

## COLLEGE — TRACK AND FIELD

### AUGUSTANA UNIVERSITY

**Justin Kooiman**

**Hurdles**

**Senior**

Justin's love for lifting has been the foundation for his athletic career. He has overcome two severe injuries to recorded PR performances on the track. In 2019, Justin earned spot on the NSIC All-Academic Team of Excellence. Justin's positivity is infectious. His electric charisma led to great lifting sessions and will undoubtedly be an asset in his future career. ~Andrew Stocks

### AUGUSTANA UNIVERSITY

**Kali Ryan**

**Mid-Distance**

**Senior**

Kali's pursuit of excellence has propelled her to success at Augustana. She is one of Augie's strongest pound-for-athletes, squatting over double her body weight. She was named to the NSIC All-Academic Team of Excellence in 2019 and All-Academic NSIC in 2018. The same things that made Kali successful as a student-athlete will propel her to great things in her career. ~Andrew Stocks

### CENTRE COLLEGE

**Braden Tabor**

**Throws**

**Senior**

Toward the end of Braden's sophomore year, he full embraced how our strength and conditioning department could help him achieve his Track and Field goals, as well as his off-season powerlifting. Since that time, he has been committed to improving himself in the gym on a daily basis. This led him to break the school squat record that stood for over two decades. A Behavioral Neuroscience major, Braden was selected to the Southern Athletic Association (SAA) Academic Honor in 2019. His best competition lifts to date are as follows:

Back Squat: 678 lbs.

Bench Press: 424 lbs.

Deadlift: 700 lbs.

Braden, thank you for all you have done for Centre Track and Field and this strength and conditioning department over the past four years. ~Coach Carlson & Pearson

### DUQUESNE UNIVERSITY

**Bethany Evankovich**

**Sprinter**

**Senior**

Bethany is one of the most dedicated student athletes that I have ever coached. She not only excels as one of the top sprinters in the NCAA, but she is a phenomenal student in our schools pharmacy program. Bethany holds 8 school records, is a 12x A-10 Conference medalist, and is a 2x ECAC outdoor 400m champion. Her work ethic is like no other. She is a highly motivated person that leads by example and pushes those around her to be better. ~Chris Gilman

## COLLEGE — TRACK AND FIELD

### FITCHBURG STATE UNIVERSITY

**Ben Sacramone**

**Indoor Track & Field**

**Sophomore**

Ben brings a great energy and enthusiasm to every session. You always know what you are going to get with Ben - great effort and great enthusiasm. ~Jim McGuire

### FITCHBURG STATE UNIVERSITY

**Cody Soderlund**

**Outdoor Track & Field**

**Junior**

Cody is a repeat winner and for good reason - his strength and power numbers are impressive, but more so he continues to earn this award for his commitment, effort, and the example he provides to his teammates. ~Jim McGuire

### HUMBOLDT STATE UNIVERSITY

**Beka Baur**

**Thrower**

**Junior**

Beka has set the record for her weight class in the back squat at HSU and is looked at as a student assistant strength coach when her team is in the weight room. She is such a reliable figure in the weight room that we hired her onto our strength staff. Due to covid, she was unable to compete last year; however, she is the unquestioned leader of the throwers on the team and is poised to have a great competition season this year. ~Anthony Ratto

### HUMBOLDT STATE UNIVERSITY

**Jared Del Real**

**Throws**

**Senior**

Jared's dedication to a thorough and complete year around training regime has been the foundation of consistent performance throughout his collegiate career. His numbers in the weight room and on the field improved significantly each year. Jared's leadership within his Throws teammates made him like a de facto assistant strength coach in our facility; much of his legacy will be the culture he leaves behind within the group. ~Drew Petersen

### IOWA STATE UNIVERSITY

**Janette Schraft**

**Mid Distance**

**Sophomore**

Janette has shown tremendous dedication to her strength and conditioning regimen. She continues to raise the bar in the weight room and elevate her understanding of her craft, earning PRs on the track and in the weight room. ~Ben Durbin

### NOVA SOUTHEASTERN UNIVERSITY

**Spencer Ochko**

**Throws**

**Junior**

Spencer is the glue that holds the team together. His personality, work ethic, maturity, and performance have provided positive energy throughout the team. Always a hard worker in the weight room, this year his performance on the track reaped the benefits. Spencer is studying Exercise and Sport Science and has a 3.29 GPA. ~Steven Orris

## COLLEGE — TRACK AND FIELD

### THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

#### Idatonye Cheetham-West

##### Multis

##### Senior

Qualified for NCAA West Preliminary Round ... Won WAC Championship in long jump with program-record leap of 6.43 meters, earning All-WAC First Team honors (5/11) ... PRed in 100-meter dash with time of 11.95 at WAC Championships (5/10) ... Recorded fifth-best long jump in program history, 6.08 meters, at Bobcat Classic (4/26) ... Posted then-program record (now second) best long jump in program history, 6.40 meters, at the UIW Invitational (4/12) ... Won the long jump and earned WAC Field Athlete of the Week honors with the third-best mark in program history, 6.14 meters, at the Cactus Cup (3/22). ~Eric Sparks

### UNIVERSITY OF CONNECTICUT

#### Jordan Torney

##### Multi

##### Senior

Jordan is one of the most focused, determined and positively energetic student-athletes that I have had the pleasure to coach. He has a ferocious approach to training and improving himself. He is a leader in the weight room not only by example, but also vocally as he consistently supports, competes with, and motivates his teammates. His commitment to excellence, commitment to team and overall character are unquestionable. Jordan has consistently had this work ethic day in and day out each of the 4 years that he has been in this program. He exemplifies and exceeds all of our standards and goals both within the team and for himself. Jordan ranks in the top 10% of the roster in both back squat and vertical jump. His growth and development physically as well as a leader have been a pleasure to witness. I can pay Jordan the highest compliment in saying that he makes everyone around him better, including myself. In my opinion, any roster of any sport nationwide would benefit from having Jordan Torney on it. ~Mike Rozzi

### UNIVERSITY OF NORTH DAKOTA

#### Destinee Rose-Haas

##### Throws

##### Junior

Destinee is someone that embodies everything it means to be a successful student athlete. For the three years that I have had the privilege of coaching her, she has worked tirelessly to be the best that she can all while having a smile on her face. In the weight room she has continued to improve steadily over the years even while battling through injuries. At UND, she currently sits 10th all-time in the hammer throw, 3rd all-time in discus, and 2nd all-time in the weight throw. She has been named to multiple academic accolades such as Big-Sky all academic team, and the Summit League Commissioner's List of Academic Excellence. With all the success she has had so far, I look forward to seeing just how far she can go. ~Alex McKee-Crow

### WEST TEXAS A&M UNIVERSITY

#### Ray Dixon

##### Thrower

##### Junior

I have only had the pleasure of working with Ray for just over a year but from the moment I met him he showed me how dedicated he was to getting better and would work harder than anyone else. He embraced the complications of COVID at home and found a way to continue to train while everything was closed. In just over a year's time, he has added 30lbs to his 1RM Power Clean, 35lbs to his 1RM bench press, 60lbs to his 1RM Back Squat and 70lbs to his 1RM Deadlift. Due to his added strength, he has become the school record holder in the weight throw and as added over three feet to his shot-put distance this year. His efforts in the ring aided in winning the 2021 LSC Indoor Track and Field Championships. I am proud to nominate Ray for this award. ~Matt Segura

## COLLEGE — TRACK AND FIELD

### WEST TEXAS A&M UNIVERSITY

**Zada Swoopes**

**Thrower**

**Senior**

Zada has been an extraordinary athlete to work with. She is the type of person who is never satisfied with anything and wants to continually push her limits. The commitment she has shown to strength and conditioning has led her to become one of the best athletes in WT history. She holds the schools shot-put record for both indoor and outdoor, the school record in the weight throw, is a 5 time All-American, the 2018 Outdoor National Champion in the shot-put, and just broke her own school record as well as the all-time LSC record in the shot put during the 2021 LSC Indoor Championships. It is with great pleasure that I nominate her for this award. ~Derek Kennedy

### WEST VIRGINIA UNIVERSITY

**Sada Wright**

**Discus and Weight Throw**

**Junior**

The onset of the pandemic in March 2020 cost spring sport athlete's the opportunity to compete. While everyone learned to manage their own situation Sada went right to work. Through creative means Sada was able to accomplish every workout during the 6 months she was not allowed access to the university's facilities. During that time she continued to improve and within a month of returning to school she was able to accomplish her goal of squatting 400lbs as well as also achieving personal bests in several other lifts. Her display of self-motivation is constantly evident as she is the only thrower on the WVU roster yet she invests significant time into getting to know her team mates as well as other athletes in the department. This is all done while navigating a rigorous curriculum directed toward following in her mother's footsteps to work in the medical field. Sada is recognized throughout our department as an example of what means to be Mountaineer and I believe there has never been a more deserving athlete for this award ~Jarrod Burton