

COLLEGE — ICE HOCKEY

Colorado College

TOMMY MIDDLETON

Forward

Senior

Tommy has consistently been one of the hardest workers on this team during his career. In four years, I can honestly say that I don't remember him ever having a bad day in the weight room. He brings an infectious positive attitude that makes everyone around him better. I am honored to nominate him to be a strength and conditioning All-American.
~Cameron Davidson

Hobart College

KAHLIL FONTANA

Forward

Junior

Kahlil Fontana's positive attitude and consistent effort light up any room he steps into. If he's ever had a bad day, you wouldn't know it. His professional approach to showing up early and preparing his body for training is unmatched. Fontana's dedication to fitness has led to numerous achievements during his time at Hobart and William Smith Colleges. Over the course of 2.5 years of training, he has increased his trap bar deadlift by 90 lbs. (+25%) and added 70 lbs. to his bench press (+38%). As an assistant captain of the 2024-2025 team, Fontana has played in 77 games, scoring 20 goals and recording 24 assists. In his two years here, he has contributed to Hobart Hockey's back-to-back National Championships. Off the ice, Fontana is an AHCA All-American Scholar, earning a 4.15 GPA in his most recent semester (3.93 cumulative). Fontana is also one of the founders of Hobart Ice Hockey's beloved tradition—the frigid lake plunge in Seneca Lake. It is not uncommon for him to lead the

charge for 6 a.m. plunges, an event that has spread to other teams on campus. Fontana's commitment to his teammates shines through his "we, not me" attitude, both on and off the ice—an invaluable quality for any coach to have in their athletes.
~Derek Berry

Mckendree University

KILEY HASENFRATZ

Senior

Kiley Hasenfratz consistently demonstrates exceptional discipline and work ethic, particularly in the weight room, where her commitment to strength training has significantly enhanced her performance on the ice. Her focus on building power, strength, and conditioning reflects a strategic mindset, knowing that every workout contributes directly to her ability to compete at the highest level. Through resilience and mental toughness, she pushes past physical barriers, setting an example for her peers in both dedication and consistency. Her unwavering commitment to training day in and day out has not only improved her individual performance but has also inspired her teammates to elevate their own standards. Kiley Hasenfratz embodies the qualities of leadership and hard work, demonstrating that success in hockey requires a well-rounded approach to fitness and mental strength. She is deserving of this award for her relentless pursuit of excellence and her profound impact on her team's culture of hard work and discipline. This has led her to become the captain of the women's hockey team, amass multiple all-star, and player of the weeks awards.
~Mawusi Amos



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — ICE HOCKEY

Merrimack College

RAICE SZOTT

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Senior

Raice is an exceptional athlete in the weight room and on the ice. A true leader, she motivates her teammates with her drive, determination, and unwavering commitment to excellence. What sets her apart even further is her genuine effort to connect with everyone in athletics, regardless of whether they directly impact her. Raice goes out of her way to build relationships and support those around her, fostering a sense of community and teamwork across all sports. This year, she was honored with the Hockey East Sportsmanship Award, recognizing her exemplary character, leadership, and respect for the sport. Raice's positive influence and dedication make her a standout in every aspect in and outside of athletics at Merrimack College. ~Rob Livingstone

Rochester Institute of Technology

BRONWYN KHANGSAR

Forward

Senior

Bronwyn demonstrates an unwavering dedication to the weight room and physical preparation. She is one of the top performers on her team in multiple categories including Hexbar Deadlift, Hang Cleans and Bench Press. Her hard work and effort have shown great translation to her performance on the ice this season. ~Ryan Kelly

Rochester Institute of Technology

DOUG SCOTT

Defense

Senior

Doug possess many qualities that make him successful in the weight room. He is consistent, hardworking and coachable. He has a natural ability and thorough enjoyment of the weight room. His positive attitude and willingness to hold others accountable further enhances his effectiveness as a team member. Doug's strength consistently places him among the top performers on his team.

~Ryan Kelly

Trinity College

JENNY GUIDER

Forward

Senior

For 5 years she has always given full effort and her results show. ~William DeLongis

Trinity Western University

ARTEM HRABOVETSKYI

Forward

Freshman

Arty has had a tremendous first year in Sparta. Even though he wasn't able to play in the first semester, he never let that slow him down and used it as fuel to get better. Every day. No matter what. He handled everything I threw at him with a smile on his face, asking for me. Crazy? No, just someone who loves to work, loves to get better, and will do anything to achieve his goals. Huge respect for the work this guy put in this year. ~Cole Hergott

COLLEGE — ICE HOCKEY

United States Air Force Academy

AUSTIN SCHWARTZ

Senior

Air Force Hockey Student Athlete Advisory Committee (SAAC) Representative (2022-2023)

Responsible for being the voice for the men's hockey team in the cadet wing, and to distribute information to the hockey team regarding standards, military trainings and training updates throughout the wing.

Combat Survival Training (CST) Flight Commander (Summer 23) – Responsible for 12 students who are learning how to survive and evade in scenarios where capture is eminent...oversaw students making sure they were present and passing all events...taught land navigation, tactical combat casualty care (TCCC).

Squadron First Sergeant (Fall 2023) – Responsible for Squadron Accountability for Cadet Squadron 16, making sure that members of the squadron are present for all mandatory events. Responsible for squadron morale, providing events to help bring the squadron closer together. Responsible for providing punishments for members of the squadron who broke cadet standard and discipline rules (CS&D).

CS-16 Squadron Assistant Flight Commander of the Year (Ac Year 2023-2024) – Earned Assistant Flight Commander of the Year for Cadet Squadron 16 by providing opportunities for underclassman to participate in squadron functions by making an information page for all events being participated by squadron members so others could go support. Also advocated for flight members to be ranked high throughout the squadron.

Field Engineering Readiness Laboratory (FERL) Flight Commander (Summer 2024) – Taught and accounted for students in their learning of building two houses, paving a road, pouring concrete and learning more about the civil engineering major at USAFA. Led

students in lessons with structural building, hydrology, concrete design and operating heavy machinery.

Basic Cadet Training Assistant Flight Commander (Summer 2024) - Helped lead and mentor incoming basic cadets, ensuring they adapt to military life. Responsible for enforcing discipline, leading physical training, and teaching military customs while also providing guidance and support. Assistant flight commanders play a key role in shaping morale, performance, and development of new cadets during their transition into the Cadet Wing.

Community Service (Fall 2024) – Set up a school visit on Veterans Day at Parker Core Knowledge (PCK) with ten other members of the Air Force Academy Men's Hockey team. Spoke at the school assembly, discussing what it means to serve, what a hero is, and how students can learn to honor those who have served our country.

CS-16 Honor Officer - Responsible for upholding and promoting the Cadet Honor Code within the squadron...educated cadets on honor principles, investigated potential honor violations, and fostered a culture of integrity through training and mentorship. As a key leader in the honor system, he ensured cadets understood and lived by the Academy's core value of "Integrity First"

Athletics

Senior: Team captain...Scored first career hat trick at Robert Morris to lead the Falcons to a 4-2 win and clinch home ice in the first round...Leads the nation in blocked shots by a forward with 58...His 162 career blocks are the most of any forward in the nation...Has a career-best 11 goals to tie for the team lead.

Junior: Named academic all-conference in 2023-24...Named the AHA Best Defensive Forward in 2023-24...Named the team's most inspirational player as a sophomore and junior... Led the nation with four short-handed goals as a junior. ~William Quillman

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — ICE HOCKEY

University of Connecticut

JOHN SPETZ

Defensemen

Senior

John Spetz joined our team as a freshman in the fall of 2020, a time when the challenges of transitioning to collegiate athletics were amplified by the global pandemic. With nothing about his first year resembling normalcy, John had to navigate an unpredictable environment before finally experiencing a traditional college training and competition schedule in his sophomore year. Despite the hurdles, John committed to developing into a top defenseman, and though strength and conditioning did not come easily to him at first, he fully embraced the process. This dedication has led to a truly transformational experience, allowing him to grow exponentially not only as a player but as a leader. Today, John challenges his teammates, pushing them to be better, and his journey exemplifies the resilience and determination that make him so deserving of the NSCA All-American award. ~Maureen Butler

University of Providence

JAMAL KALAF

Sophomore

Jamal is a great teammate, amazing hockey player and even better person. He's extremely dedicated and one of the hardest working athletes at UP. He's strong, resilient and a motivated worker in the weight room. He always finds a way to push through adversity time and time again. He understands the importance of strength training and what it does for his sport. He's always doing the right thing in terms of recovery, mobility, academics and communication. You can always rely on him to do

the right thing and help lead others in the right path. He's set the standard for the hockey program, in the weight room and on the ice. ~Lucky Lovan

University of Southern Maine

AZAM JIWA

Forward

Senior

Has one of the top cleans on hockey team. Consistent strength athlete throughout the year. ~James Giroux

University of Southern Maine

ADRIAN JUBRAN

Defense

Sophomore

Dedicated strength athlete improving testing numbers this year. Is now working on recovery from knee surgery. ~James Giroux

University of Southern Maine

KYLE PENTON

Goalie

Senior

Had gradual improvement in strength and power throughout his career. Had one of the best cleans on hockey team ~James Giroux

University of Southern Maine

AMELIE ST-AMANT

Defense

Senior

Recognized for the 3rd time. The addition of movement training over the summer helped her speed on the ice. Maintained strength all year with consistent weekly workouts. ~James Giroux



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — ICE HOCKEY

University of Southern Maine

ALLY STYMIEST

Forward

Senior

Had a good summer of rehab allowing her to train her hardest this fall. Improved on the ice becoming top scorer. ~James Giroux

William Smith College

ERIN MURRAY

Goalie

Senior

Erin Murray has made a huge impact on her teammates and others over the past years. She has put in an impressive amount of work this past summer making her an impact player on the ice and in the weightroom. For several months, Erin has finished every training session testing how many chin ups she can do. Her drive for more has turned into a tradition where she has involved all of her teammates and sometimes other William Smith teams to test their chin ups with her. Erin holds William Smith's single-season (7) and career (12) shutout records. She is currently first on William Smith's career record for save percentage and GAA. Her career wins are third with 21. She set the William Smith record for GAA (1.27 in 2023-24). Her passion, perseverance, and leadership continue to elevate those around her, leaving a lasting mark on the program. ~Brittany Krivicich