

COLLEGE — LACROSSE

Colorado College

MEILANI MOLINA

Midfield

Sophomore

Mei has been incredibly positive and an amazing leader for her team this semester. ~Lily Griffith

Colorado College

AIDAN NIKLAUS

Sophomore

Aidan was a walk-on to the Men's Lacrosse team. For him to get playing time, he was going to have to work harder than anyone in the room. Well, that's exactly what he did. Aidan consistently goes above and beyond by asking for additional workouts to improve speed and power, and he exemplifies the characteristics that we search for in someone who is deserving of this award. He is now a large contributor to our team success and it all stems from his phenomenal work ethic. ~Derek Savage

Converse University

GENCIE COAN

Midfielder/Attacker

Junior

Gencie is among the hardest workers in our athletics program and is a leader by example with the work ethic she brings to the strength facility and to the training field. She ranks very high in stats in every weight room category, and is also among the leaders in stats on the lacrosse field.

~Kevin Darlington

Drexel University

ALEXIA LOUCA

Low Defender

Junior

Alexia has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Alexia'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. ~Anthony McCloskey

Duke University

KERRY NEASE

Midfield, Draw Specialist

Senior

Kerry is the consummate student-athlete. Her commitment to training - both lacrosse and her strength and conditioning - has paid massive dividends over the past few years. She is a leader in the weight room and on the field in our training sessions, pushing herself and her teammates in a positive way. She also represented Duke at the 2023 Women in Sports Convention, and traveled 1.5-hrs EACH WAY this winter to train for this 2025 season.

~Nicole Shattuck

COLLEGE — LACROSSE

Hobart College

ALEX ROSA

Attack

Senior

Alex Rosa is a phenomenal example of leadership, with a work ethic that is unparalleled. He is as consistent as they come and is always ready to tackle any task at a moment's notice. During his time here, Rosa's commitment to strength and conditioning has resulted in impressive improvements: adding 12 lbs. of muscle mass, increasing his back squat by 100 lbs. (+51%), adding 100 lbs. to his bench press (+63%), and, most recently, improving by 8 rounds on his conditioning test - a feat that earned him an "excellent" rating in his conditioning. Rosa's dedication to fitness has also led to many accomplishments during his time at Hobart and William Smith Colleges. He has totaled 40 games over his first 3 seasons, scoring 49 goals and recording 9 assists. As a captain of the 2024-2025 team, Rosa was also the recipient of Hobart Lacrosse's Rookie of the Year Award in his freshman year, as well as the Van Arsdale Award, which is presented to "the member of the lacrosse team whose scholarship, leadership, and determination have proved to be superior." Rosa is tremendously consistent and truly embodies the meaning of "how you do anything is how you do everything" - an invaluable quality for any coach to have in their athletes. ~Derek Berry

Limestone University

KEIRA MARTIN

Midfield

Sophomore

Keira is one of the hardest working student-athletes in the strength & conditioning program. She always brings a positive attitude to every training session, puts her full effort into everything she does, does not complain, and motivates her teammates to elevate their performance. It has been a pleasure to work with Keira the last couple of years and I am excited to see her continued growth throughout her playing career. She has left a positive mark on the Limestone Women's Lacrosse and Strength and Conditioning programs. I am proud of Keira's work and I'm honored to nominate Keira as NSCA All-American. ~Timothy Schachtner

Maryville University

CODY CORNIER

Defense

Senior

Cody stays focused through lifts and brings his teammates with him. No other athlete balances their own needs and the needs of the team as well as he does, constantly acting as a coach even during his own lifts. Cody excels in the weight room and on the field, his hard work shows in his results! ~Mitchel Schwartzman

COLLEGE — LACROSSE

Pace University

ANDREW LLAMAS

Midfield

Senior

Andrew earned academic distinction and is a constant name on the NE 10's Academic Honor Roll. He pushes himself at every opportunity posting some of the highest squat and bench numbers we've seen on this team. Andrew is an outstanding leader, incredibly conscientious and extremely respectful. He keeps his teammates locked in both in the weight room and on the field. He sets the example for his teammates to follow.

~Kristen Idalski

Point University

MALYKE SILLERS

Attack

Senior

Malyke Sillers has set himself apart in the weight room with resilience and determination in coming back from an injury. He approaches every training session with a relentless work ethic, pushing himself to improve while pushing those around him. Malyke is not only dedicated to his growth but also uplifts those around him. ~Bradley Bonner

Rochester Institute of Technology

JAIMEE TRIOLO

Defense

Senior

Jaimee is truly a pleasure to coach in the weight room. She has experienced tremendous growth and maturity over her 4 years at RIT. She is among the leaders of not only her team, but all of our female athletes in Front Squat and Hexbar Deadlift. She

always brings a contagious energy that uplifts her teammates. ~Ryan Kelly

Rochester Institute of Technology

PAULIE WEINRICH

D Mid

Sophomore

Paulie is a weight room guy. He is one of our strongest athletes, holding multiple spots on our record board with lifts like a 380# Front Squat, 280# Hang Clean and 315# Bench Press. Beyond his strength, Paulie has a great attitude and always brings positive energy. He is a motivator and an inspiration for his teammates. ~Ryan Kelly

Saint Joseph's College of Maine

ANTHONY SAMIOTES

Defender

Senior

Tony's work ethic and leadership in the weightroom are unmatched by any other athlete here at Saint Joseph's. Over his career he has also overcome multiple major injuries and has maintained a positive attitude and commitment to the weight room throughout. There is no one more deserving than Tony for this award. ~Jameson Collins

COLLEGE — LACROSSE

Smith College

KYRA HAWK

Attack

Sophomore

Kyra expresses dynamic leadership qualities in and out of the weight room. She is one of the hardest workers on the team, showing up ready to go each session to push both herself and her teammates. Kyra is coachable and quick to make changes that will improve her form. Kyra leads by example in the weight room and in conditioning sessions by setting and breaking individual goals, such as PRing her mile time by 26 seconds. Kyra is also a team leader in the classroom, holding a 3.9 GPA as a chemistry major, she upholds Smith college's commitment to academic excellence. Kyra is a main offensive threat going into this season as the top returning scorer from last year, I look forward to watching her thrive this season. ~Taylor Volmrich

Springfield College

DANIELLE MALPICA

Defender

Senior

Dani is the ultimate teammate: she's brings 100% to everything and is a vocal presence both in the weight room and on the field. She continues to find ways to challenge herself in her senior year and inspires her teammates to do the same.

~McKenna Wells

Stevenson University

JACK SCALITI

Midfield

Senior

Jack is everything that a coach can ask for in a weight room leader and team captain. Always one of the hardest workers, he's also quick to help those around him. Whether shooting on the field or getting extra work in the weight room, he has made sure to do everything possible to set himself up for success in his senior season. ~James McCormick

Stevenson University

ISABELLE VANEMBURGH

Midfield

Senior

When we met after the season ended last year, we layed out everything Iz needed to do over the next 9 months to step up her game. Throughout the fall and winter, she has consistently impressed her coaches and myself in leveling up those aspects of her training. By the end of the fall, she was among the strongest, fastest athletes we have here on campus. ~James McCormick

COLLEGE — LACROSSE

United States Air Force Academy

JOSH YAGO

Attack

Senior

Commitment, dedication, leadership, ability to provide motivation to teammates. Senior | 2025: Team captain ... Unanimously voted Preseason All-ASUN (attack) ... As of 2/20/25: started all three games ... leads the team in points (11) and assists (7) and tallied four goals ... Has scored a goal and multiple assists in every appearance so far this season ... 2nd in the ASUN and 25th in the nation in assists per game (2.33). Junior | 2024: All-ASUN first-team ... started all 15 games ... led the team with 54 points via 24 goals and 30 assists ... led the ASUN in assists ... attempted 80 shots with a .575 SOG percentage ... two game-winning goals ... two four-goal performances ... picked up 35 ground balls and caused eight turnovers ... had an eight point game against Mercer (3g, 5a) ... had a seven point game against Cleveland State (4g, 3a). Sophomore | 2023: Appeared in 13 games with nine starts ... 15 goals was fifth-most on the team ... 10 assists ... five-goal game at Queens ... 16 ground balls, four caused turnovers. ~Andrew Bodette

University of Michigan

RYAN COHEN

Attack

Senior

Ryan Cohen Has grown into a true leader this year. He dedicated himself to his training over the past year and it has really paid off. He is the leading returning goal scorer on our offense and has learned how to inspire our younger players both on the field and off. I am proud of the progress he has made during his time at Michigan. It is with great pride

that I nominate Ryan for the NSCA All- American Strength and Conditioning Athlete of the Year. ~Jason Cole

University of Michigan

CAMERON GOODLOE

Goalie

Senior

Cam's path at Michigan has not been one of the guy in the spotlight. He never let that keep him down. He has worked relentlessly in the weight room and has transformed his physique over the last four years. He brings a positive attitude in the gym and always has juice for the boys. Cam is the epitome of a team player, and I am grateful for the years I have been able to work with him. Every team needs more people like Cam. It is my pleasure to nominate Cam for the NSCA All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

University of Michigan

HALEY POLK

Defender

Senior

Haley Polk is a senior defender on our Women's Lacrosse Team. Haley's progress from her freshman year until now has been instrumental in allowing her to make an impact on the field when it matters most. She always brings the energy for her team and when the weight room gets a little too quiet, she's there to liven it up! Her hard work and dedication to getting stronger is contagious and is constantly challenging her teammates to better themselves. Haley has been a pleasure to work with am proud to nominate her for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

COLLEGE — LACROSSE

University of Southern Maine

HERB BRYANT

Defense

Junior

Has improved strength and power levels each year. Organized and ran 2-3 day a week lacrosse team lifts this fall. ~James Giroux

University of Wisconsin - La Crosse

KALEY HENDRICK

Defense

Senior

Kaley has shown what it means to be a true leader in school, sport, and life. In school she has achieved a cumulative GPA of 3.73, all while maintaining the daily stress of practice, games, and having a social life. In life, she has shown that she can be one that her teammates and coaching staff can trust to disseminate information, relay messages, or read the energy of the team. This has culminated in her being named an official team captain this year (an unofficial team captain since she started the program). In sport, she has shown her ability to work hard on the field, in practice, and in the weight room. In the weight room, she can always be counted on to push herself, which ultimately leads to her teammates pushing themselves. This is evident with her ritualistic end-of-a-lift weighted planks, which are not part of the program, but something she does for herself. On the field Kaley has accumulated 6 goals and forced 39 turnovers, all while committing 0 fouls. She was named 1st Team All-WIAC in her 2024 season. Kaley has certainly earned this honor and deserves to have other strength coaches see her character and passion for the sport of Lacrosse. ~Philip Whitesitt

Vassar College

CADE CHEZUM

Faceoff

Freshman

Cade Chezum is strength. Cade can deadlift over 600lbs, front squats 350lbs, and can jump over 31 inches. He is asking all the right questions to build this strength into explosive power both in the weight room and on the field. He maximizes every opportunity to grow and is quickly setting himself apart as a first year. It is this strength that sets him apart. ~Alice Read

Vassar College

ELIZABETH KENDRICK

Attack

Senior

Elizabeth Kendrick is strong and driven. Elizabeth brings an on-field competitive nature to every training environment. She leads by example by pushing herself on each set while inquiring about how to improve the next. This drive has pushed her to hang clean 150lbs, front squat over 200lbs, and deadlift 315lbs. What sets Elizabeth apart is her work ethic and commitment to the process.

~Alice Read

COLLEGE — LACROSSE

Washington and Lee University

CHRIS DATZ

D

Junior

Chris is a team captain, as a junior, on the men's lacrosse team. He is a driven and compelled leader who has taken ownership of the process of performance and can be consistently counted on to bring out the best in his teammates. His attention to detail and dedication has earned him the trust and respect of both his peers and coaches.

~David Forman

Washington and Lee University

LIBBY FORD

Defense

Senior

Libby Ford demonstrates the values of hard work, leadership, and excellence, not only as a standout lacrosse player but also as a key figure in her team's strength training culture. Libby's accomplishments on the field are remarkable. She has been selected as a USA Lacrosse Pre-season All-American, which is a testament to her skill, dedication, and competitive drive. Last season, she played a critical part in helping her team make it to the Division 3 NCAA Women's Lacrosse Quarterfinal Game. In the weight room, Libby's leadership is unmatched. Whether it's guiding her underclassman teammates or cheering on the entire team, she fosters a positive, motivating environment for all. Her voice is a constant source of positivity, encouragement, and guidance. Libby leads by example and has set the bar for what it means to be dedicated both in and out of competition. Her legacy will leave a lasting impact on her teammates and the team's approach

to training. This is what makes her extremely deserving of this award. ~Catherine Rossi

Westminster University

DAXTON JENSEN

Midfield

Sophomore

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

~Claire West

William Smith College

KATE COLVIN

Attack

Senior

Kate Colvin is a powerhouse of a worker. What makes Kate truly special is her ability to be positive and humble, while having an absolute relentless work ethic. While she may not have a "Captain" title she is always leading by example and motivating her teammates to push themselves in the weight room. Throughout her career here at HWS Athletics, she has been a big proponent of doing quality extra work, also known as the work many others avoid; conditioning, speed, agility and extra lifts. This past season she played in 18 games and had a career high of adding 11 draw controls. Her strength accolades include 115 lb. bench press and 185 lb. front squat. We have been fortunate to work with Kate Colvin as she is a wonderful role model and example to every student-athlete on our campus. ~Brittany Krivicich