

COLLEGE — HOCKEY

COLGATE UNIVERSITY

Caroline Ross

Defense

Senior

Due to a knee injury that caused her to redshirt in the 2019-2020 season, this fifth years comeback has been stronger than ever. Her determination to become stronger and faster during off-season & preseason training was not only noticeable in the weight room but on the ice as well. This drive on and off the ice shows why she is a captain with the ability to motivate herself and her teammates around her. Ross has played in over 123 games and has contributed to Colgate with 3 goals, 21 assists and over 24 points as a defenseman. It is my honor as her strength coach to nominate her for this award. ~Jasmine Johnson

COLORADO COLLEGE

McKay Flanagan

Defense

Senior

McKay is a true "gym rat", while not being a starter he continually raises expectations in the weight room with his dedication and leadership. He is a great young man who always has a positive attitude no matter the circumstances and his consistent effort in the weight room will help him in all aspects of his life. ~Scott Caulfield

FITCHBURG STATE UNIVERSITY

Jordin Holmes

D

Junior

Jordin commitment to the weight room is second to none. He came in as one of the strongest players in the program and has continued to work hard and develop to maximize his performance on the ice. ~Jim McGuire

PENN STATE UNIVERSITY

Aarne Talvitie

Forward

Junior

I'm a huge fan of athletes that do the right things the right way, all of the time. Aarne is no exception. He is one of the most dedicated athletes that I've had the pleasure of working with in my time as a coach. He maintains a constant positive attitude, and works very hard in training every single day. He captained the Finnish national team to a gold medal in the 2019 IIHF World Junior Championships, and was drafted in the 2017 entry draft by the New Jersey Devils. I have a lot of fun working with Aarne and am honored to nominate him for this award. ~Cam Davidson

UNIVERSITY OF CONNECTICUT

Natalie Snodgrass

Forward

Senior

Natalie has been a standout in our program since she arrived on campus as a freshman. Her commitment to greatness has fueled her passion for the game on and off the ice which has propelled her to the top of our team performance rankings year after year. Natalie never backs down from a challenge and has grown into an exceptional leader. As a senior captain, she has elevated the performance standards with her consistent effort and unwavering commitment to her teammates and the program. She has a tireless work ethic and a fierce competitive edge that allows her to push her limits on any day. She has and will continue to raise the bar for our program in the weight room. ~Joel DeMarco

UNIVERSITY OF WISCONSIN-RIVER FALLS

Abigail Stow

Forward

Junior

~Carmen Pata