

2020 — COLLEGE — HOCKEY

COLGATE UNIVERSITY

Sammy Smigliani

Forward

Freshman

As a freshmen Sammy Smigliani has been exceptional in and out of the weight room. Before arriving to Colgate, Sammy competed with USA Hockey in the National Championship winning a bronze medal in 2017. Currently in the 2019-2020 season, she has been ECAC player of the week multiple times in her career for Colgate Women's Ice Hockey. She is strong and aggressive on the ice which shows, as she ranked eighth in the conference for goals as well as being a leader in goals scored for Colgate. Sammy is also one of the top three players in assists and points for Colgate Women's Ice Hockey. I have no doubt in my mind that her accomplishments will continue to grow throughout her career within Colgate Athletics. ~Jasmine Johnson

COLORADO COLLEGE

Andrew Gaus

Forward

Senior

Andrew is one of the hardest workers in the weight room, His dedication to improving his craft is clear choosing to spend a 5th year in college to play hockey and earn a masters degree at CC. He persevered this season with an injury early in the season and continuing to work hard in the gym so that when he was cleared to play his fitness would be on par as if he hadn't missed a beat. He also knows a great deal about his personal fitness and abilities and is able to articulate needs or areas that he can work on with our strength staff to best reach his goals. ~Scott Caulfield

ENDICOTT COLLEGE

Caroline Hughes

Forward

Senior

Caroline Hughes is one of the most competitive individuals that we have had the pleasure of coaching. She is a tireless worker, who set the tone for our team on and off the ice. Caroline's commitment to strength and conditioning was unmatched. Her strength and athleticism combined with her desire to succeed were evident every time she stepped on the ice. Caroline played in every game her senior year, scored key goals, and helped lead our team to the 2019 Colonial Hockey Conference Championship and a trip to the NCAA tournament. Because of the deadline last year, Caroline was unable to be nominated because her season had not ended prior to March 1st. 2018-19 AHCA All-American Scholar. 2018-19 CHC All-Academic Team. 2018-19 CHC All-Conference Second Team. ~James Daley

ENDICOTT COLLEGE

Conor O'Brien

Goalie

Sophomore

Conor O'Brien has started all but one game in goal for the Gulls and posted league bests in wins (19), goals against average (1.72), and save percentage (.941). He was also credited with three shutouts, which tied for the league lead. O'Brien's numbers also make him one of the top-10 goaltenders in all of Division III. He had eight 30-plus save performances, including two in which he eclipsed the 40-save mark. His highest save total for the year came when he stopped 48 chances. 2019-2020 Commonwealth Coast Conference Goaltender of the Year. 2019-2020 CCC All-Conference First Team. 2019-2020 Joe Concannon Award Semifinalist. Clean: 255 lbs. Front Squat: 335 lbs. Bench Press: 245 lbs. ~James Daley



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — COLLEGE — HOCKEY

FERRIS STATE UNIVERSITY

Marshall Moise

Forward

Junior

Marshall has done an outstanding job with his preparation and this has shown through in his winning our King of the Camp competitions the last two years. During this time Marshall has set weight-room records for us all while excelling in his conditioning as well.

~Dave Cencer

FITCHBURG STATE UNIVERSITY

Patrick Sullivan

Forward

Sophomore

Sully is extremely driven and his work ethic is outstanding. He is in the weight room every single day throughout the year. He is always searching for ways to get better and improve his performance. He has a solid understanding of the training process and puts it into practice on a daily basis. ~Jim McGuire

HOBART AND WILLIAM SMITH COLLEGES

Travis Schneider

Forward

Junior

Travis Schneider is constantly standing out for his A+ character on and off the ice. A co-captain of the Men's Hockey team for 2019, Travis maintains a 3.8 GPA, led the team in goals in 2018 with 16 and posts a program best Power Clean of 315lbs. His relentless work ethic helped lead the Statesmen to the Frozen Four where he scored a goal in the semifinal. Schneider has totaled 50 career points during his time at Hobart and also has hit marks of 315 1RM Bench Press and 285lbs 1RM Front Squat. He continues to set examples of strong work ethic and leadership both on and off the ice. ~Chris Gray

HOBART AND WILLIAM SMITH COLLEGES

Gina Scibetta

Forward

Senior

Gina is an outstanding worker as evident through her resume but an even better person. At William Smith College she is the all-time leader in goals, assists, and points, a UCHC All Star, AHCA All American, and an AHCA Academic All-American. In the weight room Scibetta is a 200+lbs dead lifter, 100+lbs bencher and relentless effort teammate. In addition to this impressive resume, she also participates in various community service projects all while maintaining her status on the William Smith Dean's List with a 3.6 cumulative GPA. ~Chris Gray

TRINITY COLLEGE

Alex Sinson

Defense

Senior

Named most fit athlete 2 out of the past 3 years on campus. ~Bill DeLongis

UNIVERSITY OF ALASKA ANCHORAGE

Nolan Nicholas

Defenseman

Senior

Nolan again has set a high standard of hard work at our program. Facing budget cuts, injury, he has continued to work hard and lead by example. His character has helped define our program's work ethic and I look forward to seeing where these traits will take him in life.

~Ryan Walsh

2020 — COLLEGE — HOCKEY

UNIVERSITY OF CONNECTICUT

Wyatt Newpower

Defenseman

Senior

Wyatt Newpower may stand at 6'4" without his skates, but he was initially the guy in the background. He didn't dress for every game, he was quiet, and while an extremely talented ice hockey player, he hadn't found his stride at UConn.

Fast forward four years and Wyatt is a dominant, imposing, demanding, challenging leader in every aspect of his student-athlete career. How he got there is a story of commitment. Some students accept their role within a team even if it is not what they anticipated. Wyatt absolutely did not. As he found himself in his suit and tie in the stands on game day his work ethic only grew. Wyatt dedicated himself to staying each summer to train in our facilities, to improve in ways that commanded attention, to bring the younger guys on board, challenge them to be better than they thought possible, and he only continued to develop.

As a senior captain, Wyatt is the guy who will support his teammate to the end of the earth, encourage the younger guys to keep working, throw his arm around you in support, and will be in your face firing you up when things are too quiet. Wyatt has had an absolutely transformative career and the steps he takes every day in the sports performance facilities have amplified a culture of passion, challenge, and success.

~Maureen Butler

UNIVERSITY OF CONNECTICUT

Emily Reid

Defense

Senior

Emily is a fierce competitor who embodies the blue collar attitude that defines our program. She faced major adversity as an incoming freshman with a torn ACL only to suffer a setback and have a second ACL surgery in the same knee. She persevered through her positive attitude and consistent effort. Her tenacity and competitive drive

has catapulted her in overall team performance rankings from 21 to 2 overall. She shows up ready to work each day and is a persistent example of hard work and toughness for her teammates. While she has certainly developed physically, she also has developed into a valuable team leader and was named alternate captain as a senior. Epitomizing the student-athlete concept, Emily was named to the American Hockey Coaches Association All-American Scholars list in 2019. Emily has truly maximized her time here as a student-athlete and it has been a great pleasure to work with her.

~Joel DeMarco

UNIVERSITY OF NEW ENGLAND

Mary Katherine Drinkwater

Forward

Senior

Mary Katherine (MK) has been an exemplary student-athlete in our Strength & Conditioning program for four years. She has become a leader on our ice hockey team and is consistently one of our most enthusiastic, encouraging and dedicated athletes. She possesses an amazing growth mindset and has demonstrated an aptitude for the weight room. She is a stellar example of sticking to the process and has worked hard to maximize her abilities in the weight room. Her efforts under the bar have certainly payed off on the ice! She is leaving our program and her team better than she found it in every way. ~Lyndie Kelley

UNIVERSITY OF WISCONSIN-RIVER FALLS

Freedom Hunt

Defensemen

Senior

~Carmen Pata

UNIVERSITY OF WISCONSIN-RIVER FALLS

Erica Schramel

Defensemen

Senior

~Carmen Pata