



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — RUGBY

Trinity Western University

AVA VAN SANTEN

Wing

Junior

Ava has consistently demonstrated unparalleled commitment to training, to pursuing excellence, and to pushing her teammates to be better as well. Someone who HATES taking a day off, who pushes herself to get better every day, and knows the importance of strength & conditioning in her sport. Always working hard, always a pleasure to coach.
~Cole Hergott