

COLLEGE — ICE HOCKEY

College of the Holy Cross

ABBY HORNUNG

Goalie

Senior

Abby Hornung is one of the most persistent, intense and focused athletes I have ever trained. She was recruited as a perennial third team goalie but that is not the role she accepted. She was discouraged her first two years but did not stop fighting even though things looked bleak. She is one of a very few hockey players who have committed to train year round with me. The results of her consistency, intensity and focus were astounding. She had to earn every gain she made. She set PR's almost every time she tested. When she arrived she needed a 35 lb assistance band to complete 1 chinup. This fall she did 5 perfect full range reps with 25lb hanging off her hips. Was that the most on the team? No, but it was another of many PR's in her FOURTH year! All the work paid off....when she got her chance due to injury she was ready to take advantage of it. She played with her hair on fire for two years. She was selected as a Hockey East 2nd team all star last year and has been a semifinalist for the national goaltender of the year. There is no one I would nominate for the NSCA award who is more deserving. - Jeff Oliver ~Delaney Baxendale

strength development, accountability, and daily improvement has directly contributed to the team's sustained high performance.

As a leader, Ben holds himself and his teammates to a high standard. His consistency in preparation and intensity in training have helped maintain the program's competitive edge. The success and steady performance of the men's hockey team are, in large part, a reflection of Ben's influence and leadership. His impact extends beyond statistics—he has helped build a culture of excellence that aligns perfectly with the standards of the NSCA All-American distinction. ~Mawusi Amos

Mckendree University

BEN ANDERSON

Defense

Senior

Ben Anderson has been a cornerstone of leadership and consistency within the McKendree University men's hockey program. His dedication in the weight room has set the tone for the team's training culture and competitive mindset. Ben's commitment to

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Hobart College CONNOR LALLY

Defenseman

Junior

Consistency defines Connor Lally. Whether in work ethic, composure, or daily approach, he demonstrates a level of steadiness that is rare among collegiate athletes. Connor may not be the most vocal presence in the weight room, but his leadership is evident through his actions and preparation. He allows his performance to speak for itself.

Over his three years in our program, his dedication has translated into significant physical development. His bench press increased from 170 to 235 pounds (28%), and his trap bar deadlift improved from 450 to 567 pounds (26%). These improvements are a direct reflection of his disciplined, process-driven approach.

Connor brings the same focus and output to every training session. His presence elevates the competitive standard of our environment, as those training alongside him are compelled to match his intensity and consistency. He is a reliable, high-performing athlete whose daily habits embody the values of our program. ~Brittany Krivicich

USM CONOR DONOVON

Forward

Senior

Successfully uses in season strength and conditioning to improve and sustain performance during the season. Has gradually seen strength and

power improvements during his time @ the University. ~James Giroux

Westfield State University COOPER BOARD

Forward

Senior

Cooper has given 100% effort for 4 years in the weight room. This past summer, he spent it in Westfield rehabbing and training for this upcoming season. The effort that he has put into his own performance is why he is a standout in the conference. ~Tucker Bachand

Norwich University DEVON THIBODEAU

Defenseman

Senior

Devon has been consistent in the weight room since his freshman year and it shows as his games played over his career is more than his classmates. He dedicated himself to the training process and worked to improve his strength and fitness level each year. ~Scott Caulfield

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Amherst College

EMILY HOHMANN

Defense

Senior

Emily Hohmann's commitment and performance in the weight room is exceptional and makes her an obvious candidate for this award. What sets Emily apart from the others and worthy of All American status is her grit and toughness. I have not met an athlete in my 25 years of coaching that has come to work each and every day with the intent and mindset that Emily has. Her ability to bring an unparalleled work ethic without a complaint in 4 years has been the fabric of our Women's Ice Hockey program's identity and huge factor in its success. ~Christopher Boyko

University of Connecticut

EMMA ERYOU

DEF

Senior

Emma has displayed all of the qualities that we look for in a student-athlete. She has a phenomenal work ethic, high character and a great attitude. Through her hard work, Emma has made one of the greatest physical and performance transformations in program history. Her consistent approach to training over the course of her career has propelled her from being ranked 20th overall in team performance as a freshman to 2nd overall as a senior. Emma's physical capabilities have really improved over the course of her career but her personal development has afforded a quiet freshman to grow into a confident leader and team captain as a senior. Combining her unwavering positive attitude and high level of self-drive, Emma has provided a template for her teammates to

emulate that will continue to drive our team performance standards in the future.

~Joel DeMarco

USM

GAVIN SIMOPOULOS

Forward

Sophomore

A believer in year round strength and conditioning. Has maintained pre season strength & conditioning levels throughout 2 seasons. ~James Giroux

The United States Air Force Academy

HOLT OLIPHANT

Forward

Senior

Excels in the weight room, both from a physical standpoint and as a team leader. Goes above and beyond following the teams training program, sets the standard for a performance focused athlete. Team captain as a senior and assistant captain as a junior. Named to the College Sports Communicators Academic All-District team as a sophomore and junior. Named to the American Hockey Coaches Association (AHCA) All-American Scholars team as a sophomore and junior. Three-time academic all-conference selection. Has played in 133 career games (as of Feb. 19) and has 23 goals and 47 points. Has four career game-winners, two power-plays goals and has blocked 85 shots. Has seven goals and eight assists this season with two game-winners. Major is military and strategic studies

~William Quillman

COLLEGE — ICE HOCKEY

USM

HUNTER SVICKI

Defense

Sophomore

One of the strongest Huskies. Has kept pre season strength levels during the season by training regularly during the season. ~James Giroux

Rochester Institute of Technology

JAIDAN FAHRNY

Center

Senior

Jaiden is one of the strongest athletes on her team. She trap bar deadlifts over 300 pounds and is our all-time chin-up leader with 16. She moves heavy weight with confidence and control, making difficult lifts look routine. Beyond her strength, Jaiden brings positive energy to every session. She's upbeat, encouraging, and when she's not lifting heavy, you can usually find her dancing in the weight room. Her personality raises the level of the entire group. As an exercise science major, Jaiden understands the "why" behind the work, which makes her an incredible asset for any coach. She combines strength, knowledge, and energy in a way that makes her stand out. ~Ryan Kelly

University of Connecticut

JAKE PERCIVAL

Forward

Senior

Jake Percival is highly deserving of the National Strength and Conditioning Association (NSCA) All-American Strength and Conditioning Athlete of the Year award. Since the summer before his freshman year, Jake has demonstrated an unwavering commitment to year-round training, fully embracing

the discipline and consistency required to excel. His dedication to the process has led to measurable improvement every single year, elevating him into the top 10% of the team as he enters his senior season.

Jake exemplifies the work ethic and leadership this award represents. He is a quiet but relentless worker who leads by example, consistently modeling proper technique, intensity, and focus in the weight room. He takes initiative in helping teach and mentor younger teammates, reinforcing a culture of accountability and excellence within the program.

Equally impressive is Jake's commitment to academic success. As an excellent student, he demonstrates the balance and discipline required to succeed both in the classroom and in athletics. His dedication to strength and conditioning, continuous improvement, leadership in the weight room, and academic achievement make him a truly deserving candidate for this honor. ~Maureen Butler

USM

JOELY POWER

Forward

Sophomore

Consistent year round strength and conditioning athlete. Works hard at all aspects of S&C. Great conditioner that shows fitness on the ice. ~James Giroux

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University of Providence

JONATHAN O'BRIEN

Junior

Jonathan, also known as Obi, is a tremendous asset to the men's hockey team. He's blue-collar, tough, and consistently puts the team first. While he may not always be in the spotlight, he brings consistent energy, effort, and grit to every lift and practice by pushing his teammates and holding them accountable. Over the years, he has developed a strong understanding of how crucial preparation is to perform at his best, and that mindset shows his daily approach to hockey, lifts, and academics. ~Lucky Lovan

Mckendree University

JULIA DEFOSSÉ

Defense

Senior

Julia Defossee's journey at McKendree University has been a remarkable example of growth, dedication, and transformation. Arriving as a freshman eager to improve, Julia committed herself fully to the training process. Through consistent hard work in the weight room and unwavering discipline in her preparation, she steadily developed into one of the top performers on the women's hockey team.

By her senior year, Julia earned All-Star recognition—a testament to years of focused effort and resilience. Her evolution as an athlete mirrors her growth as a leader and individual. She has become someone her teammates look up to for both performance and character. Watching her mature into the strong, confident woman she is today has been a source of immense pride. Julia's

commitment to excellence and consistent pursuit of improvement make her exceptionally deserving of NSCA All-American status for 2025–2026.

~Mawusi Amos

Colorado College

KAIDAN MBEREKO

Goalie

Senior

Kaidan exemplifies what it means to go above and beyond in his daily responsibilities. He understands how his actions directly impact performance and consistently approaches every task with focus, precision, and intention. His positive attitude, strong leadership, unwavering commitment to excellence, and clear communication set a high standard for those around him. Kaidan not only meets expectations—he consistently exceeds them, making him highly deserving of this award nomination. ~Derek Savage

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William Smith College

KELLY HOWE

Forward Senior

Every program would be fortunate to have Kelly Howe as part of their team. Kelly consistently demonstrates exceptional enthusiasm, dedication, and work ethic in the weight room each season. While her physical accomplishments are impressive, it is her leadership that truly sets her apart. Kelly has confidently and effectively led team warm-ups, organized lift groups, and helped direct team lifting sessions, always ensuring her teammates are supported and motivated.

Kelly also embodies a mindset of always striving for more. She finishes every lift by challenging herself to complete as many chin-ups as possible—a tradition she has honored without missing a single day since a former teammate introduced it last spring. Alongside her commitment, Kelly has achieved a bench press personal best of 110 pounds and a trap bar deadlift of 255 pounds. Her consistency, leadership, and drive make her an outstanding role model and an invaluable member of any program. ~Brittany Krivicich

University of Massachusetts Amherst

KENNEDY O'CONNOR

Defenseman Senior

Kennedy is a four year member of the UMass Hockey Team. He is one of the most dedicated individuals I have ever met. Throughout most of this season, Kennedy has dealt with an elbow injury that has yet to be definitively diagnosed by any of our medical team or specialists in and around the area.

It has affected his ability to play hockey, train, and at times function normally in daily life. Throughout all of this, Kennedy when cleared has pushed through the pain and discomfort to be a leader of this team on the ice, in the weight room, and in the locker room. He is the ultimate glue guy. He is always one of the first individuals in the facility every day, getting any and all treatment that will just allow him to go out and play. He does not make excuses, does not complain, does not miss training sessions, and finds any way possible to train and play around his injury. In addition to all of this, Kennedy has spent the majority of his last two summers on campus training with me when most other student athletes are away on break. He is the ultimate teammate, a fierce competitor, and dedicated to giving everything in him for the betterment of the team. It is without a doubt and honor to nominate Kennedy O'Connor for the All American Strength and Conditioning Athlete of the Year Award. ~Michael Vaughan

Rochester Institute of Technology

KEVIN SCOTT

Defense Junior

Kevin has been committed to the weight room and its impact on his performance since day one. He approaches every workout with discipline, focus, and purpose. Kevin regularly trains outside of his assigned lifts and is always willing to try new approaches. Anything to address weaknesses and gain any edge he can. He takes ownership of his progress and looks for ways to improve beyond what's required. He sets a powerful example for his teammates of how strength and conditioning can directly translate to success on the ice. ~Ryan Kelly

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University of Wisconsin

LACEY EDEN

Forward Senior

Lacey is the perfect representation of hard work and dedication to her craft. Her attention to detail, leadership, and overall attitude make her one of the best athletes I've ever had the honor of working with. She epitomizes work ethic and attention to detail in the weight room, and she does an incredible job of showing the younger generation how to train. She is a driving force behind the success of the Wisconsin Women's Hockey program. She has helped set up the Wisconsin Women's Hockey program for continued success in the weight room and on the ice through her excellent leadership and hard work over the course of her career here at the University of Wisconsin.

~Paul Valukas

Norwich University

LAUREN TUZIK

Defense Senior

Lauren is the most committed and strongest female athlete in our entire athletic dept, she owns 9 out of 10 records on our record board, and always stays later on training days to put in more work than her teammates and competitors. She truly embodies the Norwich, "I will try" motto and represents our S&C dept to the highest levels. ~Scott Caulfield

University of Connecticut

MEGAN WOODWORTH

FWD Senior

Megan (Woody) has shown tremendous growth and resilience over the course of her career as a Husky. She has endured multiple shoulder surgeries as well as a significant away-from-sport injury in the past four years and she has not wavered in her commitment to excellence. Woody has the makeup of a great athlete; she is fast, strong and powerful but her commitment to training and making sure her body is always ready to compete at a high level is elite. Her determination and resilience are always at the forefront of her process. The injury rehabilitation process is difficult for any athlete to endure, and Woody has faced this adversity on three major occasions with a great attitude and a consistent approach to get better each day. Her dedication and work ethic have helped propel her eleven spots in our team performance rankings to 4th overall as a Junior and Senior. Woody has been a driving force that has helped elevate our team performance standards for years to come.

~Joel DeMarco

USM

OLIVIA STEWART

Forward Senior

Has trained all aspects of performance since arriving at the University. Very good Olympic lifting technique. Fast on the ice, able to quickly apply a lot of force into the ice. ~James Giroux



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — ICE HOCKEY

USM

SAIGE MCLEOD

Defense

Senior

One of the strongest Huskies. Effectively uses her strength on the ice. ~James Giroux