

## COLLEGE — ACROBATICS & TUMBLING

### Fairmont State University

#### ALEXA WILSON

##### Base

##### Senior

Alexa Wilson, a senior from Fairmont, West Virginia is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Alexa has fully embraced strength training and is extremely coachable. She has a key role as a base on our Acrobatics & Tumbling team. Her role requires her to have high levels of strength and power, which she has worked very hard to improve. Heading into the 2026 season, Alexa has PRs of a 265 lbs. back squat, 295 lbs. deadlift, and 165 lbs. hang power clean. Her work ethic in the weight room and on the mat also carries in the classroom. Alexa currently has a 3.54 GPA, majoring in Communication Arts, and has been named to multiple MEC All-Academic teams and the NCATA Academic Honor Roll. Our acrobatics & tumbling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Alexa Wilson.

~Adam Kolberg

have high levels of strength and power, which she has worked hard to achieve. Heading into the 2026 season, Jackie holds PRs for back squat at 210 lbs., deadlift at 265 lbs. and a 135 lbs. hang power clean. She also has the highest vertical jump on the A&T team at 24.8 inches, which is a six inch increase from her freshman year. Her work ethic continues into the classroom, where she currently has a 3.34 GPA, while majoring in mathematics and minoring in psychology. She has been named to numerous MEC Academic Honor Rolls and multiple NCATA Academic Honor Rolls. Our acrobatics & tumbling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Jacklyn Kelly. ~Adam Kolberg

### Fairmont State University

#### JACKLYN KELLY

##### Top/Tumbler

##### Senior

Jacklyn Kelly, a senior, from Bradford Woods, Pennsylvania, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Jackie is extremely coachable and has really embraced strength training. She has a key role on our Acrobatics & Tumbling team, as a top and tumbler. Her role as a top/tumbler requires her to

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#### KAELYN JOSEPH

##### Top/Tumbler

##### Junior

Kaelyn Joseph, a Junior, from Frederick, Maryland, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Kaelyn is extremely coachable and has really embraced strength training. She has a key role on our Acrobatics & Tumbling team, as a top and tumbler. Her role as a top/tumbler requires her to have high levels of strength and power, which she has worked hard to achieve. Heading into the 2026 season, Kaelyn holds PRs for back squat (260 lbs.) and deadlift (280 lbs.), both of which are over double bodyweight, and power cleans 125 lbs. Her work ethic continues into the classroom, where she currently has a 3.95 GPA, while majoring in exercise science with a minor in psychology. She has been named to numerous MEC All-Academic teams and NCATA Academic Honor Roll. Our acrobatics & tumbling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Kaelyn Joseph. ~Adam Kolberg

### Converse University

#### KAYLAH BELLE

##### Tumbler

##### Junior

Kaylah Belle, has been committed to training in the facility year round and has improved her size, strength, and power, but she's also developed into a strong leader and is a reason we are still Avery competitive program. ~Kevin Darlington

### Fairmont State University

#### KAYLEE REHAK

##### Base

##### Senior

Kaylee, a senior from Pittsburgh, Pennsylvania is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Kaylee was an NSCA S&C All-American as a sophomore and she has continued her dedication to training. She has a key role as a base on our Acrobatics & Tumbling team. Her role requires her to have high levels of strength and power, which she has continued to work on improving. Heading into the 2026 season, Kaylee has PRs of a 350 lbs. back squat, 335 lbs. deadlift, 180 lbs. bench press and a 200 lbs. hang power clean. Her work ethic in the weight room and on the mat also carries into the classroom. Kaylee currently has a 4.0 GPA while majoring in exercise science. She has been named to the MEC All-Academic teams and the NCATA Academic Honor Roll every year of her career. Kaylee plans to attend Physical Therapy school upon graduation. Our acrobatics & tumbling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Kaylee Rehak. ~Adam Kolberg

### Converse University

#### LINDSEY SWANGER

##### Junior

Lindsey is extremely strong in training. She has no off button. She goes Mach three with her hair. on fire at every session. She boasts a 185 bench press and she's a big reason we are still very competitive. ~Kevin Darlington



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

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**Converse University**

**MADISON SEYMOUR**

**Base**

**Junior**

Madison is extremely driven and extremely strong as known for her 3 rep max of a 185 bench press.

~Kevin Darlington