

COLLEGE — MULTI-SPORT ATHLETES

Amherst College

JACOB BRUNO

Lacrosse, Football

Senior

Jacob Bruno is one of the most outstanding athletes and human beings I have coached in my 25 year career. His work ethic in the weight room as a two sport student athlete is exceptional. He is a remarkable leader as an athlete on the field and in the community. Those who know him are, from the start, struck by the politeness, respect, and appreciation he shows. Jacob's selflessness as an athlete and choice to serve his country after his time as an athlete are an inspiration to all. ~Chris Boyko

Amherst College

DAPHNE THEILER

Cross Country, Track and Field

Junior

Daphne greatly upholds the Amherst Strength and Conditioning value of Resilience. In her three years so far, she has only had a handful of opportunities to race for cross country and track and field, due to a variety of injuries. Despite this, Daphne has shown up to every team lift excited to be there, and eager to push herself in whatever way she can. She is a great example for the rest of her team on what it means to be strong, in more ways than one. I am very proud of her progress and her dedication to her team! ~Timothy Cahill

Bradley University

JACK CRULL

Cross Country, Track and Field

Distance Runner

Senior

Jack Crull, a standout athlete at Bradley University, has made his mark in both cross country and track. He earned MVC Athlete of the Week (2024) and a spot on the Bradley Athletic Director's Honor Roll (Fall 2022). In the 2023-24 season, he won the MVC Indoor 800m (1:49.0), the 800m at the Meyo Invitational (1:50.43), and the mile at the IUPUI Invitational (4:03.46). Outdoors, he achieved top honors at the Drake Relays in the 1500m (3:42.36) and the DMR (9:43.65), along with an 800m win at the Billiken Invite (1:50.93). Beyond running fast, Jack embraces his role as a leader and mentor, setting the standard for younger athletes on the team. He dials in on every detail, holding himself and others accountable with honesty and discipline. Always willing to help, he takes the time to walk teammates through exercises when he sees they need support. Jack even stays longer to help clean up after lifts with no complaints or need to be thanked. When Jacks in the weight room, there's no need to worry about how the lift will go as his work ethic and focus guarantees the team is set for success. ~Angela Galgano

COLLEGE — MULTI-SPORT ATHLETES

Converse University

JORDAN BROWN

Basketball, Track and Field

Guard, high jump

Senior

Jordan is a 1,000 point scorer for our women's basketball team, just recently won the Conference Carolina's I door High Jump Championship, and is an extremely hard worker who always knows her goals and always gets them. Jordan is also very good academically, and loves putting in work in the strength facility. ~Kevin Darlington

Converse University

JAY MITCHELL

Basketball, Track and Field

Guard

Senior

Jay is an incredibly hard worker, has tested at a 38 inch vertical, and it's very likely even higher than that as he has had the crowd jumping to their feet on many occasions with his powerful dunks. While Jay loves the weight room he really loves the plyometrics we do during training, which has contributed to his success as a high jumper in track and field and his monster dunks. He is also a leading scorer on our basketball team, and I have never seen him without a smile on his face or not being upbeat about everything. ~Kevin Darlington

University of Connecticut

TAYLOR PANSELL

Track and Field, Volleyball

Middle Blocker

Senior

Taylor embodies what it means to be a Husky—driven, resilient, and always lifting the mood of those around her. Whether in the weight room, on the court, or in her many leadership roles, she leads by example and sets an incredible standard. Her 968 career kills, a .263 hitting percentage, and 484 sets—the most ever by a UConn athlete—are a testament to her unwavering work ethic. Beyond Volleyball, Taylor shone as a dual-sport athlete in jumps for UConn Track & Field, all while excelling as a full-time student and taking on various volunteer leadership roles. Her warmth, humor, dedication, and commitment make her a role model to everyone she meets. ~Kyle Cusson

Washington and Lee University

SARAH ZIMMERMAN

Basketball, Soccer

Midfielder/Forward

Junior

2024 ODAC Player of the Year for Soccer. Lead team in points, goals, and assists. Led the ODAC in assists and came in third in goals and points. Helped Soccer team reach Sweet 16 and program record for wins in a season. In sophomore year helped Basketball team win 2nd consecutive conference championship and advance to Elite 8 in NCAA tournament. Currently has career highs of Free Throws, 3 Pointers, Steals, Points. ~Aron Gibson



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — MULTI-SPORT ATHLETES

Washington and Lee University

WILL KNIGHT

Football, Track and Field

Defensive Line/Thrower

Junior

Holds school record for indoor shot put. 2nd all time in outdoor shot put. Multiple time All-ODAC honoree in the shot put and discus. In program's top 5 all time for discus and top 10 for hammer. Top shot putter in South Region indoor 2024 and 3rd outdoor. Helped team finish as runner ups at indoor and outdoor ODAC Championships. All-ODAC defensive line honoree. 2nd on team in QB hurries. All-ODAC sportsmanship award. Help the defense rank second in the conference this season in rushing defense and as whole defensive unit register 21 sacks, 53 tackles for loss, and forced 16 turnovers. Aided team in securing the first postseason bowl game win in program history and have the 9th consecutive season having a winning record.

~Aron Gibson