baseball player every day, and by doing so, shows all of us around him what a championship-level really looks like.

~Dan Perlmutter

COLLEGE — BASEBALL

Fresno Pacific University

TIM RUIZ

Pitcher

Senior

Tim Ruiz has been named an All-American Strength and Conditioning Athlete of the Year, a recognition that speaks to his relentless work ethic and leadership in the weight room. He is the kind of athlete who not only pushes himself but also elevates those around him, holding his teammates accountable and fostering a culture of hard work and dedication. Tim's commitment to excellence is evident in every session, always striving to improve and setting the bar high for others to follow. His drive and leadership make him more than deserving of this honor, and his impact on the program will be felt long after his time here. ~Whitney Leyva

Hobart College

WILL JONES

Outfield

Junior

Will Jones is an extension of our coaching staff. He is consistently the first to arrive at training sessions, often an hour early, and maintains constant communication with our staff and his teammates to help organize the session and motivate the group. Over the past year, Will has made significant improvements in his strength, increasing his barbell bench press from 235 lbs to 260 lbs and achieving a personal best of 305 lbs on the front squat at a body weight of 163 lbs. Will has played a key role in establishing a strong weight room culture at Hobart Baseball, now in its third year as a program. His accomplishments in the weight room are even more impressive considering he is also currently in marine officer training. Will's leadership and dedication to

training serve as an exemplary model for his teammates. ~Brittany Krivicich

Lewis & Clark College

BRENNEN DAVIS

Outfield/ Right-handed Pitcher

Senior

Over four seasons Brennen has earned two NWC All-Conference honors, and became the baseball program's first Gold Glove recipient. He has been a staple of hard work and dedication to the college's strength and conditioning program. Davis's development over four years has put him at the top of runs scored, and near the top of the list for RBIs and home runs. Brennen's work ethic transcends the weight room and field of play.

~Angela Dendas-Pleasant

Limestone University

ZACH GREENBERG

Catcher

Junior

Zach has been an outstanding leader for his team this year. He puts his full effort into every training session and motivates everyone else to do the same. Zach does the little things such as leading team warm-ups and staying after lifts to make sure the weight room is clean and organized. It has been a pleasure to have Zach in the weight room and he has left a positive impact on the Limestone University Baseball and Strength and Conditioning programs.

~Timothy Schachtner

COLLEGE — BASEBALL

McKendree University

CHYRAN CRUSE

OF

Senior

Chyran brings it in the performance center and on the field. He is dedicated and works tirelessly to be the best version of himself. He is a great athlete and it has been my pleasure getting to work with him and watch him play! ~Tyler Aulbur

Minnesota State University-Mankato

SPENCER WRIGHT

Pitcher

Senior

Spencer understands and uses the weight room to create the best competitive advantage he can for himself on the mound. He trains with the highest intent whenever he steps in the weight room. He comes in every day looking to better himself as the strongest and most powerful athlete he can be. He also holds his teammates to the highest standards in the weight room to create a hard-working culture for the entire program! He is a great leader to have in the room every day. ~Samuel Lee

Missouri S&T

DREW BAUGUS

Outfield

Sophomore

Drew has worked his butt off ever since arriving to S&T. His weight room improvements both on strength and technique speak for themselves during testing. He has stepped up to be a leader as a young player and will help the team continue to grow in the right direction. ~David Edwards

Newman University

ALEKS KOPPEL

RHP

Junior

Aleks Koppel is a deserving candidate for the NSCA All-American Strength and Conditioning Athlete of the Year due to his exceptional drive, character, and athletic ability. As one of the strongest and most athletic members of the Newman University baseball team, he consistently pushes himself to improve in all aspects of training. His dedication to strength and conditioning is evident in his performance, demonstrating both power and agility that set him apart. Beyond his physical abilities, Aleks is a high-character individual who approaches every challenge with determination and a commitment to excellence, making him an ideal recipient of this honor. ~David Akao

Nova Southeastern University

JUSTIN WACHS

OF

Senior

Justin Wachs has committed to the process. The traditional 5th year senior committed to developing his skills and building his body to withstand the rigors of being a college student-athlete. His hard work in the weight room and on the field has allowed him to transition from being a seldom used back-up player as a Freshman to an All-Conference selection and a leader on his team. Justin has a 3.21 GPA and will graduate with a degree in Exercise and Sport Science. ~Steven Orris

COLLEGE — BASEBALL

Pace University

MASON BARONIAN

Shortstop

Senior

Mason is a team captain for Pace University Baseball in 2025. Mason's commitment and dedication to our strength and conditioning program has provided him with a higher ceiling in his overall baseball skill set. Mason consistently trains in our S&C program on an all year round basis. His physical outputs in the weight room have increased significantly. As well as his overall athleticism. He has been a starter on the Pace Baseball team for 3+ years, and he is a key leader and player for the team. ~Matthew Ambrose

Point University

RAFAEL JACKSON

Outfielder

Senior

Rafael Jackson is a standout in the weight room. He demonstrates an elite level of strength, mobility, and power that directly translates to his performance on the field. His dedication to training has enhanced his bat speed, explosiveness, and durability, making him a key asset to his team. Rafael leads by example, pushing himself and his teammates to maintain a high standard of excellence. ~Bradley Bonner

Purdue University Fort Wayne

GARRETT MAISH

Outfield

Senior

Maish has been a staple in the strength and conditioning program since I first arrived at PFW. He has helped promote the culture of hard work in the weight room throughout his time with the program,

putting his all into his own development, as well as leading by example to encourage others to do the same. Not only does he work hard in all aspects of his game, but he is also someone that others want to emulate and be around. The combination of hard work and an infectious positive attitude makes him deserving of this award. ~Patrick Rawle

Rochester Institute of Technology

EVAN KURTZ

Short Stop

Sophomore

After sustaining a season ending injury in winter 2023, Evan began diligently rehabbing and strength training. Through his consistency and diligence in the weight room Evan was able to not only return, but now exceed his pre-injury strength levels. His dedication and resilience set a great example of the benefits strength training can offer. ~Ryan Kelly

Saint Joseph's College of Maine

ZACK ADAMS

Pitcher

Senior

Zack has been a tremendously hard worker in the weightroom in his time here on campus. In addition, he has served as a work-study student and intern within our department. Between his abilities in the weightroom and his passion for strength and conditioning, he is a well-deserving candidate for this award. ~Jameson Collins

COLLEGE — BASEBALL

Springfield College

RYAN DELANEY

RHP/INF

Sophomore

Ryan Delaney is one of the hardest workers on the team, he leads by example and is one of the strongest athletes at Springfield College. When anything is asked of him he always exceeds expectations. Additionally, as just a sophomore he acts as a team leader, he sets the tone and acts as another coach on the floor. He is a tremendous part of the program; any coach would be lucky to have him. ~Max Grzymala

St. Edward's University

GEORGE HETRICK

Pitcher

Senior

George's commitment to the process of the baseball team's strength and conditioning plan has set an excellent example for his teammates and driven the team's buy-in to the improvement process. His intense yet consistent effort in every workout is not just a display of his value to the team, but also an inspiration for the younger student-athletes. His demonstration of strength and power during team testing with a 37.2-inch vertical jump, 425 lb sumo deadlift, 335lb front squat, 150lb Rolling Thunder deadlift, 570 lb Zercher rack squat, and 12 softball grip pull-ups earned him the distinction of being named the "Hilltopper Hoss" for the 2024/25 season. ~Zachary Phillips

Trinity College

JAKE LEONARD

Catcher

Senior

He is a leader and a shining example of our core values. ~William DeLongis

UNIVERSITY OF ILLINOIS-CHICAGO

JAMES HARRIS

1st base/DH

Senior

Jamo is an absolute monster in the weightroom boasting team records in multiple lifts. In addition to his performance in the weightroom, James can be counted on for his leadership and sense of humor. I will miss Jamo when this season is over!

~David Marmon

University of Michigan

COLE CARUSO

Infield

Senior

Cole Caruso is a senior infielder on our baseball team and current team captain. He's been a mainstay at third base since his arrival on campus his junior year. His resiliency and dedication to his game doesn't stop on the field. He understands the value of strength training and sets a great example for the rest of his team by holding them to a high standard on the field and in the weight room. Cole has been a pleasure to work with and am proud to nominate him for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

COLLEGE — BASEBALL

University of Southern Maine

GUS HOLLEN

Catcher

Junior

Great improvements during fall testing including mid 500 Deadlift. Motivates others with his dedication ~James Giroux

University of Southern Maine

KYLE SKOLFIELD

Pitcher

Junior

Has deadlifted over 500 at 175 Bodyweight. Dedicated athlete who trains all year. ~James Giroux

University of Wisconsin - La Crosse

TUCKER BOUCHE

Pitcher

Senior

Tucker is the type of person you would want not only on your team, but as a co-worker and a friend as well. He is kind and thoughtful, which are synonyms you wouldn't expect to hear describe a pitcher. The kind and thoughtful demeanor changes when he is on the mound though. Tucker has appeared in 50 games in his first 3 seasons as a relief pitcher, which is in the top three of all time games appeared in at UW-La Crosse. His dominance and durability on the mound have transferred over to school as well. Tucker has earned a cumulative GPA of 3.84 during his time at UWL. Tucker pulls back some when in the weight room. He is still the type of person to get things done and get them done well, but he is also the same guy that will give you a fist bump before he leaves or stay a bit later to help straighten up. Tucker embodies the pillars of UWL in

that he is a champion in sport, in school, and in life. ~Philip Whitesitt

University of Wisconsin-Platteville

AIDAN KELSICK

LHP

Sophomore

Aidan came into college with a true love for the weight room. His ability to process and implement coaching cues is top notch. Being a sponge for information and love for the weight room has seen him significantly increase his strength, power and stamina on the diamond. Aidan certainly leads by example each day being early to the weight room and asking great questions to learn on a deeper level about training. His growth in his first 2 years here is awesome to see. Kelsick is a cornerstone in team training sessions. ~Kellen Bornbach

Vassar College

ADDISON LEE

Pitcher

Junior

Addison Lee is strong and passionate. Addison shows up each session ready to work regardless of any outside distractions. His 600lbs trap bar deadlift highlights his strength while his calm demeanor and support of his teammates makes him a natural weight room leader. What makes Addison stand out is the seamless translation of strength training to athletic performance. ~Alice Read

COLLEGE — BASEBALL

Washington and Lee University

EVAN BLAIR

RHP

Senior

Evan is a dedicated team captain and starting pitcher known for his solid and consistent performance on the mound and in the weight room. His commitment to excellence is evident as he continually pushes himself to improve, always willing to put in the extra time and effort to take care of his body, and help his team succeed. Evan sets a strong example for his teammates both on and off the field. ~David Forman

Westfield State University

NICK MARSHALL

First Base

Senior

Nick has set the tone every day in the weight room with his intensity and the way he attacks the training session. The rest of the team follows his lead and will match his energy. He has made our sports performance program better from his time here. He has also changed his teams culture in a positive way. ~Tucker Bachand

William Woods University

MASON SILVERWOOD

Infield

Senior

Mason Silverwood consistently demonstrated exceptional leadership in the weight room, regardless of what team was working out with him. His unwavering positive attitude and relentless work ethic made him a valuable asset to the baseball program. He will be missed. ~Robert Jones

Wright State University

PATRICK FULTZ

Infielder

Junior

Patrick has put in a tremendous amount of work this year in the weight room to help improve his on field performance. His desire to excel on and off the field is contagious and exemplifies our team culture. ~Cole Pittsford