



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

## COLLEGE — CROSS COUNTRY

### DUKE UNIVERSITY

**Leigha Torino**

**Women's Distance**

**Senior**

Leigha is an example of consistency and leadership. She has great attention to detail, she is coachable, and has a desire to do what is necessary to be the best she can be. She is respected and loved by everyone around her and she has been a pleasure to work with. ~Jordan Bar

### FITCHBURG STATE UNIVERSITY

**Ian Poyant**

**Runner**

**Senior**

Ian is one of the most consistent, coachable athlete's we've had. His progress from his freshmen year through today is tremendous and it can be attributed to his consistency - never missing a session, never being late, and being extremely receptive of coaching. ~Jim McGuire

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