

# **NSCA ALL-AMERICAN STRENGTH AND CONDITIONING** ATHLETES OF THE YEAR

## **2020 — COLLEGE — GYMNASTICS**

#### **SPRINGFIELD COLLEGE**

Taylor Jackson

#### Vault, Uneven Bars Senior

Taylor is an athlete who has continued to stand out in the weight room year after year.

Despite the high demands of her sport, Taylor is always ready to work hard in the weight room and push her teammates to do the same. She is someone who displays a high level of effort and determination to be the best version of herself, and this display of work ethic has helped her reach some remarkable milestones in the weight room. Taylor can lift over 500lbs for barbell glute bridge, dumbbell bench press 50lbs in each hand, and lift over 200lbs for safety bar squat. Outside of the weight room, Taylor is also well-accomplished in several areas of her life. She currently sings the National Anthem at all Springfield College home sporting events, is tied for the school record in Vault with an impressive 9.725 and excels as a Physical Therapy major. Her teammates feel she has been an invaluable asset to the success of the team, and she is always finding ways to raise the bar, add creativity to routines, and support her teammates through success and failure. Taylor understands what it means to be a well-rounded student-athlete, and she is always willing to do whatever it takes to be the best she can be. ~Izabella Mocarski

## UNIVERSITY OF ALABAMA

#### Wynter Childers

#### Senior

As a senior this year, Wynter has set a high standard of work ethic for herself and for her teammates. Even while battling a knee injury, Wynter's been able to make the most out of every practice and lift. She continually challenges herself to be better through asking for more work and by being self-driven to accomplish every task set out for her with vigor. She is a role-model for the team and an athlete that goes above and beyond. ~David Albaranes

## UNIVERSITY OF ALASKA ANCHORAGE Louisa Marie-Knapp

## Junior

Athletic careers are full of ups and downs, but one of the trademarks is how the athlete reacts in face of adversity. Lou has faced setbacks and every time works on what she can, moving forward no matter what. I look forward to where this determination and grit will take her! ~Ryan Walsh