

COLLEGE — WRESTLING

California State University Bakersfield

JAKE ANDREWS

Heavyweight

Senior

Jake Andrew is what any coach hopes to work at a University. Jake is team leader and always first in and last out of the building both in the weight room and practices. He prioritizes and cares about the right things, never making excuses to take the easy way out. I have seen him time and time again act as a leader on his program and set the example for others in many different ways. Jake has developed into a national ranked wrestler and continues to grow and rise to every match he is faced with. He has reached a number 1 ranking in Pac 12 and 16th nationally for his weight class, and sits 21-2 on the year. After college he is planning on becoming a firefighter and serving the community he grew up in. ~Jonathan Wall

Chadron State College

KEEGAN GEHLHAUSEN

184 lbs.

Junior

Keegan Gehlhausen is a redshirt junior wrestler competing in the 184 lbs. weight class, and he is nationally ranked for his impressive skill and work ethic. Known for his unwavering dedication to training, Keegan is one of the most unique individuals in the weight room, consistently pushing himself to improve year-round. His hard work paid off early in his career when he became a national qualifier and earned Super Region Six Freshman of the Year honors during the 2022-2023 season. After overcoming a significant injury during his sophomore year, Keegan has come back stronger than ever, showcasing his resilience and

commitment to his craft. Keegan displays all the traits that our wrestling team is built upon: discipline, perseverance, and a relentless drive to succeed. ~Earl Kreis

Drexel University

DESMOND PLEASANT

125 lb weight class

Junior

Desmond has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Desmond'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 man. ~Anthony McCloskey

Limestone University

ANTHONY GOELZER

197

Sophomore

Anthony has been stepping up as a leader for the team. He is a lead by example guy and has made great progress since starting with the strength and conditioning program. Anthony does not complain, has a positive attitude, and is a consistent hard-worker. I have enjoyed working with Anthony the last 2 years and I am excited to see the results he will earn the rest of his wrestling career.

~Timothy Schachtner

COLLEGE — WRESTLING

Mckendree University

LOGAN KVIEN

Senior

Logan Kvien's exceptional work ethic and dedication to training have played a crucial role in his rise to becoming a multi-time All-American and earning the prestigious title of Wrestler of the Year. His relentless commitment to improving his strength, conditioning, and technical skills has set him apart as one of the most well-rounded and disciplined athletes in his sport. Logan's approach to training is marked by consistency, focus, and an unyielding drive to reach his full potential, and it is this mindset that has propelled him to achieve success at the highest levels of collegiate wrestling. In addition to his impressive individual accomplishments, Logan's dedication to training has had a lasting impact on his teammates and the wrestling program as a whole. He serves as a role model through his discipline and work ethic, inspiring others to adopt the same level of commitment. His perseverance and resilience, both in the weight room and on the mat, have made him a standout leader and competitor. For his remarkable achievements, as well as his unwavering commitment to excellence, Logan Kvien is truly deserving of the NSCA All-American Award. ~Mawusi Amos

Newman University

DE'LEON FREEMAN

Heavyweight

Junior

De'Leon Freeman exemplifies the NSCA All-American Strength and Conditioning Athlete of the Year with his relentless work ethic and dedication. As one of the strongest athletes on the Newman wrestling team, he arrives early, never misses a

session, and even walks in the cold to train. His commitment extends beyond the gym, consistently putting in extra work to improve. His discipline, perseverance, and dedication to growth make him a deserving candidate for this honor. ~David Akao

Roanoke College

STEVEN MARTINOS

184 lbs

Senior

Steven takes great pride in his physical preparation. He was asked to do many different things for the greater benefit of his team, and accepted those roles without hesitation. His investment in his physical preparation is virtually unmatched and will leave a lasting impression on our program and team. ~Scott Bennett

United States Air Force Academy

BUCK JACK GANOS

157-175

Senior

Jack Ganos, a two-year starter for Air Force Wrestling, exemplifies the highest standards of leadership, discipline, and dedication. As the weight room cadet-in-charge, he played a vital role in organizing strength and conditioning sessions, including leading team warm-ups throughout the year. His selection into the highly exclusive Air Force Special Operations career field highlights his elite physical and mental capabilities. Jack's relentless drive, integrity, problem-solving ability, trainability, and strong communication skills make him a clear choice for the NSCA All-American award, reflecting his lasting impact on his team and commitment to excellence. ~Edward Blackwood

COLLEGE — WRESTLING

University of Providence

NA'U MCBRAYER

Junior

When I first arrived at UP over two years ago, Na'u was one of the first athletes I interacted with. I remember him being a skinny, crazy freshman Hawaiian boy with lots of energy. It's been a joy to watch him mature over the years as a man and athlete. He embodies everything you want in a student-athlete. Accountable, dedicated, coachable and respectable to name a few. The work he's put into wrestling and the weight room has been nothing short of amazing. He's completely transformed his body and dedicates every moment to cutting weight or getting stronger. There's no doubt in my mind that he will continue to be successful long after his wrestling career is over. ~Lucky Lovan

University of Providence

NYLA O'BRIEN

Junior

Nyla has drastically improved her strength in the last two years. She overcame a devastating back surgery and has slowly built herself up to where she can wrestle and lift at a high level. Not only does she attack each lift, but she also comes in on her own to do extra conditioning and lifting multiple days a week. She lives and breathes fitness. She's committed to being better and it shows in her wrestling and lifestyle. I'm proud of her for never giving up and striving to be the best version of herself every day. ~Lucky Lovan

University of Southern Maine

COLBY FROST

149

Senior

Great conditioner who pushes teammates. 2x All American ~James Giroux

University of Southern Maine

TYLER HAYNES

174

Senior

Has improved performance each year. Consistent Regional NCAA qualifier ~James Giroux

University of Southern Maine

ANTHONY MEARS

197

Senior

Long time team leader. Has qualified for Regional NCAA meet each year ~James Giroux

University of Southern Maine

KALEB POOLE

157

Senior

One of the stronger wrestlers pound for pound. Having another good season on the mat. ~James Giroux

University of Southern Maine

ANDREW ROBINSON

184

Senior

Strongest squat in school this year. Good all around strength athlete ~James Giroux

COLLEGE — WRESTLING

University of Wisconsin - La Crosse

MARCUS ORLANDONI

184-Pound

Senior

Marcus is a powerhouse in the strength center and on the wrestling mat. He has shown exceptional leadership skills during the team lifting sessions. Marcus will lead by example and push his teammates to be at their best each day. He is willing to challenge himself and others in an effort to help the team accomplish their goals. Marcus helped his team win the WIAC championship this year and was also the individual champion at 184 pounds. He has been an NCAA top 10 ranked individual this season and will be competing for another trip to nationals. Marcus currently has a 74-28 career record. Marcus majors in Biology with minors in Psychology and Chemistry. He has a 3.63 cumulative grade point average and was awarded the Max Sparger Scholar-Athlete at the conference championships. The dedication Marcus has shown in his overall training has helped build a quality culture for strength training in the wrestling program. ~Philip Whitesitt

University of Wisconsin-Platteville

KAIN KILLMER

197 lbs

Freshman

Kain in his freshman year has made a drastic impact on his teammates in training. Kain always asks great training questions with a hungry mind for knowledge. His hard work in the preseason saw him come in ready to compete at 197 pounds. Kain is always pushing himself to the limit with a smile on face that inspires his teammates every day. Kain is always motivating his teammates to be the best version of themselves during every training session. Kain has seen significant increases in his strength, power, speed and endurance in his first year on campus. He will continue to lead and grow into what it means to be a weight room leader.

~Kellen Bornbach