



# NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## COLLEGE — FLAG FOOTBALL

### Point University

#### LAYNIE GRACE BENEFIELD

#### Linebacker & Receiver

#### Senior

Laynie-Grace Benefield is a vocal leader who brings an unmatched level of energy and intensity to every training session. She pushes herself beyond limits, setting the tone for her teammates with her great work ethic and competitive spirit. She is a dedicated athlete who brings discipline and leadership to both the weight room and the field. ~Bradley Bonner