

## COLLEGE — TRACK AND FIELD

### Clemson University

#### ALEKSANDRA STOILOVA

##### Short Sprints

##### Senior

Aleks is relentless in the pursuit of her goals. Her exemplary and consistent work ethic elevates the environment in the weight room and pushes those around her to uphold the same standard. A leader by example, Aleks does the little things and exceptionally well and carries herself in a professional manner. She is uncommon on a team full of uncommon individuals and that is why there is no doubt that she will be successful in whatever future endeavor she may embark upon.

~Luis Fuentes

### Minnesota State University - Mankato

#### ALEXA POST

##### Multi

##### Senior

Alexa has used the weight room to her advantage to help build herself into a strong and powerful Multi athlete here on the MSU Track Team. The consistent improvement in her success she had from year to year is a testament to the effort she put into her training every day. She brought great energy into the training sessions and was a great example to her teammates on pushing yourself even when you don't feel like it. Alexa was so enjoyable to train and the attitude she brought into our weight room was contagious for everyone around! ~Samuel Lee

### USM

#### ALEXIS KARANTZA

##### 400 hurdles

##### Senior

Has overcome injuries and existing back problems to become a good strength athlete. A great example to younger athletes. ~James Giroux

### William Woods University

#### ALLISON KENNEAVY

##### Throws

##### Senior

Hard worker, battled through some tough injuries all 4 years. ~Robert Jones

### Vassar College

#### AMANDA HANRAHAN

##### Sophomore

Amanda Hanrahan is strong and powerful. She is setting program records in the deadlift, front squat, and hang clean while continually motivating her teammates to chase new personal bests. Her strength is the result of a consistent commitment to the weight room, and as it has increased, she has successfully transferred it to her throwing events, producing PRs in competition. Her combination of raw strength and applied performance is what sets her apart. ~Alice Read

## COLLEGE — TRACK AND FIELD

### College of William & Mary

#### AMELIA BAWCOMBE

##### Field - Thrower

##### Freshman

Amelia Bawcombe is an amazing athlete. She has had massive success in her sport and in the weight room. Always comes into the lift with great energy and a smile. She pushes herself and her lift partner in every lift session. She doesn't back down from a challenge and shows a true passion for lifting. It has been a great experience to have her in the weight room and see her become the athlete she is now.

~Jonathan Alducin

### USM

#### ANABEL MELANSON

##### Distance

##### Senior

Showing improvements this year on the track. Had struggled with injuries previously but never missed strength workouts, doing all that she could to improve. ~James Giroux

### Lewis and Clark College

#### ANDREW BAUM

##### Thrower

##### Senior

After going abroad last Spring and missing his junior track & field season, Baum continued his torrid start to his senior year. He finished in first place in the shot put with the 76th-best throw in NCAA DIII this year. Baum launched the implement 15.24M (50-00.00 Feet). Also a 2 year starter at Linebacker for the football team.

2023-24 Awards

All-Conference: Discus Throw (Third Place)

### 2024 Outdoor Season Best Marks

Shot Put: 14.04M (46-00.75 Feet) – Linfield Open, May 4 – 23rd in program history

Discus Throw: 44.95M (147-06 Feet) – Northwest Conference Championship, April 15 - 11th in program history

Hammer Throw: 42.25M (138-07 Feet) – Pacific Open, March 30 – 18th in program history

### 2024 Indoor Season Best Marks

Shot Put: 12.65M (41-06 Feet) – George Fox Indoor #2, February 17 – 2nd in program history

### NOTABLES

Put together a fantastic sophomore season that saw him lead the team's throwers and earn his first career All-Conference honors

Posted the best indoor shot put mark by a Pioneer since 1963 when launched the shot put 12.65M at the George Fox Indoor #2 Meet on February 17

Registered a pair of third-place showings on March 16 at the L&C Electric Forest Collegiate Open in the shot put (12.76M) and discus throw (39.77M)

Improved his PR in the discus by over two meters on his final throw of the Northwest Conference Championship to finish third overall and earn All-Conference honors

Placed seventh in the shot put (13.52M) and eighth in the hammer throw (40.57M) at NWCS to earn points for the team

Closed out his sophomore campaign by recording a career-best mark in the shot put at the Linfield Open on May 4

2023 Outdoor Season Best Marks

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Shot Put: 13.21M (43-04.25) – NWC Championship Meet, April 21-22 – 40th in program history  
Discus: 39.04M (128-01) – NWC Championship Meet, April 21-22 – 44th in program history  
Hammer Throw: 41.48M (136-01) – L&C Larry Byerly Invite, April 14 – 20th in program history

### 2023 Indoor Season Best Marks

Shot Put: 12.61M (41-04.50) – George Fox Indoor #2, February 17 – 2nd in program history

### NOTABLES

Made his collegiate track & field debut on February 5 at the George Fox Indoor #1 Meet  
Finished ninth in the discus and 10th in the shot put at the NWC Championship Meet  
Posted top-45 marks in program history in all four events he competed in  
~John Corkle

### Converse University

#### ASHA CURRY

#### Weighted throws

#### Sophomore

Asha has really developed in the weightroom this year. She has taken her bench to 150, her squat to 335, and has improved her power through Olympic style lifting. ~Kevin Darlington

### Converse University

#### AUBREY HEMPHILLE

#### Thrower

#### Junior

Aubrey's love for the weightroom and training in general has enabled

him to develop into a solid thrower with several school records in the weightroom and in the ring.  
~Kevin Darlington

### Minnesota State University, Mankato

#### AUBRI BROWN

#### Throws

#### Junior

Aubri has far exceeded expectations in the weight room. She deeply values toughness and a blue-collar work ethic in all aspects of life. Her hard work in the weight room has translated to personal record performances in the ring. Aubri is truly a great representative of Maverick Strength & Conditioning! ~Andrew Stocks

### College of William & Mary

#### AUSTIN RICE

#### Track - Sprints

#### Senior

Austin Rice is one of the toughest athletes on the team. He pushes himself to his limits and strives to improve in each session. He is always ready to work, no matter the exercise or load. He competes to be one of the best in the weight room, which has led to him improving over the year. He performs each exercise and repetition with true effort. It has been a great experience coaching and working with him in the weight room. ~Jonathan Alducin

### College of William & Mary

#### AVERY GLIDDEN

#### Track - Sprints/Hurdles

#### Sophomore

Avery Glidden is one of the hardest-working athletes I have ever coached. She executes every repetition and exercise to my standard. She

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demonstrates a true passion for lifting, which has led her to great improvements. She comes in with great energy, which tends to rub off on the rest of the team. Even on days when she comes from practice to lift, she still gets after it. It has been amazing to see her progress in the weight room throughout the year. ~Jonathan Alducin

### Washington & Lee University

#### BELLA TIMMERDING

##### Throws

##### Senior

As a senior team captain, Bella Timmerding has demonstrated leadership, commitment, and consistency in both her preparation and performance. Her continued success in the weight throw—rising to the #3 spot in program history—and her advancement to the conference finals in the shot put reflect the results of her dedication in the weight room. Respected by teammates for her confidence, presence, and steady work ethic on and off the field, she has played an integral role in the women's team championships in both indoor and outdoor competition. ~David Forman

### Amherst College

#### BEN DAVIS

##### Senior

From the first minute I met Ben Davis, I was immediately impressed with his work ethic, attention to detail, commitment to his sport, and unwavering desire to compete at the highest level. Ben is always willing to get feedback on how he can be better and do extra to accomplish his goals. He is constantly around the weight room either training, getting treatment, or recovering. His willingness to be coached and quest to understand

the “why” around training, makes us coaches work harder for him. He is a true All American in every sense of the word and is well deserving of this award. ~Kalen Evan

### Washington & Lee University

#### BRANDON MAKOWSKI

##### Throws

##### Senior

During his junior season, Brandon Makowski achieved personal bests throughout the year in the javelin. His performance gains are the direct result of consistent, focused work in the weight room and a disciplined approach to strength, recovery, and overall development. A tireless worker who willingly shares his knowledge and supports his teammates, he embodies both competitive excellence and a genuine commitment to the success of those around him. ~David Forman

### Springfield College

#### CHARLES BOTELHO

##### Thrower

##### Junior

I have worked with Charles since he started his career at Springfield College. He has developed an incredible passion for strength training. I have watch not only his strength, but his throwing distances improve dramatically. He also completed and internship with me last semester that showed he is not only dedicated to training himself, but learning as much as possible so he can help others train to be the best athletes they can be. Having Charles on the team is like having another coach. He helps his fellow teammates during training sessions and leads by example with his work ethic and accountability. ~Brian Thompson

## COLLEGE — TRACK AND FIELD

### Chadron State College

#### CHAYTON BYNES

##### Jumps

##### Junior

It is with great pride that we nominate Chayton Bynes for the National Strength and Conditioning Association All-American Award. Currently sitting atop the Division II rankings in the triple jump, Chayton's success is a direct reflection of his intentional and highly disciplined approach to training.

Chayton possesses an advanced understanding of the weight room and applies it through a systematic progression from foundational strength to elite power. His explosiveness is evident in every phase of training — from dynamic Olympic movements to high-velocity power work — producing the force and speed necessary to excel on the runway and at takeoff.

What separates Chayton is the way he connects preparation to performance. His physical development translates seamlessly to competition, where his power, coordination, and athleticism consistently place him among the nation's best. A focused competitor and leader by example, Chayton embodies the dedication, discipline, and pursuit of excellence that define this award. ~Earl Kreis

### USM

#### CHRISTIAN BURKE

##### Decathlon

##### Senior

Has best deadlift on team. Will be right around qualifying for both indoor and outdoor NCAA championships. Has show rapid improvement in new events. ~James Giroux

### Duquesne University

#### CHRISTIAN CUPP

##### Multis

##### Junior

Christian has been an exceptional student-athlete for our track and field program. He is a dedicated leader both on the track and in the classroom, consistently setting the standard for those around him. His strong work ethic in the weight room has allowed him to develop into a top competitor in the decathlon, demonstrating discipline, resilience, and a commitment to excellence in every aspect of his performance. ~Christopher Gilman

### Cal Poly Pomona

#### CORY GAMERO

##### Throws

##### Senior

Cory came to Cal Poly Pomona as a transfer. During his two years in the program he has set new PRs in the weight room every semester. His senior year he has set new benchmarks for himself and his teammates with a 309 clean, 253 snatch, 371 front squat, and 333 bench. He leads his throws team in all categories and took second in last year's CCAA Conference Championships as he starts his final year of competition. ~Mike Senyo

## COLLEGE — TRACK AND FIELD

### Springfield College

#### DANIEL MCGLASHAN

##### Jumps

##### Senior

Dan is the definition of a workhorse. Every session, he walks into the weight room with purpose, setting the tone for what training should look like. He doesn't just go through the motions — he attacks every lift with intent. He elevates the standard for everyone around him and embodies what it means this award means — he is disciplined, relentless, and committed to excellence. ~Samantha Stallard

### Converse University

#### DORIAN BOMAR

##### Sprinter

##### Junior

Dorian's strength and power in the weightroom is a huge reason he's the indoor conference champ in the 60m. He brings a very focused, hard core approach to training at every session.

~Kevin Darlington

### Springfield College

#### ELIZABETH LEWELLING

##### Jumps

##### Senior

Elizabeth embodies everything we value in our weight room. She lifts heavy. She trains with intent. And she works harder than anyone in the room. What separates her isn't just her strength — it's her consistency and character. She doesn't chase recognition; she puts her head down, does the work, and does it the right way. Everyone around Elizabeth should strive to be the type of athlete she is.

~Samantha Stallard

### Lewis and Clark College

#### ELSIE CHIN

##### Sprints/Hurdles

##### Senior

Elsie has excelled for Lewis and Clark College in the classroom and in competition since her arrival. She has developed into a versatile long sprinter running events from 200-800 and 400 hurdles. She has been on numerous school record breaking relay teams all while improving tremendously in the weight room.  
2024-25 Awards

All-Conference: 400M Hurdles (2nd Place)

All-Conference: 4x400M Relay (3rd Place)

2025 College Sports Communicators Academic All-District

2025 Northwest Conference Scholar-Athlete

2025 Outdoor Season Best Marks

200M: 26.48 – Portland Twilight, May 10 – 12th in program history

400M: 58.93 – Northwest Conference Championship, April 27 – 6th in program history

400M Hurdles: 1:04.06 – John Knight Invite, April 12 – 2nd in program history

2025 Indoor Season Best Marks

400M: 1:01.67 – Portland Indoor #1, January 26 – 5th in program history

60M Hurdles: 11.58 – George Fox Indoor #2, February 21– 8th in program history

##### NOTABLES

Established herself as the top sprinter on the women's team during her junior campaign

Recorded PRs/top-50 marks in program history in all six events she raced and notched top-12 times in program history in five of those events

Competed in 15 meets during her junior season

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Placed fourth at the Oregon Preview in the 400M Hurdles (1:06.08) and 4x400M Relay (4:05.42)

Registered the second-fastest 400M Hurdles time in program history (1:04.06) to place third overall and added top-five finishes in the 4x400M Relay (1st) and 400M (4th) at the John Knight Invite

Earned All-Conference honors in the 400M Hurdles (2nd place) and 4x400M Relay (3rd place) for the second-straight year at the NWC Championship Meet

Helped the 4x400M Relay Team (3:58.35) run the second-fastest time in program history at NWCs

Added a PR in the 400M (58.93) to finish sixth overall at NWCs

Wrapped up the NWC Championship Meet by scoring 17 points

2023-24 Awards

All-Conference: 4x400M Relay (2nd Place) and 400M Hurdles (3rd Place)

College Sports Communicators (CSC) Academic All-District

2024 Outdoor Season Best Marks

200M: 27.73 – Willamette Invitational, March 23–30th in program history

400M: 1:00.44 – Northwest Conference Championship, April 15-16 – 8th in program history

400M Hurdles: 1:07.41 – Northwest Conference Championship, April 15-16 – 9th in program history

2023-24 Indoor Season Best Marks

400M: 1:02.13 – 2023 Spokane Invitational, December 9 - 4th in program history

NOTABLES

Put together a strong sophomore season that saw her earn her first two career All-Conference honors and develop into one of the top sprinters on the team

Posted a pair of top-seven marks in indoor program history in her first meet of the season – the 2023 Spokane Invitational

Set the Indoor 4x400M Relay record at the Whitworth Indoor Invitational when the Pioneers ran a 4:07.08

Ran the two-fastest times of her collegiate career in the 400M Hurdles (1:07.41) to finish third and added a collegiate PR mark of 1:00.44 in the 400M to place seventh at the NWC Championship Meet

Helped the 4x400M Relay team finish in second place at the NWC Championship Meet and run the fastest time in program history (3:58.07) to break the program record that had stood for 37 years

~John Corkle

**Duquesne University**

**EVA LEATHERMAN**

**Multis**

**Senior**

Eva has demonstrated an outstanding work ethic over the past four years. She has been consistent and disciplined in the weight room, and that dedication has translated directly into improved performance on the track. Beyond her individual achievements, Eva's positivity and natural leadership have elevated those around her, inspiring her teammates to push themselves and strive for excellence. ~Christopher Gilman

## COLLEGE — TRACK AND FIELD

### Converse University

#### GRACE DAVIS

##### Sprinter

##### Freshman

Grace is another who is among the most driven athletes at Converse University who possess great speed, great vertical, and great strength. Grace is currently #1 in the nation in the indoor 60m.

~Kevin Darlington

### Converse University

#### ISAAC GILMORE

##### 400 Meter

##### Senior

Iaac put on 15 pounds during the off season while also improving his strength and power leading to a recent conference championship in the Conference Carolinas indoor 400 meter. ~Kevin Darlington

### South Dakota Mines

#### ISAIAH THURMAN

##### Thrower

##### Senior

Isaiah Thurman has demonstrated an unwavering commitment to strength and conditioning throughout his athletic career. Driven by curiosity and an elite work ethic, he has achieved a level of physical and technical development that serves as a benchmark for his peers. Beyond his personal accolades, Isaiah has distinguished himself as a leader, mentoring fellow athletes to reach their own athletic potential. His ability to translate his training into competitive excellence is a testament to his character, and I look forward to his future being defined by continued success and distinction.

~Garrett Snook

## COLLEGE — TRACK AND FIELD

### Fresno Pacific University

#### JACKSON PARAMO

##### Decathlon

##### Senior

Jackson is the embodiment of consistency and discipline, he is steady, dependable, and is someone who elevates everyone around him. He is the type of athlete that coaches know they can rely on him without hesitation, and his constant can-do attitude sets the tone for every session.

He never complains and approaches each lift with intention and focus. Every rep is executed with purpose, holding himself to the highest standard. Even on days when he isn't at 100%, Jackson refuses to take a step backward. Instead, he finds ways to move forward, proving that true work ethic is defined by perseverance, not comfort.

What separates Jackson is his attention to detail and desire to improve. He consistently asks for clarification, seeking to understand not just what to do, but how to do it best. His introspective nature fuels growth both inside and outside the weight room, allowing him to develop not only as an athlete but as a person.

Jackson strikes a rare balance as he is social and approachable, yet unafraid to challenge those around him to be better. His leadership is quiet but powerful. Beyond his performance, his character stands out most. He treats others with compassion and empathy, creating an environment where people feel supported and motivated.

Jackson's passion for becoming the best version of himself is contagious, and his example inspires

everyone fortunate enough to train alongside him.  
~Michael Sun

### Wright State

#### JAH MCDONALD

##### Jumps

##### Junior

Jahi has shown an incredible work ethic. He is the example of what hard work and success consists of. He is always going above and beyond and has incredible energy that is felt in the weight room.  
~Alyssa Crusey

### California State University Bakersfield

#### JAVIER TORO

##### Throws

##### Senior

Javier has been the model of excellence and dedication during his time at Cal State Bakersfield. His work in the weight room has led him to find a myriad of success in competition. He is a two-time NCAA Qualifier in the Hammer Throw and is looking for his third trip as he heads into his final year of eligibility. The weight room and his dedication to it has been a large part of his success. He boasts a Squat over 700lbs, a Bench Press over 450lbs, and a Power Clean that is approaching 400lbs. Not only has his work ethic led to great success for himself but he is a team leader and has modeled that work ethic to the younger members of his team helping build a culture of excellence within his program.  
~Samuel Findley

## COLLEGE — TRACK AND FIELD

### Salisbury University

#### JON ALICEA

#### Jumps/Sprints

#### Senior

This award is a testament to the unwavering dedication to the training process and commitment to continual growth by these ten athletes. Their recognition of this award reflects the daily effort they invested in refining their craft and pushing beyond perceived limits. Through consistent leadership in the weight room, these athletes set the standard for excellence and embodied what it means to pursue development with purpose and discipline. ~Matt Nein

### Point Park University

#### JUAN BARRERA

#### Sprints

#### Senior

It has been a pleasure to work with Juan this year. He has worked hard and always asks questions on how to improve his technique and how strength and conditioning fits into the bigger picture of his training. He has made significant strides this year and I am proud to nominate him for NSCA All-American Strength and Conditioning Athlete of the Year. ~Timothy Schachtner

### Bradley University

#### JULIA DE PALMA MENDIGUCHIA

#### Sophomore

Julia de Palma Mendiguchia, a sophomore from Seville, Spain. She earned MVC Women's Indoor Track & Field All-Conference honors as part of the 4x400m relay in 2025 and holds three top 10 times in program history. Outdoors, she broke the 400m hurdles program record three times in 2025. In the

weight room Julia's focus and intent have been a separator for her performance. She can do eight pull ups, power clean 140 pounds, sub-max squat 175 pounds, and has increased her countermovement jump by over three inches to have a PR of 18.5. Beyond her physical capabilities Julia brings energy that shapes her team's culture positively and inspires others to be their best. ~Angela Galgano

### Westfield State University

#### JULIANNE KELLY

#### Distance

#### Senior

Julianne trains year-round as a x-country and track and field athlete. She is a top performer in our conference, and this is attributed by her dedication to the weight room. In her time in the weight room, she has been a leader amongst her peers by educating or giving a helping hand. Julianne has also created the first student-athlete fueling station while seeing a need of healthy snacks for our athletes on campus. She is dedicated to making athletics better as a whole. ~Tucker Bachand

### USM

#### KATE LEBLANC

#### Throws

#### Sophomore

Has quickly become a team leader in strength. Good technique on all lifts. Beginning to see improvements in throwing events this year, should have a very good spring season. ~James Giroux

## COLLEGE — TRACK AND FIELD

### Minnesota State University - Mankato

#### KEATON WATTIER

##### Hurdles

##### Senior

Keaton is the prime example of using the weight room to your advantage as an athlete. He bought into the process to make sure his body was Strong, Powerful, and Resilient to become one of the nation's top hurdlers. His approach to training is very diligent, consistent, and tenacious. He was great example for the rest our Track Team on how hard work, dedication, and a positive attitude can propel you to a new level. Keaton was also a great teammate in the weight room and helped build a contagious training culture for all. It was always a wonderful time being around Keaton and he will do great things in his future! ~Samuel Lee

### USM

#### LUCY DEPOLITO

##### Distance

##### Senior

Has shown strong improvement on the track and weight room. Good team leader and example for younger athletes. ~James Giroux

### Smith College

#### LYDA MARTIN

##### Senior

Lyda Martin always comes in the weight room with great energy and attitude. They are always pushing and challenging themselves in any way they can. They have always had great work ethic and this year broke the school's Mile record previously set by an All-American. Not only do they take their training with me serious, they take their work on the track serious and are a great cheerleader and a senior

leader for the team. It has all been paying off on the track. I won't be surprised if they claim more records and accolades this year. ~Ian Turner

### Point Park University

#### MAKAYLA RICE

##### Jumps/Sprints

##### Senior

Makayla brings a positive attitude to every strength and conditioning session. She is encouraging and supportive of her teammates and understands the importance of strength and conditioning on sport performance. It has been a pleasure working with Makayla this year and I am proud to nominate her for NSCA All-American Strength and Conditioning Athlete of the Year. ~Timothy Schachtner

### University of Wisconsin - La Crosse

#### MAYA EVANS

##### Jumps

##### Senior

Maya brings great energy into each of her lifting sessions. She has shown incredible growth in her technique, and it has resulted in several personal lifting bests this year. Her dedication to improving herself in the weight room is translating into incredible performances on the track. She currently has a season best of 5.85 meters in the long jump which ranks her 1st in the WIAC and 6th in the NCAA. Her mark of 11.58 meters in the triple jump ranks her 2nd in the WIAC and 14th in the NCAA. She is part of the reason why the UWL women's track and field team is ranked 1st in the country. Maya has also achieved a GPA of 3.390 in her time at UWL. She has been a lot of fun to coach throughout her career. ~Philip Whitesitt

## COLLEGE — TRACK AND FIELD

### Wright State

#### MEREDITH GOECKE

##### Multis

##### Senior

Meredith is an incredible athlete and not only wants success for herself but her teammates as well. She is always pushing for more from her teammates.

~Alyssa Crusey

### USM

#### MIKE D'AMICO

##### Decathlon

##### Senior

Very hard worker who has vastly improved strength. Has aided in him getting good progress in the throwing and jumping events. ~James Giroux

### Saint Joseph's College of Maine

#### NOAH BATOOSINGH

##### Sprinter

##### Senior

Noah has been a model of consistency in his approach to training throughout his time at Saint Joseph's. As a sprinter, his commitment to detail, effort, and daily discipline has allowed him to continually progress in both strength and performance. He brings a positive attitude into every training session and is always willing to support and encourage his teammates. Whether it is a challenging lift or a demanding conditioning session, Noah approaches it with focus and determination. His reliability, work ethic, and team-first mindset make him a deserving recipient of this award. ~Jameson Collins

### Glendale Community College

#### NOAH BREZINA

##### Thrower

##### Sophomore

Noah is an outstanding student-athlete who consistently demonstrates discipline, focus, and commitment in both academic and athletic settings. He approaches strength and conditioning with intent and maturity, showing a strong understanding of technique, training principles, and transfer to performance. As a track and field throwing athlete, Noah's dedication to physical preparation, power development, and consistency has made him a valuable contributor to the program. His work ethic, reliability, and competitive mindset exemplify the qualities of excellence, professionalism, and character recognized by the NSCA All-American Athlete award.

~Skyler Hollingsworth

### Converse Univerdity

#### OMARION BELTON

##### Long jump, triple jump

##### Junior

Omarion works tirelessly to be a conference champion jumper. He is a self corrector who works hard to train areas he feels are weak, he's extremely coachable, and a great athlete and person.

~Kevin Darlington

## COLLEGE — TRACK AND FIELD

### Roanoke College

#### OPHELIA LADNER

##### Jumps and Hurdles

##### Senior

Ophelia Ladner is an accomplished and highly coachable student-athlete with outstanding athletic and academic credentials. She broke both the school and ODAC Championship meet records in the 400m hurdles (1:01.93), earned USTFCCCA All-Region honors (400m hurdles and both 4x400 relays), multiple First Team All-State and All-ODAC selections, ODAC Scholar Athlete of the Year for the outdoor season, and CSC Academic All-District recognition.

She is well-rounded, disciplined, and team focused. She consistently supports her teammates including helping one transition from cross country season into early-morning weight room training and is a strong leader by example in both training and academics. ~Isabelle O'Connell

### Cal Poly Humboldt

#### PAUL DOMINGUE

##### Sprints/Jumps

##### Senior

Paul is one of our more dedicated track and field athletes at Cal Poly Humboldt. In 2024, he earned a silver medal in the CCAA Triple Jump event. He is a record holder in the Indoor 60 meter event with a time of 6.92 seconds. He is 8th all time at Cal Poly Humboldt in the 100m with a time of 10.77seconds and is 4th all time in the Triple Jump mark of 46'9.5". In addition to his achievements in track, he is one of the stronger sprinters in the weight room with impressive numbers in the bench press (290lbs) and Squat (425lbs). ~Anthony Ratto

### Minnesota State University, Mankato

#### PEYTON BYRNE

##### Throws

##### Junior

Peyton always brings outstanding energy to the weight room and the ring. He has battled back from injuries but has never let a setback define him. Peyton trains with high intensity no matter the circumstances and pushes his teammates to a higher standard. He is a true Maverick!

~Andrew Stocks

### Rochester Institute of Technology

#### RACHEL KULP

##### Sprints/Jumps

##### Senior

Rachel is a woman of few words and big actions. She lets her work speak for her. As one of our most consistent and dedicated athletes, she shows up every day ready to improve and has steadily raised her strength year after year. Her effort in the weight room has translated directly to the track, where she continues to be one of her team's top performers. She currently leads her team with a 215 lb front squat and ranks first among all female student-athletes with a 26.2-inch vertical jump. Rachel doesn't seek attention — she earns respect through her performance. ~Ryan Kelly

## COLLEGE — TRACK AND FIELD

### **Baylor University** **RICQUAN GRAHAM**

#### **Sprinter** **Senior**

Ricquan has been a consistent worker through his four years at Baylor and sets a great example for how to work, approach your craft, and lead through actions and words. He is always willing to put forth extra time and effort to take care of his body and is one of our most attentive T&F student-athletes during training sessions. Ricquan gives consistent great effort in the weight room to help maximize his potential and this work ethic will carry him far well beyond his years on the track. ~Chris Ruf

### **College of William & Mary** **ROSS BAZZICHI**

#### **Field - Thrower** **Senior**

Ross Bazzichi has been a great leader in the weight room for the throwers team. Always keeping the team on task, while giving it his all in the workout. He isn't afraid to question or provide feedback about the lifts. He is someone I can rely on to ensure the team is progressing in the right direction. He encourages and pushes the rest of his team to be the best version of themselves. It has been a fantastic experience to see him progress throughout the year. ~Jonathan Alducin

### **Colorado College** **SEAN LAM**

#### **Junior**

You can always count on Sean to do the right things in the weight room. Whether it's proper mechanics, narrowing in on the details given to him by a coach on specific exercises, communicating, or adding

supplementary work to help correct deficits, Sean is always on top of it. Day in day out, year in year out, Sean is in the weight room working to improve his athletic development. He is a lead by example kind of guy and he is always setting the tone.

~Derek Savage

### **University of Providence** **SHAUN YOUNGBLOOD**

#### **Jumper/Sprinter** **Freshman**

It's a rare day where you don't see Shaun in the weight room bettering himself. Shaun's ability to set goals for himself and work tirelessly to achieve them is admirable. Even through adversity, he aims to bring the team together by being a courageous, young leader on his track team. He persists in raising the standard for not only himself, but those around him, and this shows his true character. As a freshman, Shaun immediately wanted to integrate extra days to improve his knee health, plyometrics, core strength, and recovery. I quickly learned that even on his days off, he still shows up, and this is his default. Shaun maximizes his free time, constantly utilizing the weightroom and the resources he's given. Shaun deserves this award as he does everything he can to maintain his competitive edge.

~Brooke Foster

## COLLEGE — TRACK AND FIELD

### University of Providence

#### SHELBEY KLEIN

##### Senior

Shelbey originally came in as a volleyball player but made an early transition to full-time javelin throwing. Changing sports required her to learn new technical skills and adapt to a different style of training, and she embraced that challenge with maturity and determination. It has been remarkable to watch her grow not only as an athlete, but as a person. She is extremely dedicated to her academics. That same discipline and focus carry over into the weight room, where she trains with focus, attention to detail, and consistent effort. Over time, this effort has catapulted her into an All-American and top 5 javelin thrower in the nation. ~Lucky Lovan

### University of Wisconsin - La Crosse

#### SPENCER PRATS

##### Throws

##### Senior

Spencer has shown a true love for strength and conditioning in his time at the University of Wisconsin-La Crosse. He collaborated with his strength coach this season to help recreate the throws training program. He used his knowledge from school and internships to provide high quality training programs for the throws group. He is

continually working to improve his own technique and help his teammates improve. Spencer has become one of the top throwers in the WIAC and is currently ranked 9th in the shot put and 11th in the weight throw. He is also ranked in the top 40 nationally in both events. Spencer puts the same effort into his education and has achieved a GPA of 3.450 and passed his CSCS this year. Spencer is dedicated to making a difference in the world of strength and conditioning and has a bright future as a strength coach. ~Philip Whitesitt

### Baylor University

#### TIRIAH KELLEY

##### Sprinter

##### Senior

Tiriah has transformed herself into a strong weight room worker over her three years at Baylor. The weight room was a space that was tough for her early in her career, but she learned to embrace the strain that has to happen for one to develop increased resiliency, strength, and power. She has become one of our most consistent T&F student-athletes in the weight room and has taken on a larger leadership role in her senior season. She has worked hard to grow her comfort zone, learned to be comfortable getting uncomfortable and through this sets a great example for her teammates.

~Chris Ruf