

COLLEGE — CROSS COUNTRY

AVERETT UNIVERSITY

GABRIELLE GRIFFIN

Freshman

Gabrielle's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, she not only elevates her own performance but inspires those around her to push their limits. With a burning ambition to lead, Gabrielle's impact both on the course and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

BARRY UNIVERSITY

HAYLEY BOYLE

Sophomore

Shows up with a great attitude, very coachable. Always striving to improve and get stronger ~Ellen Cederin

COLORADO COLLEGE

NICOLE CRAIGHEAD

Sophomore

Since I've known Nicole, she has been a consistent presence in the weight room and is constantly looking for ways to improve her performance. She always has the best attitude and does not shy away from hard work. Nicole is an exceptional work ethic and it has been a pleasure watching her grow the past year. ~Rachel Nicholson

DALLAS BAPTIST UNIVERSITY

KAYCEE KELLER

Junior

I've only worked with the Cross Country team for less than a year but I have been so impressed with this entire team. Specifically, KayCee Keller. It was obvious that KayCee enjoyed strength training and I had been told that she grew up participating in CrossFit. My first thought was that she would definitely be strong and fit but probably not a great runner, maybe middle of the pack. So, when I saw her leading the way at the first meet

of the season, I was blown away! She is clearly a competitor but she also has a passion for strength training and does it the right way! ~Alex Spencer

DALLAS BAPTIST UNIVERSITY

ANGEL LUERA

Senior

Angel is serving as a graduate student assistant while he is finishing his athletic eligibility. That alone, I always find impressive. Angel is constantly working to improve through strength training and has a passion for it. He is constantly helping teammates with exercise techniques and pushing them to work harder. ~Alex Spencer

FRESNO PACIFIC UNIVERSITY

YORKABEL GEBREHIWOT

Senior

Yorkabel Gebrehiwot approached me at the conclusion of her 2022 track season, seeking collaboration. Together, we dedicated ourselves to refining her form and enhancing her strength, setting the stage for an exceptional 2023-2024 season. Our efforts bore fruit as she demonstrated remarkable progress. Notably, she achieved a commendable ninth-place finish at the PacWest Cross Country Championships. Moreover, Yorkabel's performance reached new heights as she etched her name in FPU history, securing an impressive 20th place at the NCAA Division II West Region Cross Country Championships. Her achievements stand as a testament to her dedication and our collaborative journey towards athletic excellence.

~Whitney Leyva-Camberos



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — CROSS COUNTRY

LAMAR UNIVERSITY NATALEE BERGERON

Distance

Junior

Natalee Bergeron is a consistent figure for Lamar University Strength and Conditioning. She is attentive to every single detail for each exercise, holds herself and teammates to a high standard of training and always gives her best effort. You can always see Natalee taking the initiative on small tasks such as cleaning the weight room or helping her teammates understand the purpose of certain exercises. Congratulations Natalee, continue to give your best self, we are honored to award you as an NSCA All American! ~Justin Huynh