

## COLLEGE — CROSS COUNTRY

### Colorado College

#### RABBIT BARNES

##### Junior

Rabbit has a passion for lifting and performance training and it shows in his running. He holds multiple school records for the XC and Track teams. He always comes to lift with questions how to improve his performance and goes the extra mile to execute it. ~Lily Griffith

### Dallas Baptist University

#### LESLI SALAS

##### Sophomore

Lesli is not only one of the hardest working individuals I've had the pleasure to work with but she has a passion to compete and a joy that is contagious. She never settles for "good enough". She intentionally finds ways to challenge herself. Lesli does not allow her competitive spirit to interfere with how she treats her teammates. She is uplifting and encouraging. Seldom seen without a smile or laughing (unless in the heat of training). ~Alexander Spencer

### Duke University

#### JACK KOVACH

##### Senior

Jack has proven to be one of the hardest workers in the weight room. He is always looking for feedback and ways to get better, and is a leader by example. Jack is not just a great athlete, but a great person. There is never a question whether he gave his full effort, and it shows. Jack Kovach deserves to be an NSCA All-American. ~Jordan Bar

### Minnesota State University-Mankato

#### MEGAN NARVESON

##### Distance Runner

##### Senior

Megan has fully bought into strength training to further her success any time she runs. She has used the weight room as a place to thrive and ensure her body stays strong and durable so she can handle what comes with running longer distances. She pushes herself every training session no matter how she feels and consistently finds a way to improve! She is a joy to have around every training session and does a great job pushing her teammates to the next level! She helps foster a positive training environment for our entire weight room!

~Samuel Lee

### Springfield College

#### JOE WONG

##### Senior

Joe is an extremely hard worker and challenges himself through the smallest details in the weight room. He is a motivating presence for his teammates. ~McKenna Wells

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### University of Wisconsin - La Crosse

#### GWEN HINZ

##### Cross Country

##### Junior

Gwen has been a significant part of growing the culture of strength training for the women's cross country team. She brings excellent effort and focus into each training session and fully understands how improving strength and power will help her and the team improve in an endurance environment. Gwen had a standout year in cross country. She was the individual champion at the Tori Neubauer Invitational this year and was the top runner for UW-La Crosse at the NCAA championships, placing 68th overall. Gwen is an English major with a minor in Creative Writing. She has a 3.330 cumulative grade point average. Gwen has continued to improve in the strength center and is looking to see that dedication play out in the track and field season. ~Philip Whitesitt

### University of Wisconsin - La Crosse

#### CHUCK VATER

##### Cross Country

##### Freshman

Chuck made a positive impression this past fall when he reached out to discuss strength training for cross country and specifically how he would benefit from our style of training. He took ownership of his overall training plan and has been a staple member of the men's cross country team this year. Chuck has improved immensely with his strength numbers and puts a great deal of focus into quality technique. His intentional nature helped him have a successful season. Chuck was a member of the NCAA Division III national championship team and finished 69th overall. He has continued his success into the track

and field season and is currently ranked 12th in the 3000 meters and 21st in the 5000 meters. Chuck is majoring in Computer Science and has a GPA of 3.640. It is exciting to see how Chuck's dedication has led him to a very successful season.

~Philip Whitesitt

### University of Wisconsin-Platteville

#### HANNAH FLISS

##### Senior

Hannah has done a great leading the women's cross-country team in the dedication of the weight room. All while juggling her Health and Human Performance major with an emphasis in Exercise Science. Hannah always asks great questions and put coaching cues in action right away. Her training has helped her elevate her competitive side placing in the top 20 in the conference in the 6k. Hannah's personality makes her fun to coach and a great teammate. ~Kellen Bornbach

### University of Wisconsin-Platteville

#### JOSHUA STONE

##### Junior

Josh's dedication to training has seen him transform his level of competition. Being dedicated, efficient with time and driven have proven to translate to competition. On top of elevating his competitive side, Josh also leads in the weight room by example. His increase in strength and power are direct translations to attention to detail and ability to be coached! ~Kellen Bornbach



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

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**William Woods University**

**DUSTIN RUSSELL**

**Senior**

It's been a joy working with Dustin Russell in our strength and conditioning program. Their commitment to the program is evident in their measurable progress and unwavering focus. Beyond his achievements, He is a fantastic team player and a pleasure to work with, always supportive and respectful. ~Robert Jones