

## COLLEGE — SWIMMING

### Vassar College

#### ABIGAIL MCLAUGHLIN

##### Senior

Abigail McLaughlin is hardworking and determined. Her quiet demeanor is matched by exceptional mental toughness and physical strength. She has overcome obstacles to develop into one of our strongest Brewers, excelling in push-ups, chin-ups, and heavily loaded front squats. Her resilience, strength, and dedication to her training are what set her apart. ~Alice Read

### Minnesota State University - Mankato

#### CLAUDIA SCHWARTZ

##### Butterfly

##### Senior

Claudia approaches every lift with purpose and intensity, understanding that her work in the weight room directly translates to success in the pool. She leads by example in every training session, holding herself to a high standard while encouraging her teammates to do the same. She inspires those around her with her drive, competitiveness, and excitement to train, helping create a culture of hard work and passion within the program. Claudia is truly one of a kind and capable of accomplishing anything she sets her mind to. She has been an absolute treat to have in the weight room!

~Spencer Wright

### Lewis & Clark College

#### ELISE BARTON

##### Free Style

##### Senior

Elise Barton finishes her career as the first women's swimmer to earn All-Conference accolades in all three of her individual events since the 2022. She

finished 3rd in program history in the 50 Free, 8th in program history in the 100 Free, and 53:85 7th in program history in the 200 Free. Elise has been a staple of hard work and dedication to the college's strength and conditioning program.

~Angela Dendas- Pleasant

### Duke University

#### ELLA PASSE

##### Junior

Ella Passe is an excellent candidate for NSCA All-American recognition due to her exceptional work ethic, dependability, and attitude within the Duke Swimming and Diving program. She consistently approaches training with purpose and intensity, setting a standard for effort and discipline every day. Ella is one of the most reliable athletes in the program—she shows up prepared, executes the plan, and can be counted on to do things the right way regardless of circumstances. Her positive attitude and coachability make her a strong presence in the team environment, and she helps elevate those around her through her consistency and mindset. ~Carl Christensen

## COLLEGE — SWIMMING

### Smith College

#### EMMA SCHULTZ

##### Sophomore

Emma is a ray of sunshine in the weight room, she brings a light and joyful energy to the space and lifts up her team with her positive attitude. Emma is also one of the hardest workers in the weight room, while dealing with an injury her spring season she still consistently showed up and did the work to recover and be there for her team. Even though swimming is an individual sport Emma is the first to cheer on her teammates through their successes, both in the weight room and in the pool. Emma has been an absolute joy to coach and seeing her success just as a sophomore has been an honor. Already helping the Smith swim and dive team to two historic seasons, I have no doubt that Emma will only continue to grow and drive those around her to do the same. ~Taylor Volmrich

within Duke Swimming. He approaches training with a professional mindset, setting a daily standard for preparation, effort, and consistency. Jack leads by example in the weight room and on deck, staying focused on details and taking ownership of his development. He is highly coachable, brings a positive energy to the team environment, and elevates those around him through his actions. Jack's commitment to excellence reflects the core values of the Duke Swimming and Diving and makes him a deserving candidate for All-American recognition. ~Carl Christensen

### Queens University of Charlotte

#### HALEY ROSS

##### Freestyle/IM

##### Junior

Haley is a consistent positive force in the weight room every day. 6am or 6pm you know what you're getting from her. Always encouraging her teammates she not only gets the most out of herself during workouts, but the other members of her team as well. ~Patrick Rawle

### Duke University

#### JACK SMITH

##### Junior

Jack Smith has consistently demonstrated the qualities of an NSCA All-American through his leadership, work ethic, attitude, and accountability

## COLLEGE — SWIMMING

### **McKendree University**

#### **JOEY OVANIC**

##### **Swimmer**

##### **Senior**

Joey Ovanic exemplifies what it means to be an NSCA All-American through his relentless work ethic, leadership, and long-term commitment to development. Over the past four years at McKendree University, Joey has established himself as the hardest worker on the team in the weight room, setting the standard for preparation, discipline, and accountability. His approach to training has never wavered—day in and day out, he has demonstrated consistency, focus, and a team-first mentality that has elevated the culture of the entire program.

Because of his dedication to strength and conditioning, Joey reached a major milestone this year by qualifying for nationals for the first time in his career. This achievement is a direct reflection of years of disciplined preparation and belief in the process. His transformation is not only physical but mental—he has grown into a confident leader who inspires others through action rather than words. Joey represents the highest ideals of the NSCA: commitment to performance excellence, leadership, and continuous self-improvement.  
~Mawusi Amos

### **Amherst College**

#### **JOLINE FONG**

##### **Senior**

Jolene Fong is an All American in the weight room, a National Level athlete in the pool, and an All Universe human being in regard to examples of overcoming adversity. The high standard in which

Jolene carries herself on a day in and day out basis, results in her teammates working harder no matter the circumstances. She has been an absolute pleasure to coach since the first day she came in the weight room and the mark of excellence that she has left on the Amherst College Women's Swim Program will last long after her time is over.

~Kalen Evans

### **University of Wisconsin - La Crosse**

#### **JONAH ELFERS**

##### **Sprint Free/Fly**

##### **Senior**

Jonah brings consistency, quality, and incredible effort into his strength training. Even through various injuries, Jonah continues to be passionate about improving himself. This drive for success has translated into great performances in the pool. At the 2026 WIAC Championships, Jonah placed second in the 100-Fly, 4th in the 200-Fly, and was a member of the 200-Medley Relay which placed second and set a school record. His efforts helped the UWL Men's Swim and Dive team capture the WIAC Championship, which was the first time the University of Wisconsin-La Crosse men have won since 1971. Jonah carries a GPA of 3.710 and was the WIAC Max Sparger Scholar Athlete for 2026.

~Philip Whitesitt

## COLLEGE — SWIMMING

### College of William & Mary

#### JULIE ADDISON

##### Junior

Julie Addison is an amazing athlete. She has had massive success in her sport and in the weight room. She demonstrates a true passion for lifting and attacks every single repetition. She challenges herself in every lift session, striving to be the best version of herself. She leads and pushes the rest of her team while asking for feedback on how to improve during the lift. It has been a great experience coaching her in the weight room. I look forward to working with her more and seeing her progress throughout next year. ~Jonathan Alducin

### Converse University

#### KATE HOLLINGSWORTH

##### Sophomore

Kate has committed to training year round the past couple of years and now she's a key performer on our women's swim team. Her strength has measurably improved in every aspect.

~Kevin Darlington

### Norwich University

#### KRISTIAN ADLIANITSKI

##### Junior

In his short time at Norwich University Kristian has set countless records in the weight room as well as the pool. He's a former GNAC rookie of the year as well as swimmer of the year. As a member of the team he's helped guide them to 3 straight conference championships. While at the conference championships this year he beat a GNAC record that had been standing since 2015 in the 100-yard individual medley. He's also a member of our corp

of cadets and has been recognized for his ongoing efforts and commitment to NU.

~Rhyan Stephens-Socash

### Washington & Lee University

#### MORGAN SMITH

##### Senior

Morgan Smith's unwavering dedication to physical excellence and consistent leadership in the weight room have set a new standard for our athletic program. By combining a relentless work ethic with a disciplined approach to recovery and technique, Morgan has achieved transformative gains that directly translate to elite performance in the pool. This honor recognizes not only Morgan's impressive personal milestones but also the inspiring grit that elevates every teammate during the most grueling sessions. ~David Forman

## COLLEGE — SWIMMING

### **Southern Illinois University - Carbondale**

#### **OLIVIA HERRON**

#### **Breakstroke & Individual Medley**

#### **Senior**

Olivia Herron is an outstanding student-athlete and one of the most dedicated and disciplined athletes in our strength and conditioning program. Olivia has fully embraced the entire training process and, in return, has become one of the best swimmers and athletes in SIU history. Her commitment to strength and conditioning this year has led to increased performance in the pool, even after a terrific season last year.

Olivia earned 2025 NCAA Honorable Mention All-American honors in the 200 Breaststroke and strives to improve upon that All-American status at this year's NCAA Championships. Her consistent focus is evident in the weight room, as she is always wanting to know the "why" behind her training and what will make her and her teammates better.

Not only is Olivia impressive in the water and the weight room, but as an aspiring veterinarian, her performance in the classroom has resulted in being named a 2025 NCAA First-Team Scholar All-American and a three-time NCAA Second-Team Scholar All-American. She carries a 3.94 GPA while majoring in Animal Science, demonstrating elite time management skills, discipline, and academic commitment alongside her athletic success.

Olivia's coachability and pursuit of excellence make her a standard-setter in our strength and conditioning program for all sports. She leads by example and approaches each training session with purpose. Our swimming program, strength and

conditioning program, athletic department, and university are better because of student-athletes like Olivia Herron. ~Lucas Oyen

### **Washington & Lee University**

#### **PATRICK CARR**

#### **Senior**

Patrick Carr has demonstrated an exceptional commitment to the "first in, last out" mentality, consistently pushing the boundaries of his physical potential through disciplined training. His remarkable progress in functional strength and explosive power is a direct result of his meticulous attention to detail and coachable attitude. Beyond the metrics, Patrick's infectious energy and resilience serve as the heartbeat of the weight room, making him the definitive choice for this honor. ~David Forman

### **College of William & Mary**

#### **TOBY HERZOG**

#### **Freshman**

Toby Herzog has had an amazing year in the weight room as a freshman. Over the year, he has shown major improvement. He comes in with great energy every morning, which rubs off on the team. He is one of the hardest-working athletes on the team, and the rest of the team acknowledges it. He is always on task and gives maximum effort in every session. It has been a great experience working with and coaching him throughout the year. Looking forward to seeing how he progresses in the upcoming year. ~Jonathan Alducin



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

## COLLEGE — SWIMMING

**University of Wisconsin - La Crosse**

**ZOEY RANK**

**Breaststroke/I.M.**

**Sophomore**

Zoey brings great energy into the weight room every day. Her dedication to strength training has paid off in her swim performances. She was the WIAC Champion in the 200-Individual Medley, 100-Back Stroke, and 200-Breaststroke. She was also a member of the winning 400-Free Relay, the second

place 400-Medley Relay and 200-Medley Relay which set the WIAC meet record. Her performances help the University of Wisconsin-La Crosse Women's Swim and Dive team capture the 2026 WIAC Championship. Zoey will be participating in the 2026 NCAA Championships. Along with her incredible performances in the pool, Zoey has a 3.760 GPA. She is dedicated, hardworking, and brings high quality into all aspects of her student-athlete career.

~Philip Whitesitt