
ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

*RECOGNIZING THE ACHIEVEMENTS OF
STUDENT – ATHLETES DURING THE*

2024 – 2025 SCHOOL YEAR

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The NSCA All-American Strength and Conditioning Athletes of the Year program recognizes those collegiate and high school athletes, whose athletic accomplishments, in the opinion of their strength coach*, reflect their dedication to strength training and conditioning.

These athletes are also recognized for their academic and personal accomplishments and their integrity as student-athletes.

**A team coach who is a member of the NSCA, may make a nomination in the event that a team does not have a regularly assigned strength coach.*

COLLEGE – ACROBATICS AND TUMBLING

Converse University

CHLOE CLELAND

Base Senior

Chloe is one of the main leaders in our ACRO program and she is a key reason for our success. In the strength facility she deep squats nearly 300 pounds and leads just about every strength category there is. She's not only a great athlete, but is an amazing person as well. As a base she not only possess great strength but through her hard work has become very athletic. Chloe also serves on several student committees and is a leader in the Chemistry department as well. ~Kevin Darlington

Converse University

NIA JACKSON

Tumbler Senior

Nia is incredible in the strength facility and on the gymnastics mat. She is on her way to being All Conference all 4 years of her college career. Nia has great strength, pays great attention to details with every every exercise we perform in the strength facility, and I have never seen her without a smile on her face and a positive outlook about everything. She is a leader through her actions and the younger athletes look up to her. She is also involved with several on campus committees, and is great academically. ~Kevin Darlington

Fairmont State University

MADDI WALKER

Base/Tumbler Senior

Maddi Walker, a senior from Winchester, Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Maddi is extremely coachable and has really embraced strength training. She has a key role on our Acrobatics and Tumbling team, as a base and tumbler, participating in 4 heats and the team event. Her role as a base and tumbler requires her to have high levels of strength and power, which she has worked hard to achieve. Heading into the 2024 season, Maddi holds a 275 lbs back squat, a 275 lbs deadlift and a 155 lbs power clean & jerk. Her work ethic continues into the classroom, where Maddi currently has a 4.0 GPA, while majoring in criminal justice. She has been named to numerous MEC All-Academic teams, the D2 ADA Academic Achievement Award list and the NCATA Academic Honor Roll. Our Acrobatics and Tumbling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Maddi Walker. ~Adam Kolberg

COLLEGE – ACROBATICS AND TUMBLING

Fairmont State University

JESSI WOLF

Base

Sophomore

Jessi Wolf, a sophomore from Lititz, Pennsylvania, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Jessi has fully embraced strength training and is extremely coachable. She has a key role as a base on our Acrobatics and Tumbling team; competing in 4 heats. Her role requires her to have high levels of strength and power, which she has worked very hard to improve. Leading into the 2025 season, Jessi hit a 300 lbs back squat, a 330 lbs deadlift, 185 lbs bench press and 175 lbs power clean & jerk. Her work ethic in the weight room and on the mat also shines in the classroom. Jessi currently has a 4.0 GPA, majoring in Biology/Pre-Med, and has been named to the MEC All-Academic teams and the NCATA Academic Honor Roll. Our Acrobatics and Tumbling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Jessi Wolf. ~Adam Kolberg

Kutztown University

JORDYN OSNER

Base

Junior

Jordyn Osner has exemplified dedication, perseverance, and leadership both in competition and the weight room. A standout student-athlete in acrobatics and tumbling, she played a key role in helping her team improve to a 6-3 record in 2024 and qualify for the NCATA Event Finals in the acro 5-element squad, where she tied for fourth with a score of 9.775 and maintained a season average of 9.778. As a freshman, she contributed to the program's first-ever victory over a nationally ranked opponent, helping Kutztown defeat No. 15 West Liberty. Beyond her athletic achievements, Jordyn has been a leader in the weight room, both as an athlete and as a student intern for strength and conditioning. She has developed into a highly competent coach, demonstrating the ability to connect with athletes across multiple sports and contribute to their performance development. Through this experience, she has expanded her knowledge in strength and conditioning, injury rehabilitation, and training organization. Jordyn's relentless work ethic, coachability, and ability to elevate those around her make her a deserving recipient of the NSCA All-American Strength and Conditioning Athlete of the Year Award.

~Scott Hobbs

COLLEGE – ACROBATICS AND TUMBLING

Limestone University

CAMERON KING

Base/Tumbler

Senior

Cam is the leader of the team. She has always been a positive teammate and will do anything she can to make the team successful. Cam is involved in nearly every event and her presence is known every time she steps onto the mat. She understands what strength and conditioning can do for sport performance and stresses the importance of it to her teammates. During the 2 years I've worked with Limestone Acrobatics and Tumbling, Cam's back squat improved by 30 pounds, power clean by 20 pounds, and bench press by 25 pounds. Her leadership abilities have also improved and I'm excited to see her use these abilities as she enters her professional career. Both the Acrobatics and Tumbling team and Strength and Conditioning program have improved due to her hard work and dedication. ~Timothy Schachtner

COLLEGE — BASEBALL

Bradley University

TIMMY O'BRIEN

INF

Senior

Timmy O'Brien epitomizes patience and perseverance. When he first arrived on campus he came as a slim built player with no real position on the field. After his first year through hard work off the field and progressing in the weight room he developed more strength, size and confidence to play wherever needed. As he was set to move into the daily lineup he was struck down by injury ending his season with a broken hand. His journey wasn't done but elevated. His intense work to stay in shape and rehab took him from a season on the sidelines into a 2024 season where he started every game and led the team in HR's and RBI's and was second on team in hits. His surge in power and durability is a direct reflection of his determination to stay fit and strong. He maintains pound for pound strength with anyone on the team. Even in his summers while doing engineering internships, he continued to stay strong and healthy. This work ethic and leadership has been a bright spot and inspiration to his teammates and other athletes. Tim leads us every day in weight room sessions and is off to a hot start on the field this season as well. ~Eddie Papis

Clemson University

JACOB JARRELL

catcher

Junior

Jacob Jarrell has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman three years ago. He attacks every workout, warmup and sprint session with the same intensity and focus that he has being the starting

catcher for the tigers. Jacob is one of the strongest athletes on the team, demonstrated by his 500 plus pound box squat and 500 plus pound split deadlift . Jacob is one of few two time captains in team history. Jacob's greatest contribution to the team has been the leadership that he has provided in the weightroom and off the diamond. Weather it be firing up one of his teammates in the weightroom or inviting one of the "weight-gain guys" over for a steak dinner, Jarrell has exemplified the team credo of "plant trees you will never see."

~Richard Franzblau

Duke University

ANDREW YU

Catcher

Senior

Andrew Yu is the epitome of servant leadership in action. The strongest player to ever put on a Duke Baseball uniform, Andrew shows his teammates daily how individual development as an athlete can and should be done for the betterment of those around him. It has made him a leader on the field, a team captain, and one of the most respected players ever in our program. He dives into discomfort, fatigue, failure, and resilience every day. He sets new weightroom records almost too often for us to count. He is the player that teammates and coaches alike look to for strength of character, strength of nerve, and strength of will. He raises the bar for what it means to be a Duke Baseball player every day, and by doing so, shows all of us around him what a championship-level really looks like.

~Dan Perlmutter

COLLEGE — BASEBALL

Fresno Pacific University

TIM RUIZ

Pitcher

Senior

Tim Ruiz has been named an All-American Strength and Conditioning Athlete of the Year, a recognition that speaks to his relentless work ethic and leadership in the weight room. He is the kind of athlete who not only pushes himself but also elevates those around him, holding his teammates accountable and fostering a culture of hard work and dedication. Tim's commitment to excellence is evident in every session, always striving to improve and setting the bar high for others to follow. His drive and leadership make him more than deserving of this honor, and his impact on the program will be felt long after his time here. ~Whitney Leyva

Hobart College

WILL JONES

Outfield

Junior

Will Jones is an extension of our coaching staff. He is consistently the first to arrive at training sessions, often an hour early, and maintains constant communication with our staff and his teammates to help organize the session and motivate the group. Over the past year, Will has made significant improvements in his strength, increasing his barbell bench press from 235 lbs to 260 lbs and achieving a personal best of 305 lbs on the front squat at a body weight of 163 lbs. Will has played a key role in establishing a strong weight room culture at Hobart Baseball, now in its third year as a program. His accomplishments in the weight room are even more impressive considering he is also currently in marine officer training. Will's leadership and dedication to

training serve as an exemplary model for his teammates. ~Brittany Krivicich

Lewis & Clark College

BRENNEN DAVIS

Outfield/ Right-handed Pitcher

Senior

Over four seasons Brennen has earned two NWC All-Conference honors, and became the baseball program's first Gold Glove recipient. He has been a staple of hard work and dedication to the college's strength and conditioning program. Davis's development over four years has put him at the top of runs scored, and near the top of the list for RBIs and home runs. Brennen's work ethic transcends the weight room and field of play.

~Angela Dendas-Pleasant

Limestone University

ZACH GREENBERG

Catcher

Junior

Zach has been an outstanding leader for his team this year. He puts his full effort into every training session and motivates everyone else to do the same. Zach does the little things such as leading team warm-ups and staying after lifts to make sure the weight room is clean and organized. It has been a pleasure to have Zach in the weight room and he has left a positive impact on the Limestone University Baseball and Strength and Conditioning programs.

~Timothy Schachtner

COLLEGE — BASEBALL

McKendree University

CHYRAN CRUSE

OF

Senior

Chyran brings it in the performance center and on the field. He is dedicated and works tirelessly to be the best version of himself. He is a great athlete and it has been my pleasure getting to work with him and watch him play! ~Tyler Aulbur

Minnesota State University-Mankato

SPENCER WRIGHT

Pitcher

Senior

Spencer understands and uses the weight room to create the best competitive advantage he can for himself on the mound. He trains with the highest intent whenever he steps in the weight room. He comes in every day looking to better himself as the strongest and most powerful athlete he can be. He also holds his teammates to the highest standards in the weight room to create a hard-working culture for the entire program! He is a great leader to have in the room every day. ~Samuel Lee

Missouri S&T

DREW BAUGUS

Outfield

Sophomore

Drew has worked his butt off ever since arriving to S&T. His weight room improvements both on strength and technique speak for themselves during testing. He has stepped up to be a leader as a young player and will help the team continue to grow in the right direction. ~David Edwards

Newman University

ALEKS KOPPEL

RHP

Junior

Aleks Koppel is a deserving candidate for the NSCA All-American Strength and Conditioning Athlete of the Year due to his exceptional drive, character, and athletic ability. As one of the strongest and most athletic members of the Newman University baseball team, he consistently pushes himself to improve in all aspects of training. His dedication to strength and conditioning is evident in his performance, demonstrating both power and agility that set him apart. Beyond his physical abilities, Aleks is a high-character individual who approaches every challenge with determination and a commitment to excellence, making him an ideal recipient of this honor. ~David Akao

Nova Southeastern University

JUSTIN WACHS

OF

Senior

Justin Wachs has committed to the process. The traditional 5th year senior committed to developing his skills and building his body to withstand the rigors of being a college student-athlete. His hard work in the weight room and on the field has allowed him to transition from being a seldom used back-up player as a Freshman to an All-Conference selection and a leader on his team. Justin has a 3.21 GPA and will graduate with a degree in Exercise and Sport Science. ~Steven Orris

COLLEGE — BASEBALL

Pace University

MASON BARONIAN

Shortstop

Senior

Mason is a team captain for Pace University Baseball in 2025. Mason's commitment and dedication to our strength and conditioning program has provided him with a higher ceiling in his overall baseball skill set. Mason consistently trains in our S&C program on an all year round basis. His physical outputs in the weight room have increased significantly. As well as his overall athleticism. He has been a starter on the Pace Baseball team for 3+ years, and he is a key leader and player for the team. ~Matthew Ambrose

Point University

RAFAEL JACKSON

Outfielder

Senior

Rafael Jackson is a standout in the weight room. He demonstrates an elite level of strength, mobility, and power that directly translates to his performance on the field. His dedication to training has enhanced his bat speed, explosiveness, and durability, making him a key asset to his team. Rafael leads by example, pushing himself and his teammates to maintain a high standard of excellence. ~Bradley Bonner

Purdue University Fort Wayne

GARRETT MAISH

Outfield

Senior

Maish has been a staple in the strength and conditioning program since I first arrived at PFW. He has helped promote the culture of hard work in the weight room throughout his time with the program,

putting his all into his own development, as well as leading by example to encourage others to do the same. Not only does he work hard in all aspects of his game, but he is also someone that others want to emulate and be around. The combination of hard work and an infectious positive attitude makes him deserving of this award. ~Patrick Rawle

Rochester Institute of Technology

EVAN KURTZ

Short Stop

Sophomore

After sustaining a season ending injury in winter 2023, Evan began diligently rehabbing and strength training. Through his consistency and diligence in the weight room Evan was able to not only return, but now exceed his pre-injury strength levels. His dedication and resilience set a great example of the benefits strength training can offer. ~Ryan Kelly

Saint Joseph's College of Maine

ZACK ADAMS

Pitcher

Senior

Zack has been a tremendously hard worker in the weightroom in his time here on campus. In addition, he has served as a work-study student and intern within our department. Between his abilities in the weightroom and his passion for strength and conditioning, he is a well-deserving candidate for this award. ~Jameson Collins

COLLEGE — BASEBALL

Springfield College

RYAN DELANEY

RHP/INF

Sophomore

Ryan Delaney is one of the hardest workers on the team, he leads by example and is one of the strongest athletes at Springfield College. When anything is asked of him he always exceeds expectations. Additionally, as just a sophomore he acts as a team leader, he sets the tone and acts as another coach on the floor. He is a tremendous part of the program; any coach would be lucky to have him. ~Max Grzymala

St. Edward's University

GEORGE HETRICK

Pitcher

Senior

George's commitment to the process of the baseball team's strength and conditioning plan has set an excellent example for his teammates and driven the team's buy-in to the improvement process. His intense yet consistent effort in every workout is not just a display of his value to the team, but also an inspiration for the younger student-athletes. His demonstration of strength and power during team testing with a 37.2-inch vertical jump, 425 lb sumo deadlift, 335lb front squat, 150lb Rolling Thunder deadlift, 570 lb Zercher rack squat, and 12 softball grip pull-ups earned him the distinction of being named the "Hilltopper Hoss" for the 2024/25 season. ~Zachary Phillips

Trinity College

JAKE LEONARD

Catcher

Senior

He is a leader and a shining example of our core values. ~William DeLongis

UNIVERSITY OF ILLINOIS-CHICAGO

JAMES HARRIS

1st base/DH

Senior

Jamo is an absolute monster in the weightroom boasting team records in multiple lifts. In addition to his performance in the weightroom, James can be counted on for his leadership and sense of humor. I will miss Jamo when this season is over!

~David Marmon

University of Michigan

COLE CARUSO

Infield

Senior

Cole Caruso is a senior infielder on our baseball team and current team captain. He's been a mainstay at third base since his arrival on campus his junior year. His resiliency and dedication to his game doesn't stop on the field. He understands the value of strength training and sets a great example for the rest of his team by holding them to a high standard on the field and in the weight room. Cole has been a pleasure to work with and am proud to nominate him for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

COLLEGE — BASEBALL

University of Southern Maine

GUS HOLLEN

Catcher

Junior

Great improvements during fall testing including mid 500 Deadlift. Motivates others with his dedication ~James Giroux

University of Southern Maine

KYLE SKOLFIELD

Pitcher

Junior

Has deadlifted over 500 at 175 Bodyweight. Dedicated athlete who trains all year. ~James Giroux

University of Wisconsin - La Crosse

TUCKER BOUCHE

Pitcher

Senior

Tucker is the type of person you would want not only on your team, but as a co-worker and a friend as well. He is kind and thoughtful, which are synonyms you wouldn't expect to hear describe a pitcher. The kind and thoughtful demeanor changes when he is on the mound though. Tucker has appeared in 50 games in his first 3 seasons as a relief pitcher, which is in the top three of all time games appeared in at UW-La Crosse. His dominance and durability on the mound have transferred over to school as well. Tucker has earned a cumulative GPA of 3.84 during his time at UWL. Tucker pulls back some when in the weight room. He is still the type of person to get things done and get them done well, but he is also the same guy that will give you a fist bump before he leaves or stay a bit later to help straighten up. Tucker embodies the pillars of UWL in

that he is a champion in sport, in school, and in life. ~Philip Whitesitt

University of Wisconsin-Platteville

AIDAN KELSICK

LHP

Sophomore

Aidan came into college with a true love for the weight room. His ability to process and implement coaching cues is top notch. Being a sponge for information and love for the weight room has seen him significantly increase his strength, power and stamina on the diamond. Aidan certainly leads by example each day being early to the weight room and asking great questions to learn on a deeper level about training. His growth in his first 2 years here is awesome to see. Kelsick is a cornerstone in team training sessions. ~Kellen Bornbach

Vassar College

ADDISON LEE

Pitcher

Junior

Addison Lee is strong and passionate. Addison shows up each session ready to work regardless of any outside distractions. His 600lbs trap bar deadlift highlights his strength while his calm demeanor and support of his teammates makes him a natural weight room leader. What makes Addison stand out is the seamless translation of strength training to athletic performance. ~Alice Read

COLLEGE — BASEBALL

Washington and Lee University

EVAN BLAIR

RHP

Senior

Evan is a dedicated team captain and starting pitcher known for his solid and consistent performance on the mound and in the weight room. His commitment to excellence is evident as he continually pushes himself to improve, always willing to put in the extra time and effort to take care of his body, and help his team succeed. Evan sets a strong example for his teammates both on and off the field. ~David Forman

Westfield State University

NICK MARSHALL

First Base

Senior

Nick has set the tone every day in the weight room with his intensity and the way he attacks the training session. The rest of the team follows his lead and will match his energy. He has made our sports performance program better from his time here. He has also changed his teams culture in a positive way. ~Tucker Bachand

William Woods University

MASON SILVERWOOD

Infield

Senior

Mason Silverwood consistently demonstrated exceptional leadership in the weight room, regardless of what team was working out with him. His unwavering positive attitude and relentless work ethic made him a valuable asset to the baseball program. He will be missed. ~Robert Jones

Wright State University

PATRICK FULTZ

Infielder

Junior

Patrick has put in a tremendous amount of work this year in the weight room to help improve his on field performance. His desire to excel on and off the field is contagious and exemplifies our team culture. ~Cole Pittsford

COLLEGE — BASKETBALL

Bradley University

CODY “DUKE” DEEN

Guard

Senior

Even at 5’8 and 150 pounds, Cody “Duke” Deen is one of the most feared competitors on and off the basketball court. In effort to compete at high level with his slight statue, he has committed himself to as much work as necessary to make him not only a top performer, but one of the most resilient athletes Bradley Athletics has ever had. Coming off Top freshman in the ASUN his first year, Duke has then backed it up after joining Bradley in the MVC with accolades of First team all-new comer followed then First team All-conference and then heading into this year as Preseason Player of the year. His ability to stay consistent with on court acknowledgments is due to his consistent off court work. Duke has built his strength levels to extraordinary levels with a near 600 lb. TBDL, 400 in season back squat and near 300 lb. bench press (185 lbs x 18 reps in season). To go along with his strength numbers, Duke has jumped 46” in max vertical jump, over 19” on force plates, 2.99 timed $\frac{3}{4}$ court sprint and 10:50 lane agility. But his ultimate stat is he has played in every game over 3 years at Bradley with an over 30 min/game average while consistently playing and practicing at near or above 1000 Accumulated Accelerated load (via Kinexon). He has been diligent in prehab and recovery work to help keep his durability his top ability. All this work ethic on display is why he is so impactful to the team and even other athletes in the department. ~Eddie Papis

Colorado College

DEVIN PHILIO

Senior

Devin has demonstrated numerous qualities that qualify him for this award. Starting this past summer and continuing throughout this entire school year, Devin has worked through on court adversity and pushed himself further than before. Our team is lucky to have Devin's work ethic and determination. ~Derek Savage

Colorado College

LAURA STRENK

Guard

Senior

Laura is an incredible leader in the weight-room. She has never given less than everything she has, and brings the rest of the team with her. ~Lily Griffith

Converse University

ALEXIS BECKER

Guard

Junior

Alexis is a big reason our Women’s basketball program has qualified for the upcoming conference basketball tournament. Alexis is one of those athletes who relies heavily on the weight room for her development, and she has continuously improved her strength and movement patterns, which has contributed to her being elusive on offense, and tough to beat when she’s on defense. ~Kevin Darlington

COLLEGE — BASKETBALL

Converse University

EARL BURGESS

Center

Senior

Earl is one of the reasons we have qualified for the conference tournament 3 years in a row. Earl is great in the weight room and during conditioning sessions. Everything he does is wide open, and at 6'8 he has 30 plus inch vertical from putting the work in on developing a deep squat and being extremely focused on our plyometric sessions. Earl is always extremely positive, which makes him a pleasure to coach in the strength facility. Earl is also exceptional away from the strength facility and court.

~Kevin Darlington

Drexel University

AMARIS BAKER

Guard

Senior

Amaris has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Amaris's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~Erika Moyer

Fairmont State University

LESLIE HUFFMAN

Guard

Junior

Leslie Huffman, a Junior from Marietta, Ohio, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Leslie is a great teammate, is extremely coachable and is dedicated to helping her team succeed. Leslie's work ethic and positive attitude in the weight room carries onto the court, where she plays with passion and toughness, which has helped lead to her success and has been a big aspect towards the success of our women's basketball team. Leslie has started every game this season and is averaging 29 minutes, 17 points, 6.5 rebounds, 2.5 steals and two assists per game. Leslie's work ethic and dedication as a student-athlete also leads to success in the classroom. She currently has a 3.96 GPA, while majoring in nursing, one of the most challenging programs at our institution. Leslie also garnered MEC all-academic team honors. This is Leslie's second time being nominated for S&C All-American. Our women's basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Leslie Huffman. ~Adam Kolberg

COLLEGE — BASKETBALL

Fairmont State University

HARRISON LINKOUS

Guard

Sophomore

Harrison Linkous, a redshirt sophomore, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Heading into this season, Harrison had a 435 lb back squat, 465 lb deadlift, a 32 inch vertical jump and ran a 4:56 mile. Harrison's work ethic and dedication as a student-athlete also carries into the classroom. He currently has a 3.61 GPA, while majoring in mechanical engineering and has been named to multiple MEC all-academic teams as well as listed on the 2023-24 DII ADA academic achievement award. Harrison is also the student-athlete leader for the Fellowship of Christian Athletes program. Our basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Harrison Linkous.

~Adam Kolberg

Fresno Pacific University

OLIVIA GARCIA

Guard

Senior

Olivia Garcia has been named an All-American Strength and Conditioning Athlete of the Year, a recognition that highlights her relentless drive and willingness to push boundaries. Since her freshman year, she has consistently embraced challenges, always striving to improve and elevate her performance. I still remember her first off-season in the weight room when we pushed the weight on the trap bar deadlift—at that moment, I knew she was an athlete I could always challenge. Olivia's resilience, competitive spirit, and dedication to growth have made her a leader in the weight room and on the court. This honor is a testament to her hard work and unwavering commitment to excellence. ~Whitney Leyva

Guard

JUSTIN ALLEN

Guard

Sophomore

A real student of Strength and Conditioning. Has made great improvements in 2 years. ~James Giroux

COLLEGE — BASKETBALL

Hobart College

NIKO LUTZ

Center

Junior

Niko Lutz's consistent energy and presence are contagious. He is always the first athlete to arrive at the weight room and the last one to leave. His vocal presence is unmistakable - not only is he the first to speak in moments requiring leadership, but he is also the loudest. You can hear his warm-up from the end of the hall, and he isn't afraid to address uncomfortable conversations with his teammates. Lutz's dedication to fitness has led to numerous achievements within our training facility. Over 2.5 years of training, he has added 15 lbs. of muscle mass, increased his barbell split squat by 84 lbs. (+59%), and added 55 lbs. to his bench press (+33%). In his freshman year, Lutz received the Rookie of the Year award for Hobart Basketball. The following year he was elected to the Chimera Honor Society - an honor based on academic, athletic, and extracurricular activities that recognizes athletes who exemplify the values of character, loyalty, and leadership. As a leader within his theme house on campus, his group won Theme House of the Year for their community service work - a cause Lutz is deeply passionate about. Lutz's commitment to consistency in both his actions and words inspires those around him to push for more from themselves - an invaluable quality for any coach to have in their athletes. ~Derek Berry

Limestone University

GREG MCKAY

Forward

Senior

It has been an absolute pleasure to have worked with Greg in the weight room. He has an outstanding work ethic and motivates those around him to be better athletes. Greg has been coachable, leads by example, and will do what he can to help the team be successful. The qualities he has displayed in the weight room carries onto the court. Greg has been averaging 30.5 minutes per game, 16 points per game, 8.6 rebounds per game and has started every game this season. In the weight room, he has a 40.3 inch vertical jump, 185 for 8 reps on bench press, and a 345 back squat. I'm excited to see what Greg accomplishes once he graduates. He has left a positive impact on the Limestone University Men's Basketball and Strength and Conditioning programs. ~Timothy Schachtner

COLLEGE — BASKETBALL

McKendree University

CLARE BREDEN

G

Senior

Clare has been one of the best athletes I have ever worked with. She is consistent, hardworking, honest, a leader, and sets the standard for what it means to be a student athlete. She excels in academics, athletics and in the performance center. No matter how many 6 am lifts she may have in the week, she comes in day in and day out ready to work and ready to encourage and push her teammates to be the best. She has taken pride in a leadership role, holding teammates accountable and expecting greatness of them, helping them along the way. These traits are going to lead her well into her future endeavors. Her presence and effort will be heavily missed in the performance center. We wish her all the best. - BH ~Tyler Aulbur

Minnesota State University, Mankato

EMILY RUSSO

Forward

Senior

Emily has had a tremendous impact on the Minnesota State basketball program and the Strength & Conditioning department. Her work ethic sets a great example for others and her leadership drives her team to success. Emily is a true role model. ~Andrew Stocks

Missouri S&T

ANNA FINLEY

Guard

Junior

Anna is coming back from ACL surgery. Her work ethic to get back to the court has paid off and is very impressive. She has the drive to be one of the best basketball players we have ever had, and works extremely hard to make sure she is always ready to go both in the weight room and on the court. ~David Edwards

Montana State University

SAM LECHOLAT

Forward

Senior

Sam Lecholat has been a key contributor to 3 consecutive Big Sky Conference Championships. He possesses a relentless work ethic both on the court and in the weightroom. Sam has worked incredibly hard to develop himself physically to play at the Division I level. He is a team first individual who will do whatever he is asked to do for the team to be successful. It has been an absolute pleasure working with Sam the last 4 years. John Sauer Director of Strength and Conditioning Montana State University ~John Sauer

Mount Marty University

TASH LUNDAY

Shooting Guard/Small Forward

Senior

Tash has used the weight room to elevate his game this year. Averaging 22.6 points a game, 4 blocks, 90 assists on the year, 213 total rebounds as a 6'6" shooting guard/small forward. This season Tash eclipsed the 1000 point mark. ~Mark Roozen

COLLEGE — BASKETBALL

Pace University
SHANICE SINCLAIR
Guard
Senior

Shanice enters the weight room with a smile and a positive attitude. Her quiet leadership speaks for itself. One of our top female SC athletes with a killer box squat and bench press. When we leave sets for open reps, she brings world class effort with flawless technique. She conquers the classroom with equal vigor with a near 4.0 cumulative gpa. ~Kristen Idalski

Point University
JADA WILLIAMS
Guard
Sophomore

Jada Williams is a vocal leader who brings energy and internal drive to every training session. She holds herself to the highest standard, attacking every lift with focus and intensity. Her dedication to continuous improvement and commitment to the program make her a cornerstone of our program in the weight room. ~Bradley Bonner

Roanoke College
ABIGAIL RICE
Guard
Sophomore

Abigail exemplifies what being a Strength All American is all about. She leads by example in her work ethic every day. She is well versed in all aspects of our workouts, and leads people around her in a positive fashion. ~Scott Bennett

Springfield College
BAILEE LANGE
Guard
Sophomore

Bailee brought a consistent desire to be in the weight room to challenge herself and her teammates. That fire held up even after a significant injury that she suffered earlier in the season. She continued to buy-in to the weight room and seek new challenges. ~McKenna Wells

Springfield College
XOREN LIVINGSTON
G

Sophomore

Xoren has seen incredible growth in the weight room that has translated directly to the court. He is completely bought in and always gives his all. Additionally, he shows an interest in learning more about training. ~Griffin Weidler

St. Edward's University
AINSLEY THUNELL
Forward
Senior

On a team of persistent, hard workers, Ainsley has distinguished herself as a tenacious individual who will never quit and will not allow her teammates to stop working. A ceaselessly selfless athlete, Ainsley has overcome personal obstacles while crushing every workout and game with a determination to be envied and emulated. Her grit has elevated my expectations of our women's basketball athletes and elevated the standard of the team's culture. As Head Coach JJ Riehl said, "They don't make them like Ainsley anymore." ~Zachary Phillips

COLLEGE — BASKETBALL

Texas Woman's University

ARIYANNA HINES

Guard

Senior

Ari has proven herself to be a phenomenal student-athlete. In the weight room, she has been consistent in her hard work and dedication and has improved her strength throughout the years. Her steadiness and consistency has made her a wonderful example for her teammates and have pushed them to work harder even on their toughest days. On the court her steadiness and consistency have also paid off as she has started every game thus far in the 2024-2025 season and have helped the team achieve their success this season and their historical run in the 2023-2024 season. In addition to her regular student-athlete schedule she has taken on an internship this semester, leading to longer days, yet Ari still pushes herself and her teammates daily. Ari is absolutely deserving of becoming an NSCA All-American. ~Delaney Baxendale

Trinity College

WILL DORION

Guard

Senior

He has broken all of the weight room records for men's basketball. He trains 5-6 days per week in season and out. He is the kind of athlete that lives in the weight room and his body transformation shows that. ~William DeLongis

Trinity University

GRANT JACOBS

Forward

Senior

Grant has demonstrated hard work and resilience that go well beyond a high standard. He is an outstanding young man. ~Daniel Martinez

Trinity University

GRANT JACOBS

Forward

Senior

Grant has demonstrated hard work and resilience that go well beyond a high standard. He is a fine ~Daniel Martinez

United States Air Force Academy

MADISON SMITH

Guard

Senior

Madison is the ultimate embodiment of the USAFA Core Values: she displays the utmost Integrity in her words and deeds, Serves others before herself both on and off the court, and demands Excellence of herself and others; all while quietly working to achieve her goals. Madi is humble in her many accomplishments in basketball (1,000+ point scorer, All-Mountain West Defensive Team, 2x team captain just to name a few), and keeps her upcoming career as an officer in the United States Air Force at the forefront of her life. She is the athlete every coach wishes they had a team full of in the weight room; coachable, hard-working, has buy-in, helps others, and the most important, a good person with good character at her core. She has earned and is incredibly deserving of this award, and will serve her country with steadfastness and loyalty after graduation. ~Kimberly Pinske

COLLEGE — BASKETBALL

UNIVERSITY OF ILLINOIS-CHICAGO

TUTU CLAYTON

Freshman

Tutu is the real deal! Gritty, hardworking, confident, and committed. She bought into our sports performance program from day one and the results have been remarkable. I am excited to have 3 or 4 more years with Tutu. The MVC better watch out!
~David Marmon

UNIVERSITY OF ILLINOIS-CHICAGO

KEIMARI RIMMER

Senior

I am so proud of the commitment that Keke has made towards her training for her final season at UIC. She is an absolute JUNKYARD DAWG in the weightroom and it carries over to her performance on the court. She is such a fun athlete to coach and an exciting player to watch. ~David Marmon

University of North Carolina at Pembroke

JAJUAN CARR

Guard

Senior

Jajuan has displayed incredible resilience during his training. He has even began getting an extra training day in during the season to stay strong and durable during the season which has led to him having a great senior season. ~Cory Minnie

University of Providence

KEATON STUCKMAN

Sophomore

Keaton has been a constant presence in the weight room and basketball team. He's improved all his one rep maxes and consistently is one of the hardest workers during lift. His physical improvements have

enhanced his performance on the basketball court. He gives his all every day and continuously brings a positive energy to the team. His mental discipline toward training and basketball will take him far in life. I'm looking forward to watching him continue to grow here at UP. ~Lucky Lovan

University of Providence

AINSLEY THURBER

Junior

Ainsley loves to lift. Plain and simple, she truly embraces the grind. The weight room is her second home besides the basketball court. I admire her work ethic and willingness to do whatever it takes to get better day in and day out. It's a dream to coach her since she does everything you ask and more. Proud of you and excited to see part of your student-athlete experience at UP. ~Lucky Lovan

University of Southern Maine

DIEGO COLON

Guard

Junior

One of the stronger Huskies. Has improved strength each year. ~James Giroux

University of Southern Maine

LIZ COTE

Guard

Senior

Liz had big improvements in fall testing. She has continued to train throughout the season. She is a team leader and has continued to play well all season in part because of her commitment to training. ~James Giroux

COLLEGE — BASKETBALL

University of Southern Maine

CAMPBELL DOUGHTY

Forward

Sophomore

One of the strongest Husky basketball players. Showed big improvements during fall testing including team leading 235 squat. ting including ~James Giroux

University of Southern Maine

EMMA STRED

Forward

Sophomore

One of the stronger Husky basketball players. Tied for team lead with 275 deadlift. ~James Giroux

University of Wisconsin - La Crosse

WILL FUHRMANN

Guard

Senior

Will is one of the most dedicated players on the men's basketball team when it comes to strength training. He puts a lot of effort into quality technique and intensity each session. Will is a regular starter for the team and has played in 26 games this season. He has averaged 8.5 points per game and is the team leader in 3-point field goals made. He has been a major contributor to helping the team to a regular top 10 ranking through the second half of the season. He was listed as a member of the WIAC Honorable Mention team in 2024. Will is a general studies major looking to attend physical therapy school after graduation. He has a GPA of 2.950. Will's leadership in the strength center has helped build a culture recognizing the importance of applying strength training to being a

more powerful and resilient basketball player. ~Philip Whitesitt

University of Wisconsin - La Crosse

ALI SPRANGERS

Forward

Junior

Ali brings quality effort and energy into every lifting session. She has shown great dedication to her strength, conditioning, and nutrition in the past year. Ali pushes herself and teammates to get better every day. Ali has brought her strength to the basketball court. She is a regular starter and has played in 26 games this season. She is the team leader in 3-point field goals made and blocked shots with 32. She has averaged 7.1 points and 4.8 rebounds per game. Ali is majoring in Marketing and minoring in Digital Media. She has a cumulative grade point average of 4.0. Ali is a leader on the court and in the strength center. She has shown incredible growth, and the staff is excited to see her continue this trend. ~Philip Whitesitt

COLLEGE — BASKETBALL

University of Wisconsin - Platteville

BARB KLING

Guard

Senior

Barb has been an absolute pleasure to coach. Her senior season presented a significant challenge when she sustained a season-ending ACL injury early on. Losing her on the court was a huge blow to the team, but her unwavering commitment and leadership never wavered. She remained deeply involved, attending every team activity—from lifts to practices to shootarounds—finding ways to contribute and uplift her teammates at every turn. Despite being unable to play, Barb became a source of inspiration through her relentless dedication to rehab and her continued presence at team lifts, setting a standard for work ethic and resilience. It would have been easy for her to drift away, focusing on her next chapter, but instead, she doubled down on supporting her team and leading by example. Beyond athletics, Barb is also an exceptionally dedicated student, excelling in her Civil Engineering major. She is a true credit to herself, demonstrating selflessness and leadership in every aspect of her senior year. Her commitment to making others better and driving a high standard will leave a lasting impact on the program. ~Conor Cantwell

University of Wisconsin-Whitewater

MAGGIE TRAUTSCH

Guard

Senior

“Relentless” is probably one of the best terms that I could use to describe Maggie. Every single workout, she pushes her limits to improve her abilities, both in the weight room and on the court. More importantly, she loves to encourage her teammates, picking them up when they are down and motivating them to become the best versions of themselves. Because of her efforts, she has helped lead her squad to multiple conference titles and NCAA tournament appearances, including a birth in the 2022 title game. ~John Schimenz

Vassar College

SIERRA MCDERMED

Guard

Junior

Sierra McDermed defines hard work and determination. Don't let her quiet demeanor fool you, Sierra is mentally tough and physically strong. She has quickly become one of our strongest Brewers with the ability to front squat over 200lbs. It is this strength, dedication and commitment that sets her apart. ~Alice Read

COLLEGE — BASKETBALL

Washington and Lee University

COLIN RYAN

Forward

Junior

Colin Ryan embodies the qualities of a true leader, both on and off the court, through his work ethic, dedication, and positive influence on his teammates. Serving as team captain, he is highly respected by his teammates as well as his coaches. Colin leads by example and consistently encourages those around him to push themselves to improve. Under his leadership, the standard in the weight room has steadily increased each year, with his consistency and commitment to training. Despite facing adversity this season, Colin has been a pillar of resiliency and steadiness. His morale during difficult moments, has made him an invaluable part of the team. It has been an absolute privilege to work with such an amazing young man. Knowing that he has another year with the team, I have no doubt that, if he hasn't already, Colin will leave the basketball program better than he found it. ~Catherine Rossi

Westfield State University

JORDAN GRANT

Forward

Senior

Jordan has lead her team through every training session we had. Personally, she has always found a way to accomplish goals she has set for herself. Her work ethic is never doubted as she has been one of the best basketball players in the conference every year she has been on the court. As a person who has future plans of becoming a strength and conditioning coach, she exemplifies all the traits needed to do so. ~Tucker Bachand

Westfield State University

TIMMY JACOBUS

Forward

Senior

Timmy has been a great leader in his time at Westfield State University. He is always energetic, leads by example and drives positivity in the weight room, on the court and on campus. Since day 1, Timmy always did the right thing and I'm thankful to have coached an athlete of his caliber.

~Tucker Bachand

William Smith College

MOLLY WALSH

Guard

Senior

Molly Walsh is the epitome of dedication and hard work in the weight room. Her relentless drive to give her best is unmatched, as she consistently seeks to push her limits—often modifying exercises to make them even more challenging. What truly sets Molly apart is her ability to push herself while radiating positive energy, creating an environment where her teammates feel both motivated and supported. Her impact extends beyond the gym, as she excels on the court as well. Molly ranks 17th in the Liberty League in 3-point field goals made per game (1.0), 21st in assists per game (1.9), and an impressive fourth in minutes played per game (32.4).

~Brittany Krivicich

COLLEGE — BASKETBALL

William Woods University

KATIE KEILHOLZ

Guard

Senior

Katie Keilholz has shown unwavering dedication for four years, consistently striving for self-improvement. ~Robert Jones

Wright State University

BRANDON NOEL

Forward

Senior

Brandon's approach is so refreshing. He attacks each day as a true professional and does everything I ask of him. His effort towards each facet of being a student-athlete is incredibly impressive.

~Cole Pittsford

Wright State University

AMAYA STATON

Forward

Senior

Amaya came in this year putting in the work to have a successful year. She has done just that and it has shown on the court as well. She always has a positive attitude and a great work ethic to be a great example for her teammates. ~Alyssa Crusey

COLLEGE — BEACH VOLLEYBALL

University of Tennessee at Martin

REAGAN MCGEE

Sophomore

As a freshman, Reagan prioritized her athletic development in the off season. Her focus and effort helped contribute to the Beach Volleyball program winning their third straight OVC Championship. Reagan was selected OVC All- Second Team, OVC All-Freshman, and American Volleyball Coaches Association Topflight Award winner. Her success in the sand directly reflects her desire to improve and elevate others. Reagan continued this off-season seeking additional opportunities to further her athletic development while providing valuable motivation to her teammates as they pursue another OVC Championship. Off the sand, Reagan has been selected to both the OVC Commissioner's Honor Roll and Athletic Director's Honor Roll.

~Chris Gillies

COLLEGE — CROSS COUNTRY

Colorado College

RABBIT BARNES

Junior

Rabbit has a passion for lifting and performance training and it shows in his running. He holds multiple school records for the XC and Track teams. He always comes to lift with questions how to improve his performance and goes the extra mile to execute it. ~Lily Griffith

Dallas Baptist University

LESLI SALAS

Sophomore

Lesli is not only one of the hardest working individuals I've had the pleasure to work with but she has a passion to compete and a joy that is contagious. She never settles for "good enough". She intentionally finds ways to challenge herself. Lesli does not allow her competitive spirit to interfere with how she treats her teammates. She is uplifting and encouraging. Seldom seen without a smile or laughing (unless in the heat of training). ~Alexander Spencer

Duke University

JACK KOVACH

Senior

Jack has proven to be one of the hardest workers in the weight room. He is always looking for feedback and ways to get better, and is a leader by example. Jack is not just a great athlete, but a great person. There is never a question whether he gave his full effort, and it shows. Jack Kovach deserves to be an NSCA All-American. ~Jordan Bar

Minnesota State University-Mankato

MEGAN NARVESON

Distance Runner

Senior

Megan has fully bought into strength training to further her success any time she runs. She has used the weight room as a place to thrive and ensure her body stays strong and durable so she can handle what comes with running longer distances. She pushes herself every training session no matter how she feels and consistently finds a way to improve! She is a joy to have around every training session and does a great job pushing her teammates to the next level! She helps foster a positive training environment for our entire weight room!

~Samuel Lee

Springfield College

JOE WONG

Senior

Joe is an extremely hard worker and challenges himself through the smallest details in the weight room. He is a motivating presence for his teammates. ~McKenna Wells

COLLEGE — CROSS COUNTRY

University of Wisconsin - La Crosse

GWEN HINZ

Cross Country

Junior

Gwen has been a significant part of growing the culture of strength training for the women's cross country team. She brings excellent effort and focus into each training session and fully understands how improving strength and power will help her and the team improve in an endurance environment. Gwen had a standout year in cross country. She was the individual champion at the Tori Neubauer Invitational this year and was the top runner for UW-La Crosse at the NCAA championships, placing 68th overall. Gwen is an English major with a minor in Creative Writing. She has a 3.330 cumulative grade point average. Gwen has continued to improve in the strength center and is looking to see that dedication play out in the track and field season. ~Philip Whitesitt

University of Wisconsin - La Crosse

CHUCK VATER

Cross Country

Freshman

Chuck made a positive impression this past fall when he reached out to discuss strength training for cross country and specifically how he would benefit from our style of training. He took ownership of his overall training plan and has been a staple member of the men's cross country team this year. Chuck has improved immensely with his strength numbers and puts a great deal of focus into quality technique. His intentional nature helped him have a successful season. Chuck was a member of the NCAA Division III national championship team and finished 69th overall. He has continued his success into the track

and field season and is currently ranked 12th in the 3000 meters and 21st in the 5000 meters. Chuck is majoring in Computer Science and has a GPA of 3.640. It is exciting to see how Chuck's dedication has led him to a very successful season.

~Philip Whitesitt

University of Wisconsin-Platteville

HANNAH FLISS

Senior

Hannah has done a great leading the women's cross-country team in the dedication of the weight room. All while juggling her Health and Human Performance major with an emphasis in Exercise Science. Hannah always asks great questions and put coaching cues in action right away. Her training has helped her elevate her competitive side placing in the top 20 in the conference in the 6k. Hannah's personality makes her fun to coach and a great teammate. ~Kellen Bornbach

University of Wisconsin-Platteville

JOSHUA STONE

Junior

Josh's dedication to training has seen him transform his level of competition. Being dedicated, efficient with time and driven have proven to translate to competition. On top of elevating his competitive side, Josh also leads in the weight room by example. His increase in strength and power are direct translations to attention to detail and ability to be coached! ~Kellen Bornbach

COLLEGE — CROSS COUNTRY

William Woods University

DUSTIN RUSSELL

Senior

It's been a joy working with Dustin Russell in our strength and conditioning program. Their commitment to the program is evident in their measurable progress and unwavering focus. Beyond his achievements, He is a fantastic team player and a pleasure to work with, always supportive and respectful. ~Robert Jones

COLLEGE — DISC GOLF

Trinity Western University

JOYCE LEUNG

Senior

Joyce is one of the hardest working Spartans I have ever met, in and out of Sparta. She is always looking for ways to improve, hit new PRs, ask questions, and ensure her teammates are holding up their end as well. Joyce has come a long way in the last few years in Sparta and has become one of the most consistent athletes I see and makes no mistake in pushing herself to get better each and every day in all areas of her life. Very mature, very reliable.

~Cole Hergott

COLLEGE — DIVING

University of Wisconsin - La Crosse

AANAV PATEL

Diving

Sophomore

Aanav is one of the most dedicated individuals on the men's swim and dive team when it comes to bettering himself in the strength center. In the past year, he has gone from a novice lifter to someone who is now asking for the next challenge. He has invested a great deal of time to learn and master techniques. He has also increased his body mass while maintaining and improving his mobility, both of which are necessary to help him improve his skills in diving. Aanav recently had "the best meet of his life" at the WIAC championships. He posted personal best scores while placing 8th in the 1-meter springboard and 6th in the 3-meter springboard. Aanav is majoring in Business Analytics with minors in Information Systems and Spanish. He is currently at a 3.20 cumulative grade point average. Aanav's journey in strength training has been a thrill to watch. ~Philip Whitesitt

COLLEGE — EQUESTRIAN

Converse University

SYDNEY SHIPP

Senior

Sydney's progress from her freshman year through now is incredible. She has developed into a team leader, and her leadership in the strength facility has helped take the equestrian to another level during strength and conditioning sessions. She pushes herself hard, which is a big reason she has been a regional qualifier three years in a row now. In addition to being great in the strength facility and a great rider Sydney is also an incredible person who is extremely coachable. ~Kevin Darlington

Mount Holyoke College

MADS HURLEY

Senior

From the moment Mads stepped into the weight room, they have been a force of energy, enthusiasm, and dedication. As part of our equestrian team, they have shattered the misconceptions about the sport and proved just how strong, agile, and resilient riders can be. They have shown relentless pursuit in their training and have achieved Silver Lyon status at the time of this writing, with their sights set on Gold and Iron ranks in the near future. Their energy is infectious, bringing unmatched hype and motivation to every session. Beyond their own goals, they have played a vital role in introducing first-year athletes to the joys of strength training, showing them that lifting isn't just about getting stronger—it's about building confidence, resilience, and a love for the process. ~Jay Mendoza

Washington and Lee

ALLISON HINES

Senior

Allison is team captain of the riding team, has been a driving force in promoting regular strength training to enhance the team's performance. Her leadership is marked by consistency and a strong work ethic, always setting a solid example for her teammates. With her dedication and initiative, Allison has fostered a culture of growth and discipline within the team. ~David Forman

COLLEGE — FIELD HOCKEY

Converse University

KILEE BRADEEN

Forward/Midfield

Junior

Kilee is an outstanding Field Hockey athlete who not only puts everything into strength training, but she crushes the conditioning sessions on the field as well as our weekly speed training sessions. She has been both hand timed and through an electronic timing system as running a sub 5 second 40 yard dash, and she is affectionately known as “Lickety Split” for her speed. Kilee is also exceptional in the classroom and is also known around campus for her community service. ~Kevin Darlington

Drexel University

LIZ CHIPMAN

Midfield

Senior

Liz has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Liz’s work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~Michael Rankin

Hobart and William Smith Colleges

HANNAH HUSTON

Defense

Senior

Since her first day on campus, Hannah Huston has shown and demonstrated a love and dedication to the weight room. Her passion for lifting is contagious and throughout her career here, she could often be caught doing extra work or empowering her teammates to push themselves.

During her sophomore year, she endured a devastating season-ending injury. While most people focus on the negative, Hannah spent her time in the weight room creatively finding ways to continue to build her strength. As a senior for WS Field Hockey she is ending her career with being a All-Conference Second Team Player, 4x Honor Roll Selection, Defensive Player of the Week, and having started all 19 games this season. Her strength accolades include 240 lb. back squat, 140 lb. bench press, and a 300 lb. deadlift. Hannah is truly a special person and has grown into a tremendous leader, our program is fortunate for having been able to coach her these 4 years. ~Brittany Krivicich

Mount Holyoke College

RACHEL KATZENBERG

Goalie

Senior

Since the very beginning of my time at MHC, Rachel has been a cornerstone of our strength and conditioning program. From day one, she has shown consistency, dedication, and an unwavering commitment to improvement. Over the years, she has not only pushed herself to new heights but has also played a crucial role in fostering a culture of excellence by guiding and supporting other athletes. Her relentless work ethic is evident in every session—whether it's in the weight room, on the turf, or in SAAC meetings. She leads by example, always bringing intensity, focus, and a willingness to do the extra work that separates good from great. She has been an invaluable presence, helping to shape the next generation of student-athletes with her encouragement and leadership. ~Jay Mendoza

COLLEGE — FIELD HOCKEY

Saint Joseph's College of Maine

KASSIDY COLLINS

Goalkeeper

Senior

Kassidy has exemplified tremendous commitment in her years at Saint Joseph's. She is always seeking new challenges and exercises. As a goalkeeper, she has been just as fit (and even fitter) than many field players on her team. Kassidy is a very deserving recipient of this award. ~Jameson Collins

Springfield College

RORY MCGINLEY

D

Sophomore

Rory is an incredibly hard worker and pushes her teammates to be better. Mentally, she is able to handle whatever physical challenges I throw at her. She is constantly striving to be better so that she can be the best version of herself. ~Griffin Weidler

Trinity College

ANNIKA "AJ" DYCZKOWSKI

Defence

Senior

She is a worker, a captain and joy to have around. She always gives it her all. ~William DeLongis

University of Connecticut

JULIA BRESSLER

Forward

Junior

Julia cares about and is committed to the process. She is determined to improve. Over the course of the 2 years I've been with the team, she went from middle of the pack performance testing wise, to top 5, to 1st. She has made impressive progress in all the

physical qualities of speed, strength, power, & endurance. However, Julia has not only focused on and improved herself, she is there for her teammates as well with great energy, attitude, passion, effort, and accountability. Julia is an excellent example of determination, consistency, leadership, and the results from those things. She is a fantastic representative for this award.

~Michael Rozzi

University of Southern Maine

ELEANOR FOLSOM

Goalie

Junior

Great dedication to training all year. Much improved technical and strength levels.

~James Giroux

Washington and Lee University

MADDY DUGGLEBY

Midfielder

Senior

While her position did not require/allow her to compile a lot of stats, she did play a critical role in transitions and was a key contributor to both offensive and defensive corner units. Aided the team in having a 5th consecutive double digit win season. ~Aron Gibson

COLLEGE — FIGURE SKATING

Wichita State University

HANNAH HARRIS

Athlete

Sophomore

Hannah Harris is a sophomore at Wichita State University (WSU). She is a United States Figure Skating (USFS) Collegiate Competitor in the Mid-Western Conference for WSU during the 2023-24 & 2024-25 Season. Hannah is a USFS Gold Medalist in Skating Skills (Moves in the Field), a USFS Excel National Medalist Intermediate Level (2023), a USFS Learn to Skate Instructor, Coach & Volunteer. Hannah is a Wichita Figure Skating Club Member & Volunteer Oklahoma City Figure Skating Club Associate Member. Hannah also serves as a 2025 Transition Mentor College of Health Professions (CHP), has achieved CHP Dean's Honor Roll (Fall 2024) & WSU CHP Academic Commendation (Fall 2023) and is a Wichita State University Student Speech Language Hearing Association Member (WSU.SSLHA). Hannah comes from a faith-based family, and in her spare time Hannah enjoys being outside, spending time with friends & family, reading, and playing with her dogs. I have had the honor of training Hannah for the past few years. During this time, I have observed her overcome challenges without complaint, she is a kind, respectful, diligent, and hardworking. It is my privilege to nominate Hannah for this award.
~Elizabeth Mullins

COLLEGE — FLAG FOOTBALL

Point University

LAYNIE GRACE BENEFIELD

Linebacker & Receiver

Senior

Laynie-Grace Benefield is a vocal leader who brings an unmatched level of energy and intensity to every training session. She pushes herself beyond limits, setting the tone for her teammates with her great work ethic and competitive spirit. She is a dedicated athlete who brings discipline and leadership to both the weight room and the field. ~Bradley Bonner

COLLEGE — FOOTBALL

Avila University **MALIK ASHFORD**

Line Backer
Senior

Malik has been a consistent leader on the Avila Football team for the last two years. The team loves him and he is always concerned about the wellbeing of his teammates. He places the team above his own interest. He is consistent in his effort in the weight room and when called upon will give maximal intensity on the football field. Everyone respects Malik on his team and he has the presence to command their attention when needed.

~Brian Ciolek

Chadron State College **WILL STEMLER**

Defensive End
Sophomore

It is with great enthusiasm that we nominate Will Stemler, a standout defensive end at Chadron State College, for the National Strength and Conditioning Association (NSCA) All-American Award. Will's incredible combination of strength, explosiveness, and on-field performance makes him a prime candidate for this prestigious honor. Will is one of the most explosive athletes we have worked with, and his physical prowess speaks for itself. He has a standing vertical jump of over 33 inches, showcasing his elite explosive ability, which is critical for a defensive end. Additionally, Will's strength numbers are remarkable: he front squats over 400 pounds, performs hang cleans at 350 pounds, and bench presses in the mid-300s. On the field, Will's impact is undeniable. In the 2024 season, Will showed the ability to disrupt offenses and make game-changing plays. Will's exceptional strength and conditioning,

combined with his impressive on-field statistics, set him apart as one of the top athletes in our program.
~Earl Kreis

Clemson **WALKER PARKS** **OG/OT**

Senior

Bench 480, 225 rep x 33, Squat 640, Power Clean 315, Vert 27", Broad 8'7" ~Paul Hogan

Clemson University **PHIL MAFAH**

RB

Senior

Record setting running back who rushed for almost 3,000 yards and 28 touchdowns on 1,687 snaps in his career. A three time All-ACC selection played in over 50 games and started 21. At 230 pounds Phil was a weight room giant. His work ethic was an example for all of his teammates. Phil was voted permanent team captain which is one of the highest awards at Clemson that an athlete can receive.

~Larry Greenlee

Clemson University **PAYTON PAGE**

Defensive Tackle

Senior

Page is credited with 69 tackles (6.5 for loss), a half-sack, two fumble recoveries and a 57 yard pick-six. In 2024 all-conference selection. Page success on the field came from his dedication to strength and conditioning. He finished his career with a 405 close grip bench press, 600lb deadlift, and a 365 Reverse Lunge. ~Ben Batson

COLLEGE — FOOTBALL

Curry College **FINN SULLIVAN**

Wide Receiver **Junior**

Finn was the only underclassman Captain for the football program this past year. Someone that has shown tremendous leadership in all ways. His relentless work on and off the field but the attitude he brings to team workouts is contagious to his teammates across the board. ~John Walker

Fairmont State University **DEREIK CROSBY II**

Running Back **Junior**

Derek Crosby, a Junior from Sykesville, MD, is an exceptional student-athlete and is one of the hardest-working young men that I have had the pleasure to coach. Derek has shown a desire to get better in the weight room and on the field. His consistency and hard work have allowed him to have PRs for the back squat at 505 lbs, dead lift at 455 lbs, power clean at 265 lbs and bench press at 345 lbs. This fall, all of his hard work was on display as he led our team's rushing attack with 879 yards and four touchdowns. He also caught 18 passes for 353 yards and an additional four touchdowns. He was also named Mountain East Conference first team. Derek has really started to develop as a leader on the team, on and off the field. He currently has a 3.43 GPA, majoring in national security and intelligence and has been named to the MEC all-academic team. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Derek Crosby. ~Adam Kolberg

Fairmont State University **DONOVAN O'MALLEY**

Defensive Line **Senior**

Donovan O'Malley, a Redshirt-Junior from Pittsburgh, PA, is an exceptional student-athlete and was one of the hardest working and highly motivated young men that I have had the pleasure to coach. Donovan helped uphold our team standards in the weight room, in the classroom and on the field. He was a leader for his position group and the football team as a whole. In the weight room, Donovan was relentless in his efforts to improve his strength and power. As a junior, he had a 545 lbs squat, 525 lbs deadlift, a 275 lbs hang power clean and a 365 lbs bench press. During his junior season, Donovan finished with 66 tackles, 5.5 TFLs and one fumble recovered. Donovan's discipline, work ethic and leadership also show in the classroom. He currently has a 3.3 GPA, majoring in criminal justice and will be graduating this Spring. After graduation, he will be joining the Pennsylvania State Police Department. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Donovan O'Malley. ~Adam Kolberg

COLLEGE — FOOTBALL

Fort Hays State University

MASON PEREZ

Defensive Back

Senior

Mason was a 4 year player and 3 year starter for the Fort Hays State University Football team. He was a 3 year all conference selection and all-district selection. Mason's commitment to being the best at everything he did was also recognized by being a 4 year member of the conference academic honor roll. Mason is a tremendous leader for his team, not just by his experience, but also with his actions on and off the field. Mason's commitment, dedication and hard work in the weight room set the example for his teammates to follow. Mason Perez is a great young man and will be outstanding in his future endeavors. ~Doug Boucher

Hobart College

JAIMEN BLISS

LineBacker

Senior

Jaimen Bliss has demonstrated exceptional leadership both on the field and in the weight room. He approaches training with the same purpose and dedication that he brings to every aspect of his life, constantly pushing himself and his teammates to improve. Through hard work and dedication Jaimen was able to achieve a 245lb Bench Press, 405lb Back Squat, 4.78s 40 Yard Dash, and a 32.8in Vertical Jump. His focus on mastering movements and working with intent has been crucial to his development as an All-American linebacker. Jaimen led the Statesmen to a Liberty League Championship, recording 104 tackles, 13 TFLs, 2.5 sacks, and 1 interception. He was named to the D3Football.com 3rd Team All-American and earned

the Liberty League Defensive Player of the Year award. Jaimen has proven to be an outstanding teammate, not only to his football team but across all of HWS athletics. ~Brittany Krivicich

Lewis & Clark College

DEVON GUEST

Wide Receiver

Senior

Over three seasons Devon earned three consecutive NWC All-Conference honors, all while becoming one of the top receivers in the conference. He has been a staple of hard work and dedication to the college's strength and conditioning program. Guest's development over the years has put him near the top of the program's list for receptions and receiving yards. Devon's work ethic transcends the weight room and field of play. ~Angela Dendas- Pleasant

McKendree University

CALEB FISHER

QB/WR

Senior

Leadership, Passion, and intensity are just a few of the quality attributes that come to mind when describing Fish. His unwavering commitment to his own development, as well as that of his teams, is remarkable. He leads from the front and brings an energy and passion to the program that motivates his teammates to compete every single day. His commitment to strength and conditioning has helped him see a rise in his own game and become a leader of the program. ~Tyler Aulbur

COLLEGE — FOOTBALL

Merrimack College

BRANDON ROBERTS

DL

Senior

Brandon Roberts is the definition of grit, discipline, and loyalty. Over his five dedicated years to the Merrimack Football program and the neighboring community, B-Rob excelled in all his pursuits. During his career, he tied for second on the team for 18 tackles, had a single-game high of seven tackles at LIU, and recorded a half of a sack at Sacred Heart. Merrimack College Athletics congratulated him on being a HERO FCS Sophomore and an NEC All-Conference award (2022). In the community, Brandon worked with individuals who were part of Team Impact—then topped it all off in the weight room with a defensive line team record squat of 635lb (2023). ~Rob Livingstone

Minnesota State University, Mankato

NATHAN GRIBBLE

Offensive Line

Junior

Gribble is a stalwart for the Maverick football program and the Strength & Conditioning department. His grittiness, intensity, and love for lifting are second to none. Gribble's blue collar work ethic will drive him to great success in the future. ~Andrew Stocks

Morningside University

ISAAC PINGEL

Linebacker

Senior

Isaac was an outstanding athlete who demonstrated great work ethic and a drive to get better every single day. He was always looking for the next thing

to improve on, whether it was strength, speed, or technical skills. Isaac always led by example and served as a great role model for those who trained around him. His hard work was largely demonstrated on the field, as he ends his career with three first team all-conference (GPAC) awards, as well as achieving NAIA All-American status his last two years (1st team in 2024). He was also named to the CSC Academic All-District List this past year. ~Zachary Schroeder

Mount Marty University

ISAAC CROWNOVER

Linebacker

Sophomore

Isaac is one of the top lifters on the team and leads the defense in the weight room. With a squat of 500 lbs, bench at 335, clean of 280, a 34 inch vertical, a pro-agility run of 4.33, he is looking to make a major impact this next year; after his sophomore year of 9.0 tackles in games played. ~Mark Roozen

Mount Marty University

KYLE HIRSCH

Offense - Running Back

Sophomore

Kyle is one of the top lifters on the team and one of the pound for pound strongest member of the Lancer Football Team. He squats 505 lbs, benches 345, has a clean of 275, a 33 inch vertical and has run a 4.43 in the pro-agility test. In 10 games, Kyle had 664 yards, averaging 4.3 yards per rush. He also had 3 touchdowns on the year. ~Mark Roozen

COLLEGE — FOOTBALL

Mount Marty University

JAYDEN HORRACH

Special Teams Player

Junior

Jayden is one of the top leaders in the weightroom; in-season, off-season and pre-season. A running back that is used in special situations, he is also a key member on the special teams for the Lancer football team. Jayden squats 515, benches 325, cleans 300, runs a 4.95 in the 40, a 4.23 in the pro-agility run and has a 22 inch vertical. He is a key member of the teams leadership team as well. ~Mark Roozen

Pace University

CHRIS MCGUIRE

Running Back ; Utility Player

Senior

Chris was a team captain for Pace University Football Program, his senior year. He was all-around leader, and his daily actions and behaviors emulated everything a true leader should be. I have been at Pace for 2+ years, and Chris's dedication to the strength and conditioning program was incredible. He participated in on-campus training on an all year round basis (12 months) for his entire 4 year career. His determination and commitment to improve his capabilities led to significant improvements in his football performance. His leadership to mentor and teach younger players on the team regarding strength and conditioning was also admirable ~Matthew Ambrose

Point University

ETHAN BINNS

Linebacker

Junior

Ethan Binns is the athlete that every coach dreams about. He shows up every day with the same mentality to get better. He embodies the toughness and determination required to excel in football, consistently pushing himself to new heights in the weight room. More than just an athlete, Ethan is a leader who inspires teammates through his work ethic and commitment to improvement.

~Bradley Bonner

Portland Sate University

PEYTON WING

Linebacker

Junior

Peyton has work so hard in the weight room and it has paid off for him by earning a big sky all conference selection. Peyton has used all the tools the weight room bring to improve his performance on the field. ~Frederick Fabian

COLLEGE — FOOTBALL

South Dakota Mines

HENRY DRYDEN

Tight End

Senior

Henry has accomplished a lot in his time here at SD Mines and is probably one of the most coachable young men I have had the pleasure of working with. He is the definition of leading by example by just doing everything the right way whether its in the weight room, on the field or academically. The habits he has cultivated has earned him numerous accolades including being named to the D2football elite 100, RMAC academic all-conference as well the first AFCA All American in school history. I look forward to seeing his success as he moves on from South Dakota Mines. ~Garrett Snook

South Dakota Mines

CALEB FRANKLIN

Senior

Caleb is an exceptional young man and has been a true pleasure to train. His dedication to strength and conditioning has paid off as he has made tremendous physical strides in the time I have worked with him. His positive attitude is infectious to everyone around him. Having him in the weight room was like having another coach on the floor with how much he encouraged and lifted up his teammates. There are great things to come for Caleb as he moves on from South Dakota Mines. ~Sophia Grohs

South Dakota School of Mines

WREN JACOBS

Defensive Back

Senior

Wrens is probably the strongest guy pound for pound on campus and his commitment to the strength and conditioning process goes beyond the weight room. He commuted 30 minutes to campus everyday, never misses a session and still works at his families auto shop. His performance on the field, weight room and classroom has been an inspiration to our team so much so that he was a captain his senior year after proving himself the traditional route of redshirting, then some special teams, rotational player up to a full time starter. I look forward to seeing the success I know he will achieve in the future. ~Benjamin Servais

Springfield College

DANTE VASQUEZ

Halfback

Senior

Dante is aspiring to be a strength and conditioning coach and has completed multiple internships throughout his time at Springfield College. Internships including University of Kansas Football and two stints with American International College. He displays his passion for the weight room each and every opportunity he gets, wearing his emotions on his sleeve and never failing to encourage, uplift, or assist his teammates. There is no one more deserving of the NSCA All-American award than Dante Vasquez. He was a two-time captain for Springfield College Football and played a critical role in leading them to a historical 12-1 2024 season, reaching the quarterfinals of the NCAA DIII Playoffs ~Sam Crain

COLLEGE — FOOTBALL

Trinity College

KEVIN KEOGH

DE/LB

Senior

He lives our core values of Dedication, Effort, Attitude and Team First. No matter how banged up he was from the sport of football he always find a way to train hard and push his teammates.

~William DeLongis

University of North Carolina at Pembroke

COLIN JOHNSON

Quarterback

Senior

Colin is deserving of the NSCA All-American award for his unparalleled dedication and commitment to the weight room. His work ethic while training has led to him breaking several personal and school records. Beyond his dedication in the weight room, he displayed incredible leadership, helping mentor younger teammates pursue athletic excellence.

~Cory Minnie

University of Virginia

KAM BUTLER

Defensive End

Senior

Kam Butler, a 6'3 260 lb. defensive end who tallied 50 career starts in college football, has been an outstanding leader, student-athlete, person, and worker for our football team. Butler, a 2024 team captain elected by his teammates, is the epitome of what we want our team to be. After overcoming an injury that sidelined him for nearly 70% of the 2023 season, Butler had a monster year in 2024 to get his body prepared for ACC football. In the weight room, Butler hit the following numbers: bench press 360

lbs., 225 bench rep 20 reps, back squat 585 lbs., power clean 315 lbs. Butler also improved his field performance metrics, all while being a 7th-year senior coming off injury. On the field, Butler defined toughness, sacrifice, and leadership. In addition to his strength & conditioning and football accomplishments, Butler is pursuing a master's degree in higher education. Butler is a worker on and off the field. He exhibits respect, personal excellence, integrity, leadership, and incredible work habits in all he does. Kam Butler has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Adam Smotherman

University Of Virginia

JAHMEER CARTER

Defensive Tackle

Senior

He is the example of discipline, consistent, dedicated, the example. Doing things just as he's coached and always goes above and beyond the call of duty. ~Matthew Hickmann

COLLEGE — FOOTBALL

University of Virginia

MALACHI FIELDS

WR

Senior

I am honored to nominate Malachi Fields for the NSCA Strength & Conditioning All-American Award. As a dedicated and driven athlete, Malachi exemplifies the core values of strength and conditioning through his unwavering work ethic, leadership, and commitment to excellence. Malachi is an exceptional young man who has been an outstanding leader, student-athlete, and worker for our football team. On the field, the 6'4 220lb wide receiver was a third-team All-ACC, on the Biletnikoff Award Watch List, voted Team Offensive Team MVP, and voted Team Captain by his teammates. In the weight room he is equally impressive. Malachi is strong and powerful, squatting 515lbs and cleaning 315lbs. He has explosive capability with a 38" vertical and a 10'7.5" standing broad jump. He also has breakaway speed, running 22mph. Malachi accomplished all these feats while battling a nagging injury that would last throughout the whole season. Beyond his impressive athletic ability, his relentless pursuit of improvement has not only enhanced his personal performance but has also elevated the competitive standard of our entire team. Coaches, trainers, and teammates alike recognize Malachi as a cornerstone of the program, embodying the resilience and determination that this award seeks to recognize. For these reasons, I strongly endorse Malachi Fields for the NSCA Strength & Conditioning All-American Award. His commitment to training, leadership, and performance makes him a deserving candidate for this prestigious recognition.

~Barry Kaigler

University of Virginia

JONAS SANKER

Defensive Back

Senior

Jonas Sanker, a 6'1", 210lb. defensive back from Charlottesville, VA was one of the most productive defensive backs in the country during the 2024 season. Sanker was recognized for his production on the field by being named the Atlantic Coast Conference Defensive Back of the Week 4 times during the 2024 campaign. Sanker was an Associated Press (AP) First Team All-ACC selection at safety and was named the 2024 Touchdown Club of Richmond Defensive Back of the Year. Sanker was also invited to both the Reese's Senior Bowl and East-West Shrine Bowl. Sanker finished the 2024 season with 98 tackles, 8.5 tackles for loss, 2 sacks, 1 interception, and 1 fumble return for a touchdown. Based on his work ethic, consistency, leadership, and performance, players voted Sanker as one of the five 2024 Season Team Captains. Sanker was also the recipient of the 2024 UVA Football H.E.A.R.T. Award. The recipient of the H.E.A.R.T. award not only embodies the program's core values but also was very dependable, resilient, committed and provided extremely valuable leadership to the team. Sanker's work ethic, attention to detail, toughness, and consistency allowed him to thrive in the weight room. His testing numbers were as follows: back squat 585lbs., front squat 440lbs., power clean 315lbs., broad jump 10'4", 10 yard dash 1.47, 20 yard dash 2.50, pro agility 4.20, and a top velocity of 22.50 MPH. Jonas Sanker has earned NSCA Strength & Conditioning All-America honors in my opinion.

~Will Harrison

COLLEGE — FOOTBALL

University of Virginia

BRIAN STEVENS

OL

Senior

Brian Stevens is a Team Captain who earned the respect of his teammates through grit, determination, and consistency. Brian was a transfer from Dayton who showed up with a mindset to outwork everyone and that started in the weight room. Brian power cleaned 385 pounds, Bench Pressed 415, and Back Squatted 555. Brian ran a 1.56 10 yard sprint and is in the Top 3 on our all time record boards for Vertical Jump & Broad Jump for all OL/DTs. He was able to accomplish these impressive testing numbers despite having double hip labrum surgery and fighting through a torn labrum in his shoulder. He missed only one game during his time at UVA due to pneumonia that showed up the night before the game, he still showed up at the stadium trying to suit up. Brian Stevens was a 4.0 student while attending graduate school here at UVA. The way he carried himself on and off the field here at UVA makes Brian Stevens deserving of being a NSCA Strength And Conditioning All-American in my opinion.

~Gavin Rush

University of Wisconsin-Whitewater

JADEN HENDRICKSON

Defensive Back

Senior

Jaden is one of the most passionate people when it comes to strength and conditioning that I have ever coached. He is a perfectionist, especially when it comes to improving his lifting and running technique, always looking for ways to get better. More importantly, though, he loves to help his

teammates out, constantly giving them tips to help their performances. His hard work has paid off, going from a grayshirt player and overcoming a serious leg injury to playing a huge role on defense and special teams. To top it all off, he has been an excellent strength and conditioning intern for our athletics program as he starts his coaching career.

~John Schimenz

Washington and Lee University

WILL KNEISLEY

TE

Senior

Will's attention to detail and work ethic set the standard for the football program. His commitment and consistency are tremendously appreciated. Will is a valued asset for a coach, he is another coach on the floor, as he promotes the values and qualities you desire an entire roster to embody.

~David Forman

COLLEGE — GOLF

Amherst College

IVY HAIGHT

Senior

Ivy is one of the most dedicated and hard working athletes I have coached in my 25 years as a strength coach. Her consistency and effort sets her apart from most athletes regardless of sport or gender.
~Christopher Boyko

Dallas Baptist University

MADISON UDE

Sophomore

Madison is a premier example of humility. She is often the most quiet athlete in the room but her work ethic speaks louder than words. I will occasionally catch her doing extra work on her own in our student fitness center. She is constantly pushing and challenging herself. She is rarely seen without a smile on her face. A true joy to be around.
~Alexander Spencer

Drexel University

GRIFFIN MITCHELL

Senior

Griffin Mitchell has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Griffin Mitchell's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man
~Palmer Johnson

Duke University

KELLY CHINN

Senior

Kelly's incredible attention to detail, effort, and coachability are a few of the reasons he deserves to be an NSCA All-American. He leads by example, is respected by his teammates and coaches, and is one of the hardest working individuals to train in the Scott Performance Center. Kelly is a clear candidate for NSCA All-American. ~Jordan Bar

Duke University

RYLIE HEFLIN

Senior

Rylie has shown incredible dedication to becoming not just a better player, but a better athlete. She always trains hard, pushing herself and her teammates to get the most out of each session. Rylie has made tremendous progress in her time at Duke, and truly deserves to be an NSCA All-American. ~Jordan Bar

COLLEGE — GOLF

South Dakota Mines

KENZIE SCHROEDER

Sophomore

Kenzie Schroder is not only an amazing golfer and weight room athlete, but a world-class human. One of the most compassionate people you'll ever meet, she consistently pushes herself in the weight room. Kenzie's dedication to strength and conditioning is evident in her consistent attendance, positive attitude, and willingness to embrace challenges. She approaches each workout with a focused determination, always striving to improve her technique. Beyond her individual efforts, Kenzie is a quiet but extremely supportive and encouraging teammate, fostering a positive training environment for everyone. Her work ethic and sportsmanship make her a true role model, both on and off the course. Kenzie's commitment to excellence in all aspects of her life makes her deserving of being an NSCA Strength and Conditioning All-American. ~Sophia Grohs

University of Tennessee at Martin

JACKSON TWERDAHL

Senior

Jackson's commitment to his fitness has contributed to his evolution as a player and a leader within our golf program. Jackson's growth within the weight room setting has allowed him to become an extension of the sports performance staff and help his teammates maximize their opportunities. Going into this spring, Jackson is the scoring leader to a team who is seeking its' third OVC Championship in five years. Off the course, Jackson has been selected to both the OVC Commissioner's Honor Roll and Athletic Director's Honor Roll. ~Chris Gillies

Washington and Lee University

WILL BRAXTON

Senior

Finished tied 54th at 2024 NCAA Championships as junior. Finished 5th as individual at NCAA Preview in the fall, including a hole in one. Has helped the team: break program record for lowest team round to par, break program record for best team score for 54 hole match, and first ever #1 team ranking in program history. ~Aron Gibson

Washington and Lee University

ELLA WONG

Sophomore

Consistently shows up and puts in extra work in the weight room at 6am. Helped team tie program record for 36 Hole Match. 6th place finish as First Year at ODAC Championship. Had highest individual placing from team at NCAA Championships in 2024. As a first year played in eight tournaments, never finishing lower than 15th in the regular season, with five Top-10 finishes. ~Aron Gibson

William Woods University

ALISSA OLSON

Senior

It's been a genuine pleasure to witness Alissa Olson's transformation within our strength and conditioning program. Initially, she approached training with a dedicated, if somewhat reserved, attitude. However, throughout her collegiate career she has truly bought into the program's principles, demonstrating consistent hard work and a remarkable commitment to improvement. Alissa has become a positive force in our lifting sessions, offering encouragement to teammates and contributing to a supportive atmosphere.

~Robert Jones



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — GOLF

Wright State University

SHANE OCHS

Junior

Shane is such a tireless worker. He pushes himself and his teammates to help set the standard of our program. ~Cole Pittsford

COLLEGE — GYMNASTICS

Springfield College

GUSTAVIN SEUSS

Junior

Gus always acted as a leader in the weight room, always worked hard, and always came in with a positive attitude ~Gregory Baker

Texas Woman's University

KAMILLE ZARLENGO

Junior

Kami is a pleasure to work with in the weight room. I have seen her grow as an athlete, a student, and an individual and she has blossomed into a wonderful human being. Her work ethic is truly commendable as she is always making sure to push herself and have an understanding of the movements that we are doing. Her positive and curious attitude in the weight room has helped improve her strength and helped push her teammates to not only lift more, but to understand the why behind things. Kami has been a mainstay in the uneven bars and floor events this season and continues to push herself during in-season lifting sessions. She is formidable in everything that she does and she attacks challenges with a voracity that is impressive to everyone around her.

~Delaney Baxendale

University of Wisconsin - La Crosse

KYLA DICKSON

Beam/Vault/Floor

Senior

Kyla is an essential member of the gymnastics team at UW-La Crosse. She has brought her interest in exercise science into her training sessions and has continually improved her technique and knowledge of strength training. Kyla has also worked with her strength coach in explaining many of the intricacies of the sport which has played a role in improving the overall strength training programs for her team. Kyla has been having an excellent year in the gym. She has posted season bests on the vault (9.625), balance beam (9.775), and floor exercise (9.725). She has won three event titles so far this season. Kyla is majoring in Exercise and Sports Science (Pre-Athletic Training) with a minor in French. She has a cumulative grade point average of 3.45. Kyla helps lead her team each lifting session with quality physical training and an unmatched energy.

~Philip Whitesitt

University of Wisconsin-Whitewater

DANI DUDZIAK

All-Around

Junior

Dani is everything you look for in a student-athlete. She works hard, leads by example, is coachable and is well respected by her peers. Her work ethic has brought her success in sport, school and life.

~Lee Munger

COLLEGE — ICE HOCKEY

Colorado College

TOMMY MIDDLETON

Forward

Senior

Tommy has consistently been one of the hardest workers on this team during his career. In four years, I can honestly say that I don't remember him ever having a bad day in the weight room. He brings an infectious positive attitude that makes everyone around him better. I am honored to nominate him to be a strength and conditioning All-American.
~Cameron Davidson

Hobart College

KAHLIL FONTANA

Forward

Junior

Kahlil Fontana's positive attitude and consistent effort light up any room he steps into. If he's ever had a bad day, you wouldn't know it. His professional approach to showing up early and preparing his body for training is unmatched. Fontana's dedication to fitness has led to numerous achievements during his time at Hobart and William Smith Colleges. Over the course of 2.5 years of training, he has increased his trap bar deadlift by 90 lbs. (+25%) and added 70 lbs. to his bench press (+38%). As an assistant captain of the 2024-2025 team, Fontana has played in 77 games, scoring 20 goals and recording 24 assists. In his two years here, he has contributed to Hobart Hockey's back-to-back National Championships. Off the ice, Fontana is an AHCA All-American Scholar, earning a 4.15 GPA in his most recent semester (3.93 cumulative). Fontana is also one of the founders of Hobart Ice Hockey's beloved tradition—the frigid lake plunge in Seneca Lake. It is not uncommon for him to lead the

charge for 6 a.m. plunges, an event that has spread to other teams on campus. Fontana's commitment to his teammates shines through his "we, not me" attitude, both on and off the ice—an invaluable quality for any coach to have in their athletes.
~Derek Berry

Mckendree University

KILEY HASENFRATZ

Senior

Kiley Hasenfratz consistently demonstrates exceptional discipline and work ethic, particularly in the weight room, where her commitment to strength training has significantly enhanced her performance on the ice. Her focus on building power, strength, and conditioning reflects a strategic mindset, knowing that every workout contributes directly to her ability to compete at the highest level. Through resilience and mental toughness, she pushes past physical barriers, setting an example for her peers in both dedication and consistency. Her unwavering commitment to training day in and day out has not only improved her individual performance but has also inspired her teammates to elevate their own standards. Kiley Hasenfratz embodies the qualities of leadership and hard work, demonstrating that success in hockey requires a well-rounded approach to fitness and mental strength. She is deserving of this award for her relentless pursuit of excellence and her profound impact on her team's culture of hard work and discipline. This has led her to become the captain of the women's hockey team, amass multiple all-star, and player of the weeks awards.
~Mawusi Amos

COLLEGE — ICE HOCKEY

Merrimack College

RAICE SZOTT

D

Senior

Raice is an exceptional athlete in the weight room and on the ice. A true leader, she motivates her teammates with her drive, determination, and unwavering commitment to excellence. What sets her apart even further is her genuine effort to connect with everyone in athletics, regardless of whether they directly impact her. Raice goes out of her way to build relationships and support those around her, fostering a sense of community and teamwork across all sports. This year, she was honored with the Hockey East Sportsmanship Award, recognizing her exemplary character, leadership, and respect for the sport. Raice's positive influence and dedication make her a standout in every aspect in and outside of athletics at Merrimack College. ~Rob Livingstone

Rochester Institute of Technology

BRONWYN KHANGSAR

Forward

Senior

Bronwyn demonstrates an unwavering dedication to the weight room and physical preparation. She is one of the top performers on her team in multiple categories including Hexbar Deadlift, Hang Cleans and Bench Press. Her hard work and effort have shown great translation to her performance on the ice this season. ~Ryan Kelly

Rochester Institute of Technology

DOUG SCOTT

Defense

Senior

Doug possess many qualities that make him successful in the weight room. He is consistent, hardworking and coachable. He has a natural ability and thorough enjoyment of the weight room. His positive attitude and willingness to hold others accountable further enhances his effectiveness as a team member. Doug's strength consistently places him among the top performers on his team.

~Ryan Kelly

Trinity College

JENNY GUIDER

Forward

Senior

For 5 years she has always given full effort and her results show. ~William DeLongis

Trinity Western University

ARTEM HRABOVETSKYI

Forward

Freshman

Arty has had a tremendous first year in Sparta. Even though he wasn't able to play in the first semester, he never let that slow him down and used it as fuel to get better. Every day. No matter what. He handled everything I threw at him with a smile on his face, asking for me. Crazy? No, just someone who loves to work, loves to get better, and will do anything to achieve his goals. Huge respect for the work this guy put in this year. ~Cole Hergott

COLLEGE — ICE HOCKEY

United States Air Force Academy

AUSTIN SCHWARTZ

Senior

Air Force Hockey Student Athlete Advisory Committee (SAAC) Representative (2022-2023) –

Responsible for being the voice for the men's hockey team in the cadet wing, and to distribute information to the hockey team regarding standards, military trainings and training updates throughout the wing.

Combat Survival Training (CST) Flight Commander (Summer 23) – Responsible for 12 students who are learning how to survive and evade in scenarios where capture is eminent...oversaw students making sure they were present and passing all events...taught land navigation, tactical combat casualty care (TCCC).

Squadron First Sergeant (Fall 2023) – Responsible for Squadron Accountability for Cadet Squadron 16, making sure that members of the squadron are present for all mandatory events. Responsible for squadron morale, providing events to help bring the squadron closer together. Responsible for providing punishments for members of the squadron who broke cadet standard and discipline rules (CS&D).

CS-16 Squadron Assistant Flight Commander of the Year (Ac Year 2023-2024) – Earned Assistant Flight Commander of the Year for Cadet Squadron 16 by providing opportunities for underclassman to participate in squadron functions by making an information page for all events being participated by squadron members so others could go support. Also advocated for flight members to be ranked high throughout the squadron.

Field Engineering Readiness Laboratory (FERL) Flight Commander (Summer 2024) – Taught and accounted for students in their learning of building two houses, paving a road, pouring concrete and learning more about the civil engineering major at USAFA. Led

students in lessons with structural building, hydrology, concrete design and operating heavy machinery.

Basic Cadet Training Assistant Flight Commander (Summer 2024) - Helped lead and mentor incoming basic cadets, ensuring they adapt to military life. Responsible for enforcing discipline, leading physical training, and teaching military customs while also providing guidance and support. Assistant flight commanders play a key role in shaping morale, performance, and development of new cadets during their transition into the Cadet Wing.

Community Service (Fall 2024) – Set up a school visit on Veterans Day at Parker Core Knowledge (PCK) with ten other members of the Air Force Academy Men's Hockey team. Spoke at the school assembly, discussing what it means to serve, what a hero is, and how students can learn to honor those who have served our country.

CS-16 Honor Officer - Responsible for upholding and promoting the Cadet Honor Code within the squadron...educated cadets on honor principles, investigated potential honor violations, and fostered a culture of integrity through training and mentorship. As a key leader in the honor system, he ensured cadets understood and lived by the Academy's core value of "Integrity First"

Athletics

Senior: Team captain...Scored first career hat trick at Robert Morris to lead the Falcons to a 4-2 win and clinch home ice in the first round...Leads the nation in blocked shots by a forward with 58...His 162 career blocks are the most of any forward in the nation...Has a career-best 11 goals to tie for the team lead.

Junior: Named academic all-conference in 2023-24...Named the AHA Best Defensive Forward in 2023-24...Named the team's most inspirational player as a sophomore and junior... Led the nation with four short-handed goals as a junior. ~William Quillman

COLLEGE — ICE HOCKEY

University of Connecticut

JOHN SPETZ

Defensemen

Senior

John Spetz joined our team as a freshman in the fall of 2020, a time when the challenges of transitioning to collegiate athletics were amplified by the global pandemic. With nothing about his first year resembling normalcy, John had to navigate an unpredictable environment before finally experiencing a traditional college training and competition schedule in his sophomore year. Despite the hurdles, John committed to developing into a top defenseman, and though strength and conditioning did not come easily to him at first, he fully embraced the process. This dedication has led to a truly transformational experience, allowing him to grow exponentially not only as a player but as a leader. Today, John challenges his teammates, pushing them to be better, and his journey exemplifies the resilience and determination that make him so deserving of the NSCA All-American award. ~Maureen Butler

University of Providence

JAMAL KALAF

Sophomore

Jamal is a great teammate, amazing hockey player and even better person. He's extremely dedicated and one of the hardest working athletes at UP. He's strong, resilient and a motivated worker in the weight room. He always finds a way to push through adversity time and time again. He understands the importance of strength training and what it does for his sport. He's always doing the right thing in terms of recovery, mobility, academics and communication. You can always rely on him to do

the right thing and help lead others in the right path. He's set the standard for the hockey program, in the weight room and on the ice. ~Lucky Lovan

University of Southern Maine

AZAM JIWA

Forward

Senior

Has one of the top cleans on hockey team. Consistent strength athlete throughout the year. ~James Giroux

University of Southern Maine

ADRIAN JUBRAN

Defense

Sophomore

Dedicated strength athlete improving testing numbers this year. Is now working on recovery from knee surgery. ~James Giroux

University of Southern Maine

KYLE PENTON

Goalie

Senior

Had gradual improvement in strength and power throughout his career. Had one of the best cleans on hockey team ~James Giroux

University of Southern Maine

AMELIE ST-AMANT

Defense

Senior

Recognized for the 3rd time. The addition of movement training over the summer helped her speed on the ice. Maintained strength all year with consistent weekly workouts. ~James Giroux

COLLEGE — ICE HOCKEY

University of Southern Maine

ALLY STYMIEST

Forward

Senior

Had a good summer of rehab allowing her to train her hardest this fall. Improved on the ice becoming top scorer. ~James Giroux

William Smith College

ERIN MURRAY

Goalie

Senior

Erin Murray has made a huge impact on her teammates and others over the past years. She has put in an impressive amount of work this past summer making her an impact player on the ice and in the weightroom. For several months, Erin has finished every training session testing how many chin ups she can do. Her drive for more has turned into a tradition where she has involved all of her teammates and sometimes other William Smith teams to test their chin ups with her. Erin holds William Smith's single-season (7) and career (12) shutout records. She is currently first on William Smith's career record for save percentage and GAA. Her career wins are third with 21. She set the William Smith record for GAA (1.27 in 2023-24). Her passion, perseverance, and leadership continue to elevate those around her, leaving a lasting mark on the program. ~Brittany Krivicich

COLLEGE — LACROSSE

Colorado College

MEILANI MOLINA

Midfield

Sophomore

Mei has been incredibly positive and an amazing leader for her team this semester. ~Lily Griffith

Colorado College

AIDAN NIKLAUS

Sophomore

Aidan was a walk-on to the Men's Lacrosse team. For him to get playing time, he was going to have to work harder than anyone in the room. Well, that's exactly what he did. Aidan consistently goes above and beyond by asking for additional workouts to improve speed and power, and he exemplifies the characteristics that we search for in someone who is deserving of this award. He is now a large contributor to our team success and it all stems from his phenomenal work ethic. ~Derek Savage

Converse University

GENCIE COAN

Midfielder/Attacker

Junior

Gencie is among the hardest workers in our athletics program and is a leader by example with the work ethic she brings to the strength facility and to the training field. She ranks very high in stats in every weight room category, and is also among the leaders in stats on the lacrosse field.

~Kevin Darlington

Drexel University

ALEXIA LOUCA

Low Defender

Junior

Alexia has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Alexia's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~Anthony McCloskey

Duke University

KERRY NEASE

Midfield, Draw Specialist

Senior

Kerry is the consummate student-athlete. Her commitment to training - both lacrosse and her strength and conditioning - has paid massive dividends over the past few years. She is a leader in the weight room and on the field in our training sessions, pushing herself and her teammates in a positive way. She also represented Duke at the 2023 Women in Sports Convention, and traveled 1.5-hrs EACH WAY this winter to train for this 2025 season.

~Nicole Shattuck

COLLEGE — LACROSSE

Hobart College

ALEX ROSA

Attack

Senior

Alex Rosa is a phenomenal example of leadership, with a work ethic that is unparalleled. He is as consistent as they come and is always ready to tackle any task at a moment's notice. During his time here, Rosa's commitment to strength and conditioning has resulted in impressive improvements: adding 12 lbs. of muscle mass, increasing his back squat by 100 lbs. (+51%), adding 100 lbs. to his bench press (+63%), and, most recently, improving by 8 rounds on his conditioning test - a feat that earned him an "excellent" rating in his conditioning. Rosa's dedication to fitness has also led to many accomplishments during his time at Hobart and William Smith Colleges. He has totaled 40 games over his first 3 seasons, scoring 49 goals and recording 9 assists. As a captain of the 2024-2025 team, Rosa was also the recipient of Hobart Lacrosse's Rookie of the Year Award in his freshman year, as well as the Van Arsdale Award, which is presented to "the member of the lacrosse team whose scholarship, leadership, and determination have proved to be superior." Rosa is tremendously consistent and truly embodies the meaning of "how you do anything is how you do everything" - an invaluable quality for any coach to have in their athletes. ~Derek Berry

Limestone University

KEIRA MARTIN

Midfield

Sophomore

Keira is one of the hardest working student-athletes in the strength & conditioning program. She always brings a positive attitude to every training session, puts her full effort into everything she does, does not complain, and motivates her teammates to elevate their performance. It has been a pleasure to work with Keira the last couple of years and I am excited to see her continued growth throughout her playing career. She has left a positive mark on the Limestone Women's Lacrosse and Strength and Conditioning programs. I am proud of Keira's work and I'm honored to nominate Keira as NSCA All-American. ~Timothy Schachtner

Maryville University

CODY CORNIER

Defense

Senior

Cody stays focused through lifts and brings his teammates with him. No other athlete balances their own needs and the needs of the team as well as he does, constantly acting as a coach even during his own lifts. Cody excels in the weight room and on the field, his hard work shows in his results! ~Mitchel Schwartzman

COLLEGE — LACROSSE

Pace University

ANDREW LLAMAS

Midfield

Senior

Andrew earned academic distinction and is a constant name on the NE 10's Academic Honor Roll. He pushes himself at every opportunity posting some of the highest squat and bench numbers we've seen on this team. Andrew is an outstanding leader, incredibly conscientious and extremely respectful. He keeps his teammates locked in both in the weight room and on the field. He sets the example for his teammates to follow.

~Kristen Idalski

Point University

MALYKE SILLERS

Attack

Senior

Malyke Sillers has set himself apart in the weight room with resilience and determination in coming back from an injury. He approaches every training session with a relentless work ethic, pushing himself to improve while pushing those around him. Malyke is not only dedicated to his growth but also uplifts those around him. ~Bradley Bonner

Rochester Institute of Technology

JAIMEE TRIOLO

Defense

Senior

Jaimee is truly a pleasure to coach in the weight room. She has experienced tremendous growth and maturity over her 4 years at RIT. She is among the leaders of not only her team, but all of our female athletes in Front Squat and Hexbar Deadlift. She

always brings a contagious energy that uplifts her teammates. ~Ryan Kelly

Rochester Institute of Technology

PAULIE WEINRICH

D Mid

Sophomore

Paulie is a weight room guy. He is one of our strongest athletes, holding multiple spots on our record board with lifts like a 380# Front Squat, 280# Hang Clean and 315# Bench Press. Beyond his strength, Paulie has a great attitude and always brings positive energy. He is a motivator and an inspiration for his teammates. ~Ryan Kelly

Saint Joseph's College of Maine

ANTHONY SAMIOTES

Defender

Senior

Tony's work ethic and leadership in the weightroom are unmatched by any other athlete here at Saint Joseph's. Over his career he has also overcome multiple major injuries and has maintained a positive attitude and commitment to the weight room throughout. There is no one more deserving than Tony for this award. ~Jameson Collins

COLLEGE — LACROSSE

Smith College

KYRA HAWK

Attack

Sophomore

Kyra expresses dynamic leadership qualities in and out of the weight room. She is one of the hardest workers on the team, showing up ready to go each session to push both herself and her teammates. Kyra is coachable and quick to make changes that will improve her form. Kyra leads by example in the weight room and in conditioning sessions by setting and breaking individual goals, such as PRing her mile time by 26 seconds. Kyra is also a team leader in the classroom, holding a 3.9 GPA as a chemistry major, she upholds Smith college's commitment to academic excellence. Kyra is a main offensive threat going into this season as the top returning scorer from last year, I look forward to watching her thrive this season. ~Taylor Volmrich

Springfield College

DANIELLE MALPICA

Defender

Senior

Dani is the ultimate teammate: she's brings 100% to everything and is a vocal presence both in the weight room and on the field. She continues to find ways to challenge herself in her senior year and inspires her teammates to do the same.

~McKenna Wells

Stevenson University

JACK SCALITI

Midfield

Senior

Jack is everything that a coach can ask for in a weight room leader and team captain. Always one of the hardest workers, he's also quick to help those around him. Whether shooting on the field or getting extra work in the weight room, he has made sure to do everything possible to set himself up for success in his senior season. ~James McCormick

Stevenson University

ISABELLE VANEMBURGH

Midfield

Senior

When we met after the season ended last year, we layed out everything Iz needed to do over the next 9 months to step up her game. Throughout the fall and winter, she has consistently impressed her coaches and myself in leveling up those aspects of her training. By the end of the fall, she was among the strongest, fastest athletes we have here on campus. ~James McCormick

COLLEGE — LACROSSE

United States Air Force Academy

JOSH YAGO

Attack

Senior

Commitment, dedication, leadership, ability to provide motivation to teammates. Senior | 2025: Team captain ... Unanimously voted Preseason All-ASUN (attack) ... As of 2/20/25: started all three games ... leads the team in points (11) and assists (7) and tallied four goals ... Has scored a goal and multiple assists in every appearance so far this season ... 2nd in the ASUN and 25th in the nation in assists per game (2.33). Junior | 2024: All-ASUN first-team ... started all 15 games ... led the team with 54 points via 24 goals and 30 assists ... led the ASUN in assists ... attempted 80 shots with a .575 SOG percentage ... two game-winning goals ... two four-goal performances ... picked up 35 ground balls and caused eight turnovers ... had an eight point game against Mercer (3g, 5a) ... had a seven point game against Cleveland State (4g, 3a). Sophomore | 2023: Appeared in 13 games with nine starts ... 15 goals was fifth-most on the team ... 10 assists ... five-goal game at Queens ... 16 ground balls, four caused turnovers. ~Andrew Bodette

University of Michigan

RYAN COHEN

Attack

Senior

Ryan Cohen Has grown into a true leader this year. He dedicated himself to his training over the past year and it has really paid off. He is the leading returning goal scorer on our offense and has learned how to inspire our younger players both on the field and off. I am proud of the progress he has made during his time at Michigan. It is with great pride

that I nominate Ryan for the NSCA All- American Strength and Conditioning Athlete of the Year. ~Jason Cole

University of Michigan

CAMERON GOODLOE

Goalie

Senior

Cam's path at Michigan has not been one of the guy in the spotlight. He never let that keep him down. He has worked relentlessly in the weight room and has transformed his physique over the last four years. He brings a positive attitude in the gym and always has juice for the boys. Cam is the epitome of a team player, and I am grateful for the years I have been able to work with him. Every team needs more people like Cam. It is my pleasure to nominate Cam for the NSCA All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

University of Michigan

HALEY POLK

Defender

Senior

Haley Polk is a senior defender on our Women's Lacrosse Team. Haley's progress from her freshman year until now has been instrumental in allowing her to make an impact on the field when it matters most. She always brings the energy for her team and when the weight room gets a little too quiet, she's there to liven it up! Her hard work and dedication to getting stronger is contagious and is constantly challenging her teammates to better themselves. Haley has been a pleasure to work with am proud to nominate her for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

COLLEGE — LACROSSE

University of Southern Maine

HERB BRYANT

Defense

Junior

Has improved strength and power levels each year. Organized and ran 2-3 day a week lacrosse team lifts this fall. ~James Giroux

University of Wisconsin - La Crosse

KALEY HENDRICK

Defense

Senior

Kaley has shown what it means to be a true leader in school, sport, and life. In school she has achieved a cumulative GPA of 3.73, all while maintaining the daily stress of practice, games, and having a social life. In life, she has shown that she can be one that her teammates and coaching staff can trust to disseminate information, relay messages, or read the energy of the team. This has culminated in her being named an official team captain this year (an unofficial team captain since she started the program). In sport, she has shown her ability to work hard on the field, in practice, and in the weight room. In the weight room, she can always be counted on to push herself, which ultimately leads to her teammates pushing themselves. This is evident with her ritualistic end-of-a-lift weighted planks, which are not part of the program, but something she does for herself. On the field Kaley has accumulated 6 goals and forced 39 turnovers, all while committing 0 fouls. She was named 1st Team All-WIAC in her 2024 season. Kaley has certainly earned this honor and deserves to have other strength coaches see her character and passion for the sport of Lacrosse. ~Philip Whitesitt

Vassar College

CADE CHEZUM

Faceoff

Freshman

Cade Chezum is strength. Cade can deadlift over 600lbs, front squats 350lbs, and can jump over 31 inches. He is asking all the right questions to build this strength into explosive power both in the weight room and on the field. He maximizes every opportunity to grow and is quickly setting himself apart as a first year. It is this strength that sets him apart. ~Alice Read

Vassar College

ELIZABETH KENDRICK

Attack

Senior

Elizabeth Kendrick is strong and driven. Elizabeth brings an on-field competitive nature to every training environment. She leads by example by pushing herself on each set while inquiring about how to improve the next. This drive has pushed her to hang clean 150lbs, front squat over 200lbs, and deadlift 315lbs. What sets Elizabeth apart is her work ethic and commitment to the process.

~Alice Read

COLLEGE — LACROSSE

Washington and Lee University

CHRIS DATZ

D

Junior

Chris is a team captain, as a junior, on the men's lacrosse team. He is a driven and compelled leader who has taken ownership of the process of performance and can be consistently counted on to bring out the best in his teammates. His attention to detail and dedication has earned him the trust and respect of both his peers and coaches.

~David Forman

Washington and Lee University

LIBBY FORD

Defense

Senior

Libby Ford demonstrates the values of hard work, leadership, and excellence, not only as a standout lacrosse player but also as a key figure in her team's strength training culture. Libby's accomplishments on the field are remarkable. She has been selected as a USA Lacrosse Pre-season All-American, which is a testament to her skill, dedication, and competitive drive. Last season, she played a critical part in helping her team make it to the Division 3 NCAA Women's Lacrosse Quarterfinal Game. In the weight room, Libby's leadership is unmatched. Whether it's guiding her underclassman teammates or cheering on the entire team, she fosters a positive, motivating environment for all. Her voice is a constant source of positivity, encouragement, and guidance. Libby leads by example and has set the bar for what it means to be dedicated both in and out of competition. Her legacy will leave a lasting impact on her teammates and the team's approach

to training. This is what makes her extremely deserving of this award. ~Catherine Rossi

Westminster University

DAXTON JENSEN

Midfield

Sophomore

Daxton exemplifies the qualities of a champion student-athlete, balancing strength training and conditioning with academics, athletics, rest, and social life. Driven by internal motivation, he actively seeks personal growth, welcomes guidance from coaches and faculty, and remains relentless in his pursuit of both academic and athletic excellence.

~Claire West

William Smith College

KATE COLVIN

Attack

Senior

Kate Colvin is a powerhouse of a worker. What makes Kate truly special is her ability to be positive and humble, while having an absolute relentless work ethic. While she may not have a "Captain" title she is always leading by example and motivating her teammates to push themselves in the weight room. Throughout her career here at HWS Athletics, she has been a big proponent of doing quality extra work, also known as the work many others avoid; conditioning, speed, agility and extra lifts. This past season she played in 18 games and had a career high of adding 11 draw controls. Her strength accolades include 115 lb. bench press and 185 lb. front squat. We have been fortunate to work with Kate Colvin as she is a wonderful role model and example to every student-athlete on our campus. ~Brittany Krivicich

COLLEGE — MULTI-SPORT ATHLETES

Amherst College

JACOB BRUNO

Lacrosse, Football

Senior

Jacob Bruno is one of the most outstanding athletes and human beings I have coached in my 25 year career. His work ethic in the weight room as a two sport student athlete is exceptional. He is a remarkable leader as an athlete on the field and in the community. Those who know him are, from the start, struck by the politeness, respect, and appreciation he shows. Jacob's selflessness as an athlete and choice to serve his country after his time as an athlete are an inspiration to all. ~Chris Boyko

Amherst College

DAPHNE THEILER

Cross Country, Track and Field

Junior

Daphne greatly upholds the Amherst Strength and Conditioning value of Resilience. In her three years so far, she has only had a handful of opportunities to race for cross country and track and field, due to a variety of injuries. Despite this, Daphne has shown up to every team lift excited to be there, and eager to push herself in whatever way she can. She is a great example for the rest of her team on what it means to be strong, in more ways than one. I am very proud of her progress and her dedication to her team! ~Timothy Cahill

Bradley University

JACK CRULL

Cross Country, Track and Field

Distance Runner

Senior

Jack Crull, a standout athlete at Bradley University, has made his mark in both cross country and track. He earned MVC Athlete of the Week (2024) and a spot on the Bradley Athletic Director's Honor Roll (Fall 2022). In the 2023-24 season, he won the MVC Indoor 800m (1:49.0), the 800m at the Meyo Invitational (1:50.43), and the mile at the IUPUI Invitational (4:03.46). Outdoors, he achieved top honors at the Drake Relays in the 1500m (3:42.36) and the DMR (9:43.65), along with an 800m win at the Billiken Invite (1:50.93). Beyond running fast, Jack embraces his role as a leader and mentor, setting the standard for younger athletes on the team. He dials in on every detail, holding himself and others accountable with honesty and discipline. Always willing to help, he takes the time to walk teammates through exercises when he sees they need support. Jack even stays longer to help clean up after lifts with no complaints or need to be thanked. When Jacks in the weight room, there's no need to worry about how the lift will go as his work ethic and focus guarantees the team is set for success. ~Angela Galgano

COLLEGE — MULTI-SPORT ATHLETES

Converse University

JORDAN BROWN

Basketball, Track and Field

Guard, high jump

Senior

Jordan is a 1,000 point scorer for our women's basketball team, just recently won the Conference Carolina's I door High Jump Championship, and is an extremely hard worker who always knows her goals and always gets them. Jordan is also very good academically, and loves putting in work in the strength facility. ~Kevin Darlington

Converse University

JAY MITCHELL

Basketball, Track and Field

Guard

Senior

Jay is an incredibly hard worker, has tested at a 38 inch vertical, and it's very likely even higher than that as he has had the crowd jumping to their feet on many occasions with his powerful dunks. While Jay loves the weight room he really loves the plyometrics we do during training, which has contributed to his success as a high jumper in track and field and his monster dunks. He is also a leading scorer on our basketball team, and I have never seen him without a smile on his face or not being upbeat about everything. ~Kevin Darlington

University of Connecticut

TAYLOR PANSELL

Track and Field, Volleyball

Middle Blocker

Senior

Taylor embodies what it means to be a Husky—driven, resilient, and always lifting the mood of those around her. Whether in the weight room, on the court, or in her many leadership roles, she leads by example and sets an incredible standard. Her 968 career kills, a .263 hitting percentage, and 484 sets—the most ever by a UConn athlete—are a testament to her unwavering work ethic. Beyond Volleyball, Taylor shone as a dual-sport athlete in jumps for UConn Track & Field, all while excelling as a full-time student and taking on various volunteer leadership roles. Her warmth, humor, dedication, and commitment make her a role model to everyone she meets. ~Kyle Cusson

Washington and Lee University

SARAH ZIMMERMAN

Basketball, Soccer

Midfielder/Forward

Junior

2024 ODAC Player of the Year for Soccer. Lead team in points, goals, and assists. Led the ODAC in assists and came in third in goals and points. Helped Soccer team reach Sweet 16 and program record for wins in a season. In sophomore year helped Basketball team win 2nd consecutive conference championship and advance to Elite 8 in NCAA tournament. Currently has career highs of Free Throws, 3 Pointers, Steals, Points. ~Aron Gibson

COLLEGE — MULTI-SPORT ATHLETES

Washington and Lee University

WILL KNIGHT

Football, Track and Field

Defensive Line/Thrower

Junior

Holds school record for indoor shot put. 2nd all time in outdoor shot put. Multiple time All-ODAC honoree in the shot put and discus. In program's top 5 all time for discus and top 10 for hammer. Top shot putter in South Region indoor 2024 and 3rd outdoor. Helped team finish as runner ups at indoor and outdoor ODAC Championships. All-ODAC defensive line honoree. 2nd on team in QB hurries. All-ODAC sportsmanship award. Help the defense rank second in the conference this season in rushing defense and as whole defensive unit register 21 sacks, 53 tackles for loss, and forced 16 turnovers. Aided team in securing the first postseason bowl game win in program history and have the 9th consecutive season having a winning record.

~Aron Gibson

COLLEGE — ROWING

Duke University

JANE ATKESON

Rower

Senior

Jane's consistency and grit have made her stand out as a leader in the boat, weight room, and dryland training. Leading the team in pull-ups (14), she balances her role amongst her teammates well, setting high expectations but providing space to motivate and challenge others. ~Nicole Shattuck

Rochester Institute of Technology

OLIVIA HENRY

Senior

Olivia's impact on the strength of the female athletes is truly remarkable. She has a natural ability in the weight room, as evidenced by her 215# Split Squat, 115# Bench Press and over 300# Hexbar Deadlift. Olivia sets a high standard for her peers to aspire to. ~Ryan Kelly

Smith College

GABY AYALA BECERRA

Rower

Senior

Gaby brings a light into the weight room everyday that brightens the training space for her teammates and raises the energy and productivity of the room. She is the type of athlete that reminds you why you chose to go into coaching to begin with. When faced with a difficult and unexpected injury, Gaby committed to the recovery and training process to return to the water as quickly and safely as possible, and channeled every ounce of energy she had while injured to supporting her teammates who were still training. Being the first to hype up a teammate, the first to help someone clean up their area and the first to be a leader in the weight room, Gaby is truly a joy to get to work with. Outside of the weight room and boathouse, she is an exceptional student, graduating this coming spring with a degree in engineering and philosophy and will surely go on to accomplish incredible things after graduation. ~Catherine Winstanley

COLLEGE — RUGBY

Trinity Western University

AVA VAN SANTEN

Wing

Junior

Ava has consistently demonstrated unparalleled commitment to training, to pursuing excellence, and to pushing her teammates to be better as well. Someone who HATES taking a day off, who pushes herself to get better every day, and knows the importance of strength & conditioning in her sport. Always working hard, always a pleasure to coach.

~Cole Hergott

COLLEGE — SOCCER

Amherst College

JOSEPH RAYMOND

Senior

Joe is one of the hardest working athletes that I have had the honor of coaching. His determination, effort, and resiliency in the weight room and on the soccer field are second to none. Joe is always prepared to do whatever it takes to best help his team however he can, and his selflessness helped put his team in a position to win the National Championship this fall. I am honored to have spent the past few years coaching him, and I am very excited to see where his soccer journey takes him!
~Timothy Cahill

Avila University

ANNIKA HOLTORF

Forward

Junior

Annika is the team mom. She knows the temperament of her team and they respect her. She is a great communicator between her coaches and her team along with excellent organizational skills. She provides exceptional effort during lifts and conditioning and is one of the strongest soccer players on the team. She balances all of this while excelling as a nursing program student. On the field she is willing to play whatever roll is necessary.
~Brian Ciolek

Cal Poly Humboldt

MARCUS ABDEL-MALEK

F

Senior

Marcus was the most consistent and dedicated athlete on his team when it came to the weight room. He set the tone for his team and was the

leader in every aspect. His weight room numbers were well above those of his teammates and his dedication and consistency were admirable.
~Anthony Ratto

Colorado College

TEDDY OPLER

Freshman

We have a lot of talent and depth at the position that Teddy plays at. To get playing time and ultimately impact the success of the team, Teddy stepped up this year by working diligently day in and day out. His passion for the sport and his drive to improve is obvious every single day that he steps into the weight room or onto the field. Teddy doesn't only do what is asked of him, but goes above and beyond by coming in on his own to improve at the skills that we need on the field. We're lucky to have Teddy and his work ethic.
~Derek Savage

Colorado College

EMMA SMITH

Midfielder/Forward

Sophomore

I am very excited to nominate Emma for the strength and conditioning All-America award. She is positive, caring, a great teammate, and enjoys what she does and this shows each and every day in the weight room. Emma consistently brings intensity to her workouts and helps others elevate their level to do the same. I'm excited to have her here for another couple of years to help cultivate and engrain an outstanding culture here at CC.
~Cameron Davidson

COLLEGE — SOCCER

Converse University

MARTIN BURGOS

Defender

Junior

Martin's defense on the soccer pitch was a key reason our Mens soccer program advanced to the D2 NCAA Tournament for the second time in 4 years. In the weight room, his strength, and technique not only make him a great leader for the younger players, but it also sets him apart from everyone else. Martin truly brings 110% to every strength and conditioning session.

~Kevin Darlington

Fresno Pacific University

MARIA EIR MAGNUSDOTTIR

Senior

Maria Magnusdottir has been named an All-American Strength and Conditioning Athlete of the Year, a reflection of her incredible energy, dedication, and leadership in the weight room. She brings an unmatched enthusiasm to every session, always encouraging her teammates while pushing herself to new heights. Her willingness to learn and grow has made her a joy to coach, and her impact goes far beyond just her own progress—she has helped create a culture of hard work and positivity. I will truly miss her infectious energy and relentless drive, but I know the habits she has built will carry her far beyond the weight room. This honor is well-earned and a testament to the athlete and leader she has become. ~Whitney Leyva

Lewis & Clark College

CELESTE SCHREIFELS

Forward

Senior

Over four seasons Celeste earned four consecutive NWC All-Conference honors, which has only been done three times in program history. She has been a staple of hard work and dedication to the college's strength and conditioning program. Celeste's development over the years has put her among the conference's best in goals and points, and she sits atop the program's record board in points, career goals, game-winning goals, and assists. Celeste's work ethic transcends the weight room and field of play. ~Angela Dendas- Pleasant

Limestone University

STEFAN ROEB

Defender

Senior

Stefan has played an integral role and has undoubtedly been the team leader on the soccer team this season. His contributions to both the attack and defense resulted in a repeat South Atlantic Conference Championship and an appearance in the Sweet 16. In the weight room, he keeps the team on task and makes sure they know what they are trying to accomplish. Stefan is one of the strongest athletes on the team. He has a 28.9 inch vertical jump, 195 bench press, 360 back squat, and 400 deadlift. I have enjoyed working with Stefan and I am excited to see what the future holds for him. He has had a lasting impact on the Limestone University Men's Soccer team and Strength and Conditioning program. ~Timothy Schachtner

COLLEGE — SOCCER

Maryville University

LOTTE BRANDS

Defense

Senior

Lotte always puts her team first, she works hard in the weight room and leads by example during lifts. She cares about her team and it shows in every interaction. ~Mitchel Schwartzman

McKendree University

REAGAN MAUCH

MF

Senior

Reagan's dedication to improving her overall athletic performance while pushing her teammates makes her an easy choice for this accolade. Her leadership style as a captain both vocally and leading by example brought up those around her both on and off the field. She has set a standard and left a mark for those to come through the program after her. ~Tyler Aulbur

Menlo College

EDER CARRASCO

Midfielder

Senior

Eder is a shining example of "trusting the process." After arriving from a junior college, he immediately embraced the sports performance methodology. He was always diligent, paying close attention to his sleep, nutrition, technique, and effort. During downtime, he actively sought ways to improve his speed and power through sports performance principles. His dedication and work ethic are a true testament to his commitment and growth. ~Victor Brankovich

Minnesota State University-Mankato

LUCY WENINGER

Defender - Center Back

Senior

Lucy is a perfect example of what is possible with a strong work ethic and desire to succeed. Her commitment to improving her fitness and athletic abilities helped her go from not seeing the field, to one of MSU's most successful center backs, earning USC and D2CCA first-team All-American.

~Samuel Lee

Missouri S&T

CAVITT BRUHN

Goal Keeper

Junior

Cavitt is the definition of a leader. He works his butt off in the weight room and on the field. He is my go to guy to get the team headed in the right direction, and his work in the weight room shows up every day. ~David Edwards

COLLEGE — SOCCER

New Trier

HONOR DOLD

Senior

Last year, Honor was our school's first Junior recipient of the NSCA All-American award - her continued motivation, work ethic, and performance continue to inspire those around her. Honor is a 4 year varsity starter for one of the nation's premier Girls Soccer programs. She is a 3-time All-Conference performer, a returning State Champion, and will serve the Trevians as team captain for 2025. Off the field, Honor is Student Council President, a constant on the Honor Roll, a member of the Spanish Honors Society, a recipient of the National Council of Teachers of English Achievement's Certificate of Excellence in Writing, a recipient of the Illinois State Seal of Biliteracy, and an AP Scholar with Distinction. Her approach has led her to success on and off the field, and her best is still yet to come! ~James Davis

Nova Southeastern University

SOFIA SUAREZ

MID

Junior

"If I could clone her, I would" was the response given by Sofia Suarez's coach when asked her thoughts about the Junior Midfielder. Her work ethic, attitude, and respect for her teammates serve as a model that will guide her team for years to come. Her success on the field is a result of her effort in the weight room. Since her arrival on campus, she has consistently pushed herself and her teammates to get stronger and faster, which has led to team and personal success. Sofia has been named to the All-Conference team 2 years in a row and has shown improvement in scoring, assists, and minutes

played. She also boasts a 3.90 GPA in the Exercise and Sport Science program. ~Steven Orris

Point University

BROOKE WISELEY

Midfield

Senior

Brooke exemplifies the standard of excellence in the weight room through relentless dedication, discipline, and leadership. Her commitment has not only enhanced her performance but has also elevated the competitive standards of her teammates. Brooke continues demonstrating exceptional work ethic and resilience, setting new benchmarks in her strength and athletic development. ~Bradley Bonner

Portland State University

LIV FRAZIER

Defender

Senior

Liv has used the weight room to come back from compartment surgery and it has not slowed her down in the least bit. She has a non stop motor and relentless work ethic that is contagious and puts her team in a position of winning.. ~Frederick Fabian

Portland State University

ELLE FRAZIER

Forward

Senior

Elle has worked so hard to in the weight room to put herself in a position to be a dominant force on the field. She was a 2024 all big sky conference selection. Her work ethic and non stop motor put her in a position to achieve this award. ~Frederick Fabian

COLLEGE — SOCCER

Southern Methodist University

HAVEN EMPEY

Goal Keeper

Senior

Athlete exemplifies dedication, leadership, effort, and determination in all training sessions.

~Peter Kenn

Southern Methodist University

ENZO PANOZZO

D

Junior

Athlete exemplifies dedication, leadership, effort, and determination in all training sessions.

~Peter Kenn

Springfield College

ELIZABETH CONNOLLY

Defender

Freshman

Elizabeth has been a consistent energy all year. She's the first person with a smile on her face and the first person to push herself in the weight room. As a freshman, her mindset to better herself is impressive and her ability to always keep things loose and fun is inspiring. ~McKenna Wells

Springfield College

BENJAMIN HUGHES

M

Freshman

Ben acted as a leader to first years and returners alike and gave his all every lift. He would actively ask questions about what we were doing and why we were doing it ~Gregory Baker

Stevenson University

PATRICK CAULDEN

Midfield

Junior

Pat is the first person in the weight room and the last to leave every day, regularly getting in to do extra work. He pushes himself to his limit in everything he does, whether in the weight room or on the field. Pat has committed himself to becoming a leader and making himself the best that he can be.

~James McCormick

Stevenson University

JAIDEN WILLIAMS

Midfield

Senior

A leader on and off the field, Jaiden has always worked as hard as she can while helping those around her. Even while dealing with injuries throughout the season, she continued to do everything she could to make herself and her team better. ~James McCormick

COLLEGE — SOCCER

United States Air Force Academy

HANNAH JOHNSON

Center Back

Senior

Hannah Johnson's demonstrates leadership, unmatched work ethic and dedication to the United States Air Force Academy's Strength and Conditioning program. Johnson achieved top tier performances in the weight room and in conditioning throughout her four-year Academy career with oversight of three separate strength and conditioning coaches. She not only excelled as an extension of the strength staff's values, but was also well decorated in her soccer career, academic endeavors, and in her military duties. Some of her accolades include Strength and Conditioning Player of the year, 2x Defensive MVP, Most Impactful Player, Team Culture Award, 4x Academic Superintendents list, 7x Dean's list, 7x Athletic directors list and served as a member of the Cadet Leadership Board. Hannah Johnson adopts the core values of the United States Air Force Academy and ingrains them into the weight room culture embodying integrity first, service before self and excellence in all she does. Johnson will commission into the United States Air Force and serve as an Acquisitions Officer and Cyberspace Operations Officer. ~Bryce Taylor

UNIVERSITY OF ILLINOIS-CHICAGO

PRESTON HUITRON

Junior

Preston is the hardest worker in any room he walks into. He is an exceptional leader that I can count on for anything. Preston is a student of performance and I am impressed at the lengths that he goes to educate himself about training, recovery, and

nutrition. He makes the people around him better!
~David Marmon

University of Michigan

AVERY KALITTA

Midfield, Center Back

Senior

Avery Kalitta, a senior midfielder/center back on the Women's Soccer team, truly exemplifies what it means to be a student-athlete. She exhibits a drive to succeed in the weight room, on the pitch, and in the classroom. Throughout her career here, Avery has consistently been one of the top performers in the S&C program, and is a leading contributor on the field, serving as a team Captain & having played in 78 games, totaling 5,581 play minutes. Academically, she has been a Three-Time Academic All-Big Ten Honoree as well. Avery's accomplishments demonstrate her relentless nature, athleticism, and dedication to all aspects of being a student-athlete. Avery is an integral member of the University of Michigan Women's Soccer team, with her unwavering work ethic and commitment to the program serving as an example for her teammates. ~Katlyn Smith

COLLEGE — SOCCER

University of Providence

TOMEU NEBOT SCHMALFELD

Senior

Tomeu has fully bought into the training program, and it's been exciting to see him transform into the athlete he is today. In the beginning, it was a culture shock for him to lift super hard and do Olympic lifts. It's been fun watching him embrace lifting and say that cleans are one of his favorite lifts now. I'm very proud of his success on and off the field. He's one of the leaders on the men's soccer team and helps keep everyone accountable. His presence is instantly felt by the way he carries himself. Through the highs and lows, Tomeu has always had a positive attitude which will take him far in life. The soccer program won't be the same without him, but he's made a lasting impression for many years to come.

~Lucky Lovan

University of Providence

SHEA WATERS

Sophomore

Shea exemplifies everything a young-student athlete should strive to become. Strong, courageous and disciplined. She's a pillar for the women's soccer program on the field and in the weight room. Her teammates look up to her as one of the leaders since she's one of the captains on the team. She immediately came ready to work once she stepped foot on campus, and it's been a constant go ever since. Her attitude and determination help set the tone for her team. I'm very proud to coach her and help be part of her journey here at UP. ~Lucky Lovan

University of Redlands

SHANNON STEWART

GK

Junior

I am proud to nominate Shannon Stewart for the National Strength and Conditioning Association's Strength & Conditioning All-American recognition. Since her first year at the University of Redlands, Shannon has consistently put up outstanding numbers in the weight room, showcasing her relentless work ethic and commitment to excellence. She has been a starter from day one, making an immediate impact on the field. Beyond her athletic achievements, Shannon's leadership is second to none—she sets the tone for her teammates through her dedication, discipline, and drive. Her contributions both in training and in competition make her a deserving candidate for this honor. ~Anthony Penalber

University of Southern Maine

ERIN CASTONGUAY

Forward

Junior

Dedicated to strength training. Big improvements during recent testing in all aspects of testing.

~James Giroux

University of Southern Maine

DEVON GATZ

Forward

Junior

Has made tremendous gains from freshman year. Now has one of the better cleans on the team.

~James Giroux

COLLEGE — SOCCER

University of Southern Maine

MADI JORDAN

Goalie

Sophomore

Did great rehab and strength work to come back from an ACL. Moving towards becoming one of the stronger Huskies. ~James Giroux

University of Southern Maine

KAYLA O'CONNOR

Forward

Sophomore

Has been doing both rehab and strength work to come back from a knee injury. Should have very good test #s this spring. ~James Giroux

University of Southern Maine

BRIDGETTE TOLAND

Forward

Junior

Consistent trainer all year. Team leader, getting all team members to train off season. Much improved overall in strength and power testing. ~James Giroux

University of Tennessee at Martin

PARKER GELINAS

Defender

Senior

Parker has been the center piece of our soccer program since she arrived on campus. As a freshman, Parker helped lead the squad to a regular season championship while being selected to All-OVC First Team, OVC Newcomer Team, and OVC Freshman of the Year. Over the next two years, Parker had to overcome season ending injuries. Parker's tireless commitment to her return and the program, has provided important inspiration and leadership for her teammates. This past fall, Parker was selected All-OVC Second Team after playing in all 1620 minutes of the season. In the classroom, Parker has been selected to both the OVC Commissioner's Honor Roll and Athletic Director's Honor Roll. ~Chris Gillies

COLLEGE — SOCCER

University of Wisconsin - La Crosse

ADDIE PAULING

Defender

Senior

Addie is the epitome of the word captain. She embodies all the attributes you would want in someone to lead your team, and this was evident in the weight room. She was always the go-to person to get information out to the team or help organize lifting groups. While she didn't enjoy doing some (or a fair number of lifts) she would still be the first one to do it and say nothing until the end. This mentality rubbed off on her teammates who then pushed themselves harder (again, even if they also did not want to complete the exercise). Outside of the weightroom, Addie took her skills of leadership to her place of employment and helped individuals that most wouldn't even consider helping. On the field, Addie would be the most vocal and help direct her other teammates to where they need to be. Her ability to do this in over 90 games and over 5,973 minutes shows her true ability to lead others over and over. Her teammates, coaches, and others have also noticed this about Addie, leading to 3 consecutive WIAC All Conference 1st team awards, two consecutive CSC Academic All District awards, and a United Soccer Coaches All Region – 4th team award. This multitasking also helped her achieve a cumulative GPA of 4.0 while practicing and playing at a high level. Addie has certainly proven that her accomplishments in the weight room, on the field, and in school should be seen by other strength coaches across U.S. and beyond. She should be the model that all women's soccer players should strive to emulate. ~Philip Whitesitt

University of Wisconsin - Platteville

MICHAEL SCHAEFER

Midfielder

Senior

Michael is an extraordinarily dedicated student-athlete and a pleasure to coach. His love for soccer is matched by his deep passion for training, which he approaches with discipline and enthusiasm. As a Health and Human Performance major, he takes great pride in his development and has demonstrated outstanding leadership throughout his time here. While he may not always be a key player on the field, Michael has earned the respect and admiration of his teammates through his relentless work ethic and commitment. This season, he played in 21 games, starting in five, and served as a team captain, helping lead the team to a program-record-tying NCAA Sweet 16 appearance. His dedication to excellence is further reflected in his record-breaking performance on the team's conditioning test, achieving an impressive 21.4 on the Yo-Yo IRT. Michael's unwavering commitment to training and high standards will undoubtedly serve him well in the future. ~Conor Cantwell

COLLEGE — SOCCER

University of Wisconsin - Platteville

IZZY STREETER

Forward

Junior

Izzy is an exceptionally dedicated student-athlete, committed to continuous growth both on and off the field. Her relentless work ethic in the weight room and offseason conditioning sets a high standard for her team. A talented soccer player, Izzy quickly realized that skill alone wouldn't be enough at the collegiate level. After limited playing time as a freshman, she made it her mission to develop physically, allowing her to compete at a higher level. Her dedication has paid off—since then, she has played in 39 competitive games, earning a spot in the starting lineup for 29 of them. Izzy is a very deserving recipient of this award. ~Conor Cantwell

Vassar College

JACOB RAPHAN

Goalkeeper

Sophomore

Jacob Raphan is steadfast and hard working. Jacob's dedication shows through his outstanding progress in the weight room and consistent efforts at conditioning. His ability to nearly beat the goalkeeper YoYo agility test and move his body weight through maximal push-ups before doubling down on a 300+ front squat demonstrates his well-versed training. Jacob's intent in each and every training session is what sets him apart. ~Alice Read

Washington and Lee University

ANN RILEY HUBER

Forward/Midfielder

Senior

Compiled a career high this season in games started, assists, points, shots, and minutes played. While also tying her high for goals scored. Helped team Soccer team reach Sweet 16 and program record for wins in a season. ~Aron Gibson

Westminster University

KIRSTEN KIRKHAM

Defender

Sophomore

Kirsten exemplifies the qualities of a champion student-athlete, balancing strength training and conditioning with academics, athletics, rest, and social life. Driven by internal motivation, she actively seeks personal growth, welcomes guidance from coaches and faculty, and remains relentless in her pursuit of both academic and athletic excellence. ~Claire West

COLLEGE — SOCCER

William Peace University

AYDEN MILLER

Goalie

Junior

Ayden is a dedicated athlete and a resilient individual. His commitment to sports performance, soccer, and his eagerness to learn and be coached have been essential to his growth. His focus on improving strength, conditioning, soccer skills, and mental toughness has allowed him to consistently elevate his game. Last year, he made significant strides, overcoming a major injury during the spring season. Despite this setback, Ayden made a full recovery before the start of the season and played a key role in the men's soccer team's first-ever conference championship and NCAA appearance. I'm incredibly proud of the physical and mental growth he has shown over the past two years of working together. This accomplishment is truly well-deserved. ~Rebecca Fraser

William Smith College

RUTH HOTALING

Mid-Fielder/ Forward

Junior

Ruth Hotaling is a prime example of how intentional work, a quality work ethic, and a dedication to the weight room can help anybody achieve their goals. At the beginning of her sophomore year, Ruthie met with our staff to discuss her goals, both lift and soccer oriented. She specifically wanted to become more explosive and strengthen her chin ups/upper body. For many strength coaches, this is a recurring conversation and most times the application gets lost. Ruth has become one of the most consistent workers on our WS Soccer team, a great leader, and proud to say she can easily do non-assisted chin-ups.

This season she achieved a career high of 6 goals, 12 assists, NCAA All-Tournament Team, and was part of the DIII National Runner Up Women's Team. Ruth has a competitive, fun spirit that shines both on the field and in the weight room. She is a wonderful teammate and will continue to be an excellent role model for all. ~Brittany Krivicich

William Woods University

MICHAEL BHAT

Midfielder

Senior

Michael Bhat's leadership in the weight room was a cornerstone for the men's soccer team. His positive attitude, coupled with his successful recovery from injury, made him an invaluable asset. ~Robert Jones

William Woods University

HANNAH LOETHEN

Defender

Senior

Hannah Loethen's journey is a testament to perseverance. She battled back from two significant injuries in her senior year to rejoin her team on the soccer field. Her commitment continued into her COVID year, where she displayed versatility by playing out of position for the team's benefit. Beyond her on-field contributions, her consistently positive attitude in the weight room significantly boosted her teammates. ~Robert Jones

COLLEGE — SOCCER

Wright State University
ALESSANDRO MALTERER

Goalkeeper

Junior

Alessandro has gone above what has been asked of him in the weight room. He comes in every time 100% ready to work. He is the voice of the weight room for his team and it has shown. ~Alyssa Crusey

Wright State University
KAYLEE PHAM

Defender

Junior

Since Kaylee has been here she has done exactly what she needs to do to be successful. Her results in the weight room show her great work ethic, but it has also transferred to the field as well.

~Alyssa Crusey

COLLEGE — SOFTBALL

Brandeis University

RANI BALAKRISHNA

Catcher

Senior

Rani is the ideal teammate not only on the field, but in the weight room as well. Her work ethic is unmatched and she consistently sets goals, works hard, and then crushes those goals. She goes above and beyond, staying after sessions to work on recovery, prioritizing form and technique, and always brings a positive attitude to lift sessions. It has been a pleasure working with an all around fantastic student-athlete! ~Kaitlin Carson

Cal Poly Humboldt

GAIGE GARCIA

P

Senior

With a school record 350 pound Back Squat, Gaige is one of the most imposing pitchers in the country! Gaige's work ethic and commitment in the Weightroom has kept her healthy and consistent throughout her career. ~Andrew Petersen

Cal Poly Humboldt

ALYSSA RAMIREZ

RF

Senior

Alyssa was always dedicated in the Weightroom, but after a season ending knee injury a couple of years ago, she has taken her commitment to a completely different level. Alyssa has established new standards not just for her team, but for our entire department. Each time she steps on the field, Alyssa is a strong, powerful, fast, agile and skilled athlete ready for competition. ~Andrew Petersen

Central College

CARSON FISK

Shortstop

Senior

Carson Fisk served as team captain on Central College's 2024 American Rivers Conference championship team. The 2024 team advanced to the NCAA Division III Super Regional with a 33-13 record and No. 14 final ranking. Over Carson's career, she received CSC Academic All-District distinction in 2023 and 2024; NFCA Scholar-Athlete distinction in 2021, 2022, and 2023; and American Rivers Academic All-Conference distinction in 2022, 2023, and 2024. She also received the Most Improved Player Award in 2021 and the Defensive Player of the Year Award in 2023 and 2024. In the weight room, Carson's work ethic and competitive drive were second to none. She pushed herself and her teammates to fully reach their potential in every training session. As a senior, Carson's best lifting numbers were hang clean 165 lbs., back squat 255 lbs., bench press 135lbs. Carson was an elementary education major. She also served as an assistant softball coach at Pella High School in 2021-2023. Since graduating, Carson has been employed as a first-grade teacher at Spring Creek Elementary School in Bonita Springs, Florida. ~Kyle Johnson

COLLEGE — SOFTBALL

Denison University

ANNABELLE CALDERON

Catcher

Senior

Annabelle Calderon has shown exceptional leadership throughout her four-year career as an athlete at Denison University. Over the course of her four-year career, she has shown as much improvement as any athlete that I have ever coached. She improved her hang clean max from 135 lbs to 175 lbs, her squat max from 155 lbs to 310 lbs, her bench press max from 110 lbs to 180 lbs and increased her pull ups from 0 her first year to 15 her senior year. In addition to her work as an athlete, she spent the past three years as an intern in our strength and conditioning department. Annabelle also completed summer strength and conditioning internships at both Miami University and Rutgers University. Her work in the weight room has mirrored her success on the softball field. A 2 time captain, Annabelle is a two time All North Coast Athletic Conference (NCAC) performer, a two time National Fast Pitch Coaches Association (NFCA) All Regional performer, and in 2024 was named the Diamond Sports/NFCA Catcher of the Year in addition to being the programs first NFCA First Team All American. She also set a single season record with 12 home runs in 2024. Her work ethic and leadership in the weight room will be difficult to replace. ~Beau Scott

Fairmont State University

ALYSSA MCCORMICK

Pitcher/Outfield

Sophomore

Alyssa McCormick, a sophomore from North Huntingdon, Pennsylvania, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Alyssa has embraced strength training and is very coachable. Her commitment to year-round training shows. Heading into her 2025 sophomore season she has PRs in the back squat of 295 lbs and deadlift of 245 lbs. Her work ethic shows on the field as well. Alyssa currently has a career ERA of .350, while also hitting a two-run homerun in her very first collegiate at bat during her freshman season. Her dedication and work ethic are also displayed in the classroom, where she has a 4.0 GPA as a business administration major. For her academic success, Alyssa was also listed on the all-conference academic teams. Our softball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Alyssa McCormick. ~Adam Kolberg

COLLEGE — SOFTBALL

Fort Hays State University

SAVANAH EGGER

Pitcher

Senior

Savanah Egger has been an outstanding pitcher for the Fort Hays State University Softball team. She is on the Conference Academic Honor Roll three times and twice an All-Conference selection as a pitcher. Over the past four years, Savanah has developed into a strong leader for her team and has set a standard of work ethic that reflects her determination, dedication and hard work as an athlete. Savanah has a tremendous drive to be the best she can be at everything. I believe her desire to be the best, increases the level of play/work of those around her. Savanah is a great young lady and will be an a positive influence to everything and everybody in future endeavors. ~Doug Boucher

Lewis & Clark College

MARI ALVAREZ

Catcher/Infielder

Senior

Over five seasons Mari has earned four straight NWC All-Conference honors, which has only been done two other times in softball's program history. She has been a staple of hard work and dedication to the college's strength and conditioning program. Alvarez's development over the years has put her among the program's all-time leaders in batting average, on-base percentage, walks, slugging percentage, and hits. Mari's work ethic transcends the weight room and field of play.

~Angela Dendas- Pleasant

Menlo College

BELLA CORTEZ

IF / UTL

Senior

Bella is a prime example of four years of dedicated sports performance development. It has been a pleasure to watch her break personal records each year in areas like the flying 10, hex bar deadlift, and force plate metrics. Always striving to improve through the resources available in sports performance, she is a true competitor and self-starter, making her well deserving of this award. ~Victor Brankovich

Menlo College

ALIYA LUBRIN

UTL

Senior

Athlete consistently shows the desire to improve and puts herself in the best position to do so. She goes above and beyond to make sure the non-negotiables are done and done well. Aliya does not need motivation to get better- she relies on disciplined action, exemplifying what it means to be a great athlete. ~Tatum Abram

COLLEGE — SOFTBALL

Newman University

TRAVIA SMITH

OF

Junior

Travia Smith is one of the hardest-working and most dedicated athletes in the weight room at Newman University. Despite juggling a demanding schedule with work, school, and softball, she consistently prioritizes her training. Travia isn't just one of our strongest athletes—she's also one of the most supportive teammates, always pushing and encouraging those around her. Even during breaks, she remained committed, making time to train, including a session on Christmas Day. Her discipline, work ethic, and leadership set a high standard for everyone in the program. ~David Akao

Pace University

ALEXA BORINO

Outfield

Senior

This All-Conference, All-Academic player has elevated herself in the weight room every year, never letting a challenge go unmet. She is committed to her training in the weight room and when she is home over summer. Alexa demonstrates incredible leadership bringing her team together and maintaining a positive attitude. ~Kristen Idalski

Portland State University

GRACE KIMBALL

Pitcher

Senior

Grace is a senior transfer who made an immediate impact in our weight room. She was a team leader in the weight room and has worked hard in the

weight room to help her pitching. She earned Big Sky Newcomer of the Year for her weight room efforts in 2024. She was also a All Big Sky selection in 2024. Her relentless work in the weight room has propelled her as a dominant pitching force. ~Frederick Fabian

Purdue University Fort Wayne

ALANAH JONES

RHP/OF

Junior

Alanah has demonstrated unwavering commitment to getting better and her ability to elevate not only herself but those around her as well. Every day she comes in she brings relentless effort, and is constantly striving to be better, refusing to settle for mediocrity. Her drive is contagious, and she pushes her teammates to work harder, creating a culture of accountability and perseverance amongst the team. Her dedication and ability to inspire others make her truly deserving of this recognition. ~Patrick Rawle

Saint Joseph's College of Maine

SYLVIA FOLEY

Infielder

Senior

Sylvia is a unquestionable nomination for us here at Saint Joseph's. Her progress from freshman year to now has been incredible and it came through an incredible effort of learning and hard work. She motivates her teammates each session and is a tremendous leader in the weightroom and on the field. Her commitment and consistency throughout her 4 years makes her a excellent candidate for this award. ~Jameson Collins

COLLEGE — SOFTBALL

Springfield College

TAYLOR FALOTICO

Junior

Taylor work incredibly hard all year, crushed several PRs, encouraged others, and lead by example
~Gregory Baker

University of Michigan

LAUREN DERKOWSKI

Pitcher

Senior

Lauren is currently a Pitcher for the University of Michigan Softball Team, playing in her senior season. Lauren is a two-time captain, and through 3 full seasons, has earned multiple accolades for her athletic and academic achievements. Lauren has grown tremendously during her career at Michigan, having more than quadrupled her innings pitched from freshman to sophomore year, and as a Junior, earning the Big Ten Tournament Most Outstanding Player enroute to the 2024 Big Ten Tournament Championship. Lauren's development has been methodical and diligent. As it related to her approach to strength and conditioning, she's far surpassed the minimum expectations set within the program, consistently seeking guidance on how to improve, and more importantly, executing with elite discipline. She plays a proactive role in her preparation, consistently asking questions and seeking deeper understanding for her and her teammates, while providing valuable insight into the state of the team at large. It has been a joy and privilege working alongside Lauren and helping guide her physical development as she pursues personal and team success. It is with great pleasure that I nominate her for this award. I look forward to

continuing to help her reach her goals as a student-athlete and beyond. ~Lew Porchiazzo

University of Providence

BRYNN CULLEN

Senior

Brynn consistently shows up every lift session ready to go. Her energy and personality make everyone smile and happier. She's fully bought into the training, and I appreciate all the hard work she's put in. The success on the softball field isn't a surprise since she gives it all she's got every lift. It's been such a joy watching her grow up inside the weight room and at UP. I'll always cherish our time together and wish you the best in your future endeavors.
~Lucky Lovan

University of Southern Maine

ELLA BEZANSON

Outfield

Junior

Has one of the top benches on the team. Overall had a very good fall test day setting several all time bests ~James Giroux

University of Southern Maine

ALANA DELISLE

Outfield

Junior

Consistently one of the strongest most powerful Huskies. Owns one of the top squats on the team
~James Giroux

COLLEGE — SOFTBALL

University of Southern Maine

OLIVIA LEVASSEUR

Infield/Outfield

Junior

Great motivator of teammates during workouts. Continues to improve each year. Has one of the top cleans on the team. ~James Giroux

University of Southern Maine

KENDALL MIGLIORINI

Infield

Junior

One of the strongest Huskies, has a 315 deadlift as well team leading bench. ~James Giroux

University of Southern Maine

MACKENZIE RENNER

Catcher

Junior

Has one of the top cleans on the team. Continues to improve power testing numbers. ~James Giroux

University of Southern Maine

KRISTINA YEBBA

Infield

Junior

Has made great strides in weight room recovering from an ACL. Had one of the top testing days on the team with bests in all lifts and power tests

~James Giroux

University of Wisconsin - La Crosse

LINDSAY STEIEN

Pitcher/Outfielder

Sophomore

Lindsay is the true definition of someone whose actions speak louder than their words. Lindsay is a quiet soul, but her work ethic speaks volumes. In the weight room, Lindsay has continually shown to me and her teammates that she is strong both physically and mentally. She is one of the first ones to put more weight on the bar (even if that means being told to, but she does it without complaint). She has been thrown into many different situations (and positions) on the field but has accepted any challenge without hesitation. These different positions have meant a wide variety of stats in the stat book. Some include having a batting average of .246 (at the time of this write up), and starting all 47 games she has played in. Outside of the softball field, practice facility, and weight room, Lindsay puts the same amount of work into her academics. She has achieved a cumulative GPA of 3.77 during her time at UW-La Crosse. Lindsay's steadfastness and ability to adapt will ultimately lead to many great things for her down the road both in the game of softball and in the game of life. ~Philip Whitesitt

COLLEGE — SOFTBALL

University of Wisconsin-Platteville

MORGAN BRUMMER

Outfielder

Junior

Morgan Brummer brings the characteristics of being an incredible leader in the weight room or any training space. Her attention to detail in everything she does leave no stone unturned. Her ability to process and implement coaching feedback is immense. Morgan leads with her actions during training session as she has always put 100% into every training session from late nights to early mornings. This has translated to her significant increase in strength, increased speed on the bases and quickened hands with her bat. Her hard work has directly translated to the diamond day in and day out. ~Kellen Bornbach

William Peace University

REAGAN STEWART

P/1B/OF

Senior

Reagan is a dedicated and hardworking athlete, fully committed to becoming the best student-athlete she can be. She is highly coachable and always eager to improve. As an athlete and a person, she is incredibly well-rounded. During the past offseason, Reagan achieved several personal bests, including improvements in her vertical jump, broad jump, front squat, and bench press. She also set a new school record with a 400-lb 1-rep max trap bar deadlift. I am extremely proud of Reagan for her relentless work ethic and determination over the past two years. This accomplishment is truly well-deserved. ~Rebecca Fraser

William Woods University

JESSICA KEILHOLZ

Utility

Senior

Jessica Keilholz has been a consistent and exemplary leader for the softball team in the weight room. She leads by example, providing a steady and reliable force for her teammates. ~Robert Jones



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — SPIRIT SQUAD

Converse University

SLOANE KINLEY

Sophomore

She is a leader during strength and conditioning sessions, with her team, and academically where she is a leader by helping with various school related events. ~Kevin Darlington

COLLEGE — SQUASH

Vassar College

KYLE BENSON

Junior

Kyle Benson is strong and dedicated. Kyle is in constant search of the next movement pattern to master to build upon his foundation of strength. His commitment to his training is what has built him into one of our strongest student-athletes cranking out hundreds of push-ups and deadlifting 550+ pounds. Kyle's diverse set of strength and commitment to his training is what sets him apart.

~Alice Read

COLLEGE — SWIMMING

Colorado College MILES NORDLING

Sophomore

Miles puts in extra effort into team lifts every time he comes. He encourages his teammates who are not comfortable with lifting to feel safe during weights. ~Lily Griffith

Duke University TATUM WALL

Junior

I am honored to nominate Tatum Wall for the NSCA Strength and Conditioning All American Award. Tatum exemplifies exceptional dedication, perseverance, and athleticism, consistently demonstrating a commitment to excellence both in the pool and in the weight room. Her work ethic, leadership, and performance make her a standout candidate for this prestigious recognition.

~Carl Christensen

Fairmont State University PATRICK FUBIO

Free / Backstroke

Senior

Patrick Fubio, a senior from Clarksburg, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men I have ever coached. As a captain on the swim team, Patrick is a fantastic all around leader. Patrick has been extremely consistent with his training, both in the weight room and in the pool. That consistency paid off once again this season, as he wrapped up his career with another historic season. At this years conference meet, he took home six all-MEC honors. Patrick will also finish his career with five home pool records and two school relay

records. Patrick's work ethic and dedication as a student-athlete also carry into the classroom, where he currently has a 3.77 GPA, and has been honored on multiple all-conference academic teams, as well as being a member of the 2023-24 CSCAA Scholar All-America team. Patrick also represents the swim team as part of the SAAC. ~Adam Kolberg

Fresno Pacific University LAUREN MCGOWAN

Senior

Lauren McGowan has been named an All-American Strength and Conditioning Athlete of the Year, a well-deserved recognition of her dedication, hard work, and commitment to excellence. From her freshman year to now, I have witnessed her tremendous growth in the weight room, consistently improving her lifts and overall performance. What sets Lauren apart is not just her physical progress but her coachability and relentless winning attitude. She approaches every training session with determination and positivity, making it a joy to coach her. Her work ethic and mindset exemplify what it means to be a true competitor, and this honor is a testament to her efforts.

~Whitney Leyva

COLLEGE — SWIMMING

Mckendree University

JACKSON LUSTIG

Senior

Jackson Lustig's unwavering commitment to training and relentless work ethic have been pivotal in his journey to becoming a 4x Conference Champion and multiple-time NCAA Champion. His dedication to excellence in the weight room and his ability to consistently push his physical and mental limits have set him apart as one of the most disciplined and focused athletes in his sport. Jackson's strength and conditioning have been integral to his performance, allowing him to dominate his competition with a combination of power, speed, and endurance. His tireless approach to training, day in and day out, has been a cornerstone of his success. Beyond his impressive athletic accomplishments, Jackson has embodied the true spirit of hard work and perseverance, inspiring those around him. His passion for training, paired with a relentless pursuit of improvement, has made him a standout leader both on and off the competition floor. Jackson's commitment to excellence in every aspect of his preparation has not only led to remarkable individual achievements but also has positively impacted his team's success. For his extraordinary dedication and exceptional results, Jackson Lustig is more than deserving of the NSCA All-American Award. ~Mawusi Amos

Minnesota State University, Mankato

ABBY GRONHOLZ

Sprint Free/Back

Senior

Abby has shown tremendous effort in all aspects of being a student-athlete. She uses her performance in the weight room to drive success in the pool. Her hard work has won multiple NSIC championships and NCAA All-American honors. She is also successful in the classroom, being named to the NSIC All-Academic Team. Her drive to excel will lead her to great success in the future. ~Andrew Stocks

Southern Methodist University

JOE RUSNOCK

Breaststroke

Senior

Athlete exemplifies dedication, leadership, effort, and determination in all training sessions. ~Peter Kenn

Springfield College

JONATHAN CHAN

Free, Fly

Senior

Jonathan lead by example and gave is all every time he stepped into thw weight room. He showed unmatched dedication and was truly a leader to the program ~Gregory Baker

Springfield College

KAY SHEN

Sprint Free

Senior

Kay ave her all in lift, helped build a team culture in the weight room, and gave her best effort to get the most out of her training ~Gregory Baker

COLLEGE — SWIMMING

University of Wisconsin - La Crosse

AUTUMN SEEBACH

Backstroke/Individual Medley

Senior

Autumn's dedication to her strength training has helped her develop into one of the top swimmers in the WIAC. She has shown a lot of progression in her strength and power and is constantly willing to challenge herself to improve. Her leadership has helped build a culture on her team where strength and conditioning matter. Autumn's dedication to quality training has paid off this year. She swam her way to four podium appearances at the WIAC championships. She was 3rd in the 200-yard individual medley, 2nd in the 200-yard backstroke, 2nd in the 100-yard backstroke, and 2nd as part of the 800-yard freestyle relay. In the prelims at the championship meet, she posted the fastest time in the conference in the 200-yard backstroke. Autumn is majoring in Biology with a Biomedical Science concentration. She also has minors in Chemistry, Neuroscience, and Spanish. With her incredible academic load and dedication to training, Autumn has achieved a 3.96 cumulative grade point average.

~Philip Whitesitt

COLLEGE — TENNIS

Bradley University

ANNA BELOGLIADOVA

Junior

Anna Belogliadova, a tennis athlete from St. Petersburg, Russia, came to Bradley University to pursue both her athletic and academic dreams. She has shown her excellence on the court while maintaining a strong academic standing. Anna has secured her spot as Bradley's top tennis player for over 2 years, as well as a spot on the Bradley Athletic Director's Honor Roll in Fall 2022 and recognition as an MVC Second Team All-Scholar Athlete for the 2023-2024 season. Anna comes in every day with a smile bigger than herself, calling herself an "invasive species" as she pushes to go beyond the standard. She leads by example, actively listens, does everything from the warmup to the cooldown with intent, and makes the most of her resources. Even when injuries arise, she finds any possible way to keep working and embraces every challenge with the same smile she had before. Beyond tennis, her strength speaks for itself benching 135, deadlifting 345, and squatting 235 pounds. Her dedication, leadership, and unstoppable mindset make her a true force to be reckoned with. ~Angela Galgano

Brandeis University

DYLAN WALTERS

Senior

Dylan has become an outstanding leader in the weight room, setting an example for his younger teammates. He treats every session as an opportunity to get better and values the relationship between his work in the weight room and the payoff on the court. Dylan has pushed his teammates to work hard and has put in extra work all year. Great job, Dylan! ~Kaitlin Carson

Clemson University

SOPHIA HATTON

Senior

Sophia Hatton is the definition of an S&C All-American and what it means to be a Clemson Tiger. She has dedicated countless hours into becoming the best version of herself throughout her years here. She has become an outstanding leader for a young team and continues to push them to be better. I couldn't think of anyone else who deserves this award more than her. ~Stacie Morris

Colorado College

NICK ANDERSON

Junior

Nick has helped change the culture of the tennis team during team lifts. He leads his team to putting forward the effort in the weight room that is needed for improving on the court. ~Lily Griffith

Colorado College

AMELIA KARR

Freshman

Amelia is an amazing addition to the tennis team's culture. She has made the weight room a positive place to grow for the rest of the women's tennis team ~Lily Griffith

COLLEGE — TENNIS

Concordia University, Nebraska.

TESSA BLOUGH

Senior

Concordia University, Nebraska junior Tessa Blough has earned high distinction from the Intercollegiate Tennis Association (ITA) for her leadership, sportsmanship, and dedication to the game. A native of Cody, Wyo., Blough was named the 2024 ITA NAIA National Arthur Ashe Leadership & Sportsmanship Award Winner, as well as the Central Regional Arthur Ashe Leadership & Sportsmanship Award Winner. Her commitment to excellence extends beyond competition, as she has also been recognized as a 2024 NAIA Scholar-Athlete and a 2023 NAIA Scholar-Athlete, showcasing her dedication both on and off the court. She has been a key contributor for Concordia Tennis, earning 2024 All-GPAC Honorable Mention in doubles and 2022 All-GPAC honors in doubles and Honorable Mention in singles. Blough's success is a direct reflection of her tireless work ethic—whether she's sharpening her skills on the court or pushing herself in the weight room, she consistently strives to improve. Her commitment to strength training and conditioning has allowed her to elevate her game, building the endurance and power necessary to compete at a high level. Known for her relentless drive, she embodies the spirit of a dedicated athlete, always pushing her limits to reach new heights. ~Chevy Stout

Converse University

KHUSHI KHARB

#1 Singles

Junior

Khushi is not only a great athlete, but she's an incredible person too, who is always very willing to learn. She is also very gifted academically and has a very strong work ethic on and off the tennis court. She is currently our winningest tennis athlete for our women's tennis program, and she loves putting in work in the strength facility and her work ethic runs off on her teammates. ~Kevin Darlington

Converse University

LEOPOLD MOREL

#4 Singles

Senior

Leo is an extremely hard worker, loves the weight room, is a great leader on and off the tennis court, has very solid academics, and is a great pleasure to coach. He's very big on getting both his tennis technique and his weightroom techniques near perfect, which is why he's very successful. ~Kevin Darlington

Duke University

ELLIE COLEMAN

Senior

Ellie Coleman is a prime example of hard work. She is incredibly coachable, pays attention to detail, and will put in the effort needed to get better. She is a leader in and out of the weight room, and does so by example. I am proud to nominate Ellie Coleman as NSCA All-American. ~Jordan Bar

COLLEGE — TENNIS

Fairmont State University

ALEX STACY

Senior

Alex Stacy, a senior from Charleston, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Alex has been extremely consistent with his training, both in the weight room and on the court. Alex has PRs on the bench press at 235 lbs, back squat at 365 lbs, and deadlift at 365 lbs. Alex's role has grown on the court as he enters this season competing in both singles and doubles matches. He is equally as dedicated in the classroom, where he currently has a GPA of 3.54, while majoring in business administration. He has been named to multiple MEC all-academic teams and the ITA all-academic team during his career. Our tennis program, strength & conditioning program and entire athletic department are all better because of student-athletes like Alex Stacy.

~Adam Kolberg

Fresno Pacific University

PABLO ZUBIETA

Senior

Pablo Zubieta has been recognized as an All-American Strength and Conditioning Athlete of the Year, a testament to his relentless work ethic and dedication. He is one of the hardest workers in the weight room, always pushing himself to improve and set new standards. His commitment was evident this past summer when he put in the extra work to ensure he was prepared for the 2024-25 season. Pablo's discipline and drive make him a standout athlete, and his efforts have not gone unnoticed. This honor reflects the countless hours

he has invested in his development, proving that hard work truly pays off. ~Whitney Leyva

Lewis & Clark College

MATT CHIO

Senior

Over four seasons Matt has earned multiple NWC Scholar-Athlete honors, all while leading the team in wins the past two seasons. He has been a staple of hard work and dedication to the college's strength and conditioning program. Matt's work ethic transcends the weight room and the court of play. ~Angela Dendas- Pleasant

Springfield College

NATALIA PEYON

Sophomore

Natalia is an incredibly hard worker and always seeks out ways to challenge herself and increase her abilities. She leads her teammates through example and betters those around her. ~McKenna Wells

Springfield College

ZACH TAUB

Senior

Zach always brings 100% to the weight room. He leads his team by example and challenges those around him through his energy and commitment. ~McKenna Wells

COLLEGE — TENNIS

University of Wisconsin-Whitewater

ANDREW DUMBAULD

Junior

Andrew is a hard worker, great communicator and gets the most out of every practice opportunity and workout session. He is successful on the court and classroom because of his leadership ability and work ethic. ~Lee Munger

Washington and Lee University

MEAGAN DONOVAN

Singles/Doubles Player

Senior

Meagan Donovan has been a standout in the weight room for over the past two years. She understands that improving her strength, conditioning, and rotational power will translate to her on-court performance. Because of her strong leadership skills, her influence has motivated her teammates to strive for excellence. Just her attitude alone has helped to ensure that with every training session, she has not only improved herself but her teammates as well. She accomplishes this by consistently setting the tone for hard work and accountability in the weight room. Not only does she strive for excellence on the court and in the weight room, but she is exceptional in the classroom as well. She has earned All-Academic awards for the conference our school competes in, as well as receiving recognition by the ITA, being named an ITA Scholar-Athlete. Meagan's dedication to her team's success and her commitment to strength and conditioning make her extremely deserving of this award. ~Catherine Rossi

William Woods University

HANNA LINDEBOOM

Senior

Hanna Lindeboom's four years on the tennis team have been marked by significant growth in dedication and work ethic. She's become a valuable leader, inspiring her teammates both through her personal example and her encouraging spirit. ~Robert Jones

William Woods University

PHILLIP LUCAS

Senior

Phillip Lucas brought consistent dedication to the men's tennis team, solidifying his role as a vital voice during workouts. His resilience and successful recovery from injury further highlight his commitment. ~Robert Jones

COLLEGE — TRACK AND FIELD

Cal Poly Humboldt

JOSEPH GONZALEZ

Throws

Sophomore

Joseph is the strongest male athlete we have on campus. He is one of the most consistent and dedicated lifters we have on our entire campus and it shows in his numbers in the weight room and in his events. His technique is fantastic and he continues to get stronger every year.

~Anthony Ratto

California State University Bakersfield

THOMAS RICHARDSON

Thrower

Senior

Thomas has been a great example of what a dedicated athlete in the weight room can achieve. Throughout his time at Cal State Bakersfield he has accumulated weight room bests of; 286lbs on the power snatch, a 400lb power clean, 600lb back squat, 500lb front squat, and 485lb bench press. These outstanding weight room numbers have led to PRs in the Hammer Throw of 194ft and 56ft 3in in the Shot Putt. Thomas was able to get on the podium with a second-place finish in Shot Putt during the 2023 season. Not only is Thomas an excellent athlete but as a student he has amassed a 3.43 cumulative GPA and is on pace to graduate with his Master's degree at the end of this season.

~Jonathan Wall

California State University Bakersfield

JAVIER TORO

Throws

Senior

Javier has been an outstanding example of what it means to be a student-athlete and has used the weight room to his full advantage to catapult himself to athletic success. His weight room best include; a 264lb power snatch, a 352lb power clean, a 600lb back squat, 485lb front squat, and a 465lb bench press. This weight room numbers have helped him succeed in the ring, with current PRs of 208ft 8in in the Hammer Throw and 55ft 8.5in in the Shot Putt. These marks allowed him to qualify for the NCAA West Regionals as a Junior. He will look to build upon that success going into his Senior year. As a student he has been excellent, with a cumulative GPA of 3.55 which shows his dedication to not only his sport but also his dedication to his academics. ~Samuel Findley

Colorado College

EASTON CAPSER

Thrower

Freshman

Easton brings a level of energy and drive to our weight room that all of our other athletes feed off of. He is constantly pushing himself and those around him. ~Derek Savage

COLLEGE — TRACK AND FIELD

Colorado College

ALINA MIRANDA

Sprinter

Sophomore

Alina has several attributes that qualify her for this nomination. Alina is a lead by example type of person. Whether that is from her work ethic, positive attitude, determination to execute exercises with intent, or her thought provoking questions, Alina is always giving it her all. She is seeing lifetime PR's in her sport and I believe it is due to her excellent work ethic. Nobody deserves this award more. ~Derek Savage

Converse University

ZEPHANIAH COX

Sprints

Senior

Zephaniah does an incredible job in the strength facility. He demonstrates near impeccable form on very heavy hang cleans as well as squats. Everything he does is wide open including his speed sessions during track practice. He very recently became the conference Carolinas 60 m indoor track champion. He puts in great work and always gets great results. ~Kevin Darlington

Converse University

ESEOSE OKODUWA

Sprints

Senior

Eseose is one of our top performers for our Women's Track Program and is very successful during both indoor and outdoor track seasons. She takes an incredible work ethic to the track everyday, and then brings that same energy to our evening strength session in the strength facility. She's never

happy until her form is impeccable on the track and in the strength facility, which is a big reason for her success. ~Kevin Darlington

Maryville University

MALLORIE METZGER

Mid-Distance

Sophomore

Mallorie never misses a chance to put in work, she is the first to the weight room and last to leave. She does extra sessions on her own, is always setting a good example for teammates, does not let injuries stop her progress, and her results show it! ~Mitchel Schwartzman

Rochester Institute of Technology

JOSH AULER

Thrower

Senior

Josh's dedication to his physical preparation is commendable, as it shows his commitment to personal growth and improvement. His enthusiasm for demonstrating strength not only reflects his own drive but serves as motivation for his teammates. Josh's proactive approach to injury prevention, providing feedback, and sharing new ideas for the program highlights his collaborative spirit and his desire to contribute positively to his team's success. ~Ryan Kelly

COLLEGE — TRACK AND FIELD

Rochester Institute of Technology

CAROLINE HILL

Sprints

Senior

Caroline's confidence, energy and enthusiasm for her training and preparation have resulted in great success both in the weight room and on the track. Caroline currently holds records for our female athletes in the Front Squat (225), Bench Press (170), Hang Clean (160) and Chinups (14). Meanwhile, she consistently sets Atlantic Regional Qualifying times in the 200, 400 and relay events. Her dedication to strength and conditioning does not go unnoticed. ~Ryan Kelly

Smith College

SOFIA JURUSZ

Middle Distance/Distance

Sophomore

Since the first day working with Sofia, she has stood out as a leader in the weight room. She is always the first one to show up with a smile, cheer on her teammates and push the other people in her group. On the cross country course and on the track, she has made incredible strides in her first two seasons at Smith with several PR's, most recently in the indoor mile and 800m. Sofia's potential is unlimited, due to her drive, intensity and mindset. She is so easy to coach because she is thoughtful, driven and curious. She wants to know why she's doing something, how it will affect her racing and how she can get better at it. Sofia is the definition of leading by example, and it is an honor to nominate her for this award. ~Catherine Winstanley

South Dakota School of Mines

ABBY KRUMPUS

Senior

Abby Krumpus is recognized as Female Strength and Conditioning Athlete of the Year, not merely for her physical strength, but for her transformative leadership. She elevates team performance through her own dedication and empowers future athletes with her mentorship. Her ability to consistently excel and inspire, coupled with her unwavering commitment, makes her an outstanding example of the qualities this award represents. ~Garrett Snook

Southern Methodist University

KIRIN CHACCHIA

Sprints/Hurdles

Sophomore

Athlete exemplifies dedication, effort, and determination in all training sessions. ~Peter Kenn

Springfield College

MICHAEL ANDERSON

Sprints/Hurdles

Sophomore

Mike shows an incredible interest in what we are doing in the weight room. He loves to learn about the training process and works harder than anyone else. He is an incredibly driven individual with a focus on his track goals. He has experienced great carryover from the weight room to the track this year. ~Griffin Weidler

COLLEGE — TRACK AND FIELD

Springfield College SUMMER SOBIESKI

Jumps Sophomore

Summer has experienced so much growth in the weight room this year and has seen the direct translation to her jumping events. She is very determined and works very hard, but also knows how to have fun while doing so. ~Griffin Weidler

Springfield College KATELYNN TAYLOR

Thrower Senior

Katelynn is one of the hardest working athletes I have encountered in my 30+ years as a strength and conditioning coach. She takes advantage of every opportunity to become a better athlete. Katelynn is a role model for her teammates, leading by example inside and outside of the weight room with her great character, personality, and work ethic.

~Brian Thompson

University of Connecticut TRAVIS ROUX

Thrower Senior

Regarding results in the weight room, they were always there for Travis. Throughout his entire career here at UConn, he has always been amongst the best on the team both in absolute and relative standards. This is not surprising since Travis is gifted physically, and when that is combined with an incredibly impressive work ethic, it typically yields great results. Wildly enough, the other half of the equation with Travis is even more impressive. The passion and energy that he has for training and what he brings to the weight room for his teammates is unmatched. The INTENSITY that he trains with while also giving the

same amount to his teammates, is amazing. Travis produces, leads, and supports. He embodies & exemplifies all of the character traits we preach about as coaches. There may be some as deserving, but I don't believe there are any more deserving for this recognition than Travis Roux. ~Michael Rozzi

University of Michigan BREEANA BATES

Sprinter Senior

Bree Bates is the school record holder for the 60-Meter Dash and a member of the school record fastest 4x100m team. During the 2024 Indoor season, Bates suffered a foot injury that sidelined her for her entire Outdoor 2024 season. This injury kept Bates off of the track for all of Fall 2024 and the beginning of the 2025 Indoor season. During this time, Bates spent most of her time in the weight room, going through modified strength training sessions and grueling cross training/cardio sessions. There were times where Bates was not sure that she would be able to sprint not only for Michigan again, but later in life post college. Bates continued to work hard in the weight room and eventually was able to return to running like activity. In February 2025, Bates was able to sprint for Michigan in the 60 Meter Dash and advanced to the finals of the Michigan Invitational. It was her first race in nearly a year. All of her hard work finally paid off. Throughout her recovery, Bates was positive and had a great attitude and her resilient story encouraged many of her teammates. As a Coach, seeing Bates run again was a great moment and a story that I will definitely tell my future athletes. ~Layne Phillips

COLLEGE — TRACK AND FIELD

University of North Carolina at Pembroke

GARY PARKER

Throws

Sophomore

Gary is the ultimate teammate. Not only does he an incredible job in the weight room but he constantly elevates his teammates during training. Gary has fully bought into the weight room which allowed him to break the school squat record and place first in weight throw at conference. ~Cory Minnie

University of Providence

ADAM CEARLEY

Thrower

Senior

Adam has made huge strides in his performance and training over the past couple of years. I appreciate his coachability and willingness to take feedback from me even when he didn't want to hear it. He totally reconstructed every lift and has seen huge gains since then. He's one of the most consistent and hardest working athletes on the throws squad. I'm very proud to coach athletes like him who always has a positive spirit and smile no matter the circumstances. ~Lucky Lovan

University of Providence

TATIANA MARTINEZ

Thrower

Senior

Tatiana is one of the most dedicated student-athletes I've ever coached. She's the glue that hold the team together. Her personality, work ethic, maturity and performance set the foundation for the team. She not only excels as one of the top throwers in NAIA, but she's a phenomenal teammate and student in the criminal justice

program. She's highly motivated person that leads by example and pushes those around her to be great. ~Lucky Lovan

University of Southern Maine

WILL CARROLTON

Throws

Senior

Has greatly improved cleans. Power improvement has helped him add 12-15' to his discus throw. ~James Giroux

University of Southern Maine

CYRUS EVANS

Mid Distance

Junior

Has committed himself to strength training this year. Big improvements in times for all distances. ~James Giroux

University of Southern Maine

JAKE JACKSON

Jumps/Throws

Senior

Had one the top track team power cleans during testing this fall. Has had best long & high jumps of career during indoor season. ~James Giroux

University of Southern Maine

JACK PECORARA

Mid Distance

Senior

Has added a layer of strength to his speed. Expecting fast times during outdoor track & field. ~James Giroux

COLLEGE — TRACK AND FIELD

University of Wisconsin - La Crosse

LOGAN POWERS

Throws

Senior

Logan is an inquisitive individual who loves asking questions about how to help him improve his strength, power, and ability to throw. As his academic career progresses in exercise science, his knowledge is being applied to his training. This fall, Logan was challenged with making adjustments to the thrower's strength and conditioning programs. He accepted the challenge and brought some excellent ideas that have been incorporated into the plan. Logan is always aware of his technique in the strength center and works to adjust and improve his performance. He has improved all his lifts immensely over the past several years. Logan has personal bests of 18.12 meters in the 35-pound weight throw and 56.51 meters in the hammer throw. He is currently ranked top 30 in the NCAA and top 3 in the WIAC. He is an ESS major on the Fitness track and has a cumulative grade point average of 3.160. His dedication to training is seen by his teammates and coaches. ~Philip Whitesitt

University of Wisconsin - La Crosse

MADI VANDER SANDEN

Throws

Sophomore

Madi has shown incredible growth in her second year at UW-La Crosse. She spent the summer months training hard to improve her strength and power. During the fall training period, Madi took an additional interest in helping develop the strength training plans for the throws squad. She showed critical thinking skills and brought some excellent ideas to improve their training plans. Through the development of the programs, she also took on a greater leadership role within her event group. She used her knowledge of the purpose of the training programs to help motivate and

coach her teammates. Her drive to succeed was especially evident when an injury set her back this year. She put additional focus on doing the training she could do and has come out stronger than ever. Madi is a 2-time NCAA Qualifier in the shot put and is currently ranked in the top 25 for NCAA DIII shot put. She is also ranked fourth in the WIAC. Madi is an Exercise Sports Science major with a minor in photography. She currently has a 3.27 cumulative grade point average. Her dedication to improving herself is noticed and appreciated by her teammates and coaches. ~Philip Whitesitt

University of Wisconsin - Platteville

LAURA WEAVER

Throws

Sophomore

Laura's college journey has been one of dedication and remarkable growth. As a freshman, she was still developing as a thrower but showed great potential if she committed to honing her craft. Over the summer between her freshman and sophomore years, she put in the work—focusing intensely on technical throwing practice and rigorous summer workouts. When she returned in the fall, her efforts were evident, setting new personal records both in the weight room and in competition. She has carried that momentum into the indoor season, and as a sophomore, she now holds the fifth-farthest weight throw in school history. She has achieved all of this while excelling in her demanding Mechanical Engineering degree. Laura has an incredibly high ceiling and deserves recognition for taking control of her development and accelerating her potential. ~Conor Cantwell

COLLEGE — TRACK AND FIELD

University of Wisconsin-Platteville

ANDREW CUNNINGHAM

Throws

Senior

Andrew is an exceptional athlete and student who has dedicated himself to his training and been a leader within the group while also undertaking a challenge engineering degree. He leads the group and pushes everyone to be better in the weight room. ~Conor Cantwell

University of Wisconsin-Platteville

LEAH DIGMANN

Middle Distance

Junior

Leah has brought the traits of a strong leader in the weight room from day 1. Her dedication, attention to details, and hard work has helped her improve her times significantly. She leads both with her actions and her voice while being respected by her teammates. She is the leader that you can count on day in and day out in so many ways. Her smile brings energy to the room every day! ~Kellen Bornbach

University of Wisconsin-Platteville

DANIEL INYANG

60m Dash / High Jump

Senior

Daniel has been the model of consistency in the weight room with his training. Having battled through significant injuries in his career, he has come to the weight room prepared to make himself better no matter the circumstances. His dedication has seen him return and exceed his performances on the track. Daniel's leadership is that of one you can lean on and trust to instill that in his teammates. ~Kellen Bornbach

Vassar College

FAYE STEVENS

Multis

Senior

Faye Stevens is powerful and perseverant. Faye has overcome obstacles big and small to build strength from the ground up. If the weight room is open... she is there building the blocks of strength, mobility and power needed to perform on the track. In addition to her impressive commitment, she is also an energetic and passionate leader in the weight room motivating both teammates and fellow Brewers alike. ~Alice Read

Washington and Lee University

ASHLEY D'AMBROSIA

Pole Vault/Sprints

Senior

2024 NCAA Outdoor National Championship qualifier in the pole vault. Top vaulter in South Region both indoor and outdoor for 2024. Multiple time All-ODAC/Champion in pole vault. Has program record for both indoor and outdoor pole vault, along with being a part of the 4x100m relay school record. On program's top ten list for 60m dash and indoor 200m dash. ~Aron Gibson

Washington and Lee University

GEORGE MARABLE

Hurdles/Sprints

Senior

Multiple time All-ODAC honoree in hurdles. All-Region in 400m hurdles in 2024. Currently top 5 in program history for the 60m hurdles, 110m hurdles, 400m hurdles. ~Aron Gibson

COLLEGE — TRACK AND FIELD

Westfield State University

ELIZA LEE

Sprints/Jumps

Junior

Eliza has been a consistent hard worker every day she is at practice or in the weight room. She encourages new challenges and is determined to accomplish them. She brightens up the room with her positivity and leadership. ~Tucker Bachand

William Woods University

EMMA CLIFFORD

Distance

Senior

Emma Clifford's four years of unwavering dedication culminated in a transformative track season. Her "buy-in" attitude, relentless hard work, and consistent encouragement of her teammates fueled her personal bests (PRs) and a historic achievement: her first individual All-Conference honor. ~Robert Jones

William Woods University

IAN SCHWIERJOHN

Distance

Senior

Ian Schwierjohn has demonstrated an unparalleled commitment to strength and conditioning. I've witnessed a remarkable transformation in their approach to training and their impact on our team's culture. Their dedication extends beyond personal improvement; they consistently encourage and motivate their teammates, fostering a positive and competitive training environment. ~Robert Jones

Wright State University

MEREDITH GOECKE

Multis

Junior

Meredith has improved tremendously in her years here. She has overcome a lot of obstacles injury wise. She persisted through those injuries and has put in extra work to be successful this year.

~Alyssa Crusey

College — Volleyball

CARD Sports Performance | Ohio University

DARBI RICKETTS

OH/DS

Freshman

Darbi is the perfect example of the result of hard work paying off. Darbi has been busy perfecting her craft during her entire high school career, with countless hours spent in the weight room. That hard work culminated in committing to Ohio University where she found herself making an impact day one and inserting herself into her team's rotation. Her hours in the weight room never went unnoticed and helped lay the foundation for where she is now today. ~Connor Hanson

Colorado College

JULIA REUSCH

Sophomore

Julia exemplifies several of the characteristics that we look for in someone who deserves this award. She consistently has a phenomenal work ethic, always comes in with a positive attitude and positive body language, and is a big contributor to pushing the girls around her. Due to her hard work and determination, she is seeing improvements on the court and helping the team gain more success. ~Derek Savage

Fairmont State University

BAYLIE OSTVIG

Outside Hitter

Junior

Baylie Ostvig, a junior from Fredricksburg, Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Baylie is an extremely hard worker and helps to motivate her teammates, while leading by example on the court and in the weight room. During her junior season, as an outside hitter, Baylie was third in the conference in both kills (413) and average points per set (3.96). Baylie is also a leader in the classroom and currently carries a 3.85 GPA, while majoring in architecture. Throughout her career, Baylie has been recognized on multiple MEC all-academic teams and the 2024 CSC academic all-district team. Our volleyball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Baylie Ostvig. ~Adam Kolberg

Maryville University

CADEN KLINGBEIL

Opposite Hitter

Senior

Caden consistently pushes himself and his teammates in the weight room. His ability to raise the barbell with heavy weights on it helps 'raise the bar' for his whole team. Athletes like Caden help make our entire Maryville University campus better. ~Mitchel Schwartzman

College — Volleyball

McKendree University

COLLEEN PREUSSER

RS

Senior

Colleen is the definition of a true leader. Her dedication to her craft is evident in her daily commitment to the weight room, where she consistently sets the tone for her teammates. Her strong work ethic and high standards inspire those around her, creating a culture of excellence within the team. Despite facing significant injuries, Colleen's determination never wavered; instead, each setback fueled her drive to come back stronger. Her resilience has not only led to her personal success but has also been a key factor in the team's achievements, proving that leadership goes beyond just performance. -SG ~Tyler Aulbur

Menlo College

WOJTEK NOWAK

Outside Hitter

Sophomore

Wojtek sets the standard for his team in the weightroom. He values the guidance he receives from coaches and is eager to put his energy towards personal improvement. Wojtek is in constant communication with the coaching staff to ensure that he gets the most out of his training both in-season and out. As an international player, training over break can be a challenge, but his ability to hold himself accountable is second to none.

~Tatum Abram

Minnesota State University-Mankato

EMMA LOVEALL

Outside Hitter

Senior

Emma bought in fully to the training system here on campus and used it to her advantage. She always came in with a positive mindset and put her best foot forward when it came to training every day. She pushed herself to be the strongest and most powerful version of herself that would then help translate to her performance on the Volleyball Court. She was a joy to have around in the weight room during her time on campus! ~Samuel Lee

Missouri S&T

ANNIE ARAND

Setter

Junior

Annie has dealt with hip problems ever since she arrived to campus. She has hip surgery, but has always found a way to push as hard as she is capable of. She is finally healthy, and her weight room abilities are coming through. She is the team leader, and will help push the rest of the girls to their potentials. ~David Edwards

College — Volleyball

Morningside University

SYDNEY MARLOW

Outside Hitter

Senior

Sydney is a very talented and hard-working athlete. She has always brought a great attitude to the weight room, along with being very coachable and holding herself and her teammates accountable. Her hard work has led to great success on the court, as she was voted first team all-conference (GPAC) the last two seasons, as well as being named honorable mention all-region from the AVCA. Her hard work was shown in the classroom, as well, as she was named to the 2024 CSC Academic All-District list. ~Zachary Schroeder

Pace University

GEORGETTE COSENTINO

Various

Senior

Georgette is a leader in the weight room, constantly challenging herself while encouraging and setting an example for her teammates. She also excels in the classroom with a cumulative gpa of 3.98.

~Kristen Idalski

Point University

AVA CLAY

RS/DS

Senior

Ava Clay exemplifies what it means to be a servant leader, consistently putting in the work to elevate both herself and those around her. She fully embraces the strength and conditioning program, focusing on technical aspects and continual improvement in every lift. ~Bradley Bonner

Saint Joseph's College of Maine

ALLISON MCMULLEN

Defensive Specialist

Senior

Allison has been a consistent part of the Volleyball strength and conditioning program since arriving on campus. She is one of the strongest ladies on her team and is always trying to push herself to new heights. Allison is more than deserving for this award. ~Jameson Collins

South Dakota School of Mines

HANNAH BENES

Libero

Junior

Hannah Benes embodies dedication in performance training. Her consistent commitment sets a powerful example for her team. She actively shapes their development, leading with both her actions and her voice, pushing them to achieve year-round growth and fueling the program's success. Hannah's drive will propel her forward, not just in strength and conditioning, but in every aspect of her leadership. ~Benjamin Servais

Springfield College

RICHARD EBER

OH

Junior

This athlete pushes themselves more than any other athlete. He shows a genuine love for the weight room and displays impressive levels of strength with a 705lbs trap bar deadlift and a greater than 300lbs hang clean. ~Griffin Weidler

College — Volleyball

Texas Woman's University

KIANA REED

Setter

Junior

Kiana has been a consistent worker since I've known her. She is always pushing herself in the weight room, asking for additional work and coming in during volunteer periods in order to improve and be the best athlete she can be. She has grown in the years that I have worked with her and has become one of the strongest athletes on her team and solidified herself as one to beat in the weight room. She has also played a key role in the success of the team on the court, playing in 113 sets in the 2024 season where the volleyball team made the Regional Tournament for the first time since 2015. Kiana has been an absolute joy to work with and provided an outstanding example for her team and the athletic department. ~Delaney Baxendale

Trinity College

JULIA TORRE

DS

Senior

She has been dialed in for 4 years and has always gave her best. ~William DeLongis

Trinity Western University

DEVIN HOFKINK

Middle

Senior

Devin is exactly what we look for in a Spartan Athlete. He is someone who is a fierce competitor, an incredible supportive teammates, someone who is consistent in the weight room, and not afraid of hard work. Over his time in Sparta, Devin has shown tremendous character in doing his best to work hard, hold the highest standard around, and just keep being himself through it all. Hard not to love coaching a guy like that. Loved by all, respected by all- a true Spartan. ~Cole Hergott

University of Providence

SADIE GILES

Junior

Sadie is a model of consistency and leadership. She embraces the grind and is never afraid to lead. She helps her team be better by the way she carries herself every day and hard work ethic. In the weight room, she is extremely focused and driven. During conditioning, she's always in the front of the pack leading all her teammates. The mentality of the team has instantly shifted ever since she's returned. That speaks on how important her presence is. She's the foundation of the team and is one of the people to look for when times get tough. I'm very proud of her commitment and sacrifice to the volleyball program. Thank you for being a standout athlete and most importantly one of the sweetest people. ~Lucky Lovan

College — Volleyball

University of Wisconsin - La Crosse

REESE YOCUM

Outside Hitter

Junior

Reese has put a lot of effort into improving her strength and power every day she comes in to lift. She has improved all her strength numbers and continues to see her vertical jump get better. This season, Reese played in 26 matches and recorded 172 kills resulting in a 1.93 average per set. Reese is majoring in Psychology and minoring in Nutrition. She has a cumulative grade point average of 3.050. Reese continues to bring her best during off-season training. She is a strong leader on the volleyball team and will be a major factor in helping her team get better this upcoming season. ~Philip Whitesitt

University of Wisconsin-Platteville

KIERNEY MCDONALD

Middle Blocker

Junior

Kierney embodies all the characteristics that make her a leader in the weight room with UW-Platteville Volleyball. Her dedication, attention to detail, ability to absorb and process coaching has led her to transforming herself in the weight room. Her vertical jump has gone up greatly, her strength increased drastically, and time to change direction has shrunk. Her growth over the last 3 years has shown as she translated in helping the Pioneers reach a program record tying sweet 16 in the 2024 NCAA Tournament and being selected as an NCAA All-Region Tournament Team, AVCA Honorable Mention All-American and season long team captain. ~Kellen Bornbach

Vassar College

REBECCA GUTIERREZ

Middle Blocker

Junior

Rebecca Gutierrez is driven and disciplined. Rebecca's commitment to the weight room throughout the year has built her strength and power to the next level. She is explosively hang cleaning one set then crushing chin-ups the next. Her versatile ability and constituency allow her to lead by example for her teammates and fellow Brewers. It is this combination of strength, power, and consistency that sets her apart. ~Alice Read

Washington and Lee University

MADDIE WELLER

OH

Senior

Maddie is a two-time team captain, honored with the role by her teammates for her outstanding leadership and commitment. She is trusted and respected, consistently leading by example both on and off the court. Maddie has embraced the process of performance, and her leadership role, bringing out the best in herself and those around her.

~David Forman

William Woods University

RHAKALA BLACKMOM

Middle Hitter

Senior

Rhakala Blackmon's journey with the volleyball program showcases remarkable growth. Initially hesitant, she transformed into a passionate advocate for the weight room and staff during her senior year. Witnessing her development was truly a pleasure. ~Robert Jones

College — Volleyball

Wright State University

MYA AYRO

Outside Hitter

Junior

Mya is an absolute powerhouse. She challenges others to be their best in the weight room and her drive helps push our entire program forward.

~Cole Pittsford

COLLEGE — WATER POLO

Fresno Pacific University

TATUM BENSON

Senior

Tatum Benson has been named an All-American Strength and Conditioning Athlete of the Year, a well-earned recognition of her strength, leadership, and dedication. She has been a strong presence in the weight room, not only through her impressive physical abilities but also in the way she supports and motivates her teammates. Tatum's commitment to growth and her relentless work ethic have made her a standout athlete, and her impact on the team has been undeniable. She will be a missing light next year, but the standard she has set will continue to inspire those who follow. This honor is a testament to the strength—both physical and mental—that she has displayed throughout her time in the program.

~Whitney Leyva

Fresno Pacific University

PIETRO CATTANO

Senior

Pietro Cattano has been named an All-American Strength and Conditioning Athlete of the Year, a testament to his unwavering dedication and work ethic. He consistently pushed himself both in and out of season, never settling for anything less than his best. His commitment to growth and improvement made him a standout in the weight room, and his drive set an example for those around him. Beyond his physical strength, Pietro brought a presence that will be deeply missed, always bringing intensity and focus to every session. This honor is well deserved, reflecting the effort and passion he has poured into his development as an athlete.

~Whitney Leyva

University of Redlands

HARRISON DECOURCY

CTR

Junior

I am proud to nominate Harrison DeCourcy for the National Strength and Conditioning Association's Strength & Conditioning All-American recognition. Owen has demonstrated exceptional dedication in the weight room, consistently achieving impressive training numbers that set the standard for his teammates. Beyond his physical accomplishments, he is a key leader on the team, motivating those around him with his work ethic, discipline, and commitment to improvement. His leadership and performance have been instrumental in our team's success, helping us win two national championships. Owen's impact both in training and competition makes him a standout candidate for this honor.

~Anthony Penalber

COLLEGE — WRESTLING

California State University Bakersfield

JAKE ANDREWS

Heavyweight

Senior

Jake Andrew is what any coach hopes to work at a University. Jake is team leader and always first in and last out of the building both in the weight room and practices. He prioritizes and cares about the right things, never making excuses to take the easy way out. I have seen him time and time again act as a leader on his program and set the example for others in many different ways. Jake has developed into a national ranked wrestler and continues to grow and rise to every match he is faced with. He has reached a number 1 ranking in Pac 12 and 16th nationally for his weight class, and sits 21-2 on the year. After college he is planning on becoming a firefighter and serving the community he grew up in. ~Jonathan Wall

Chadron State College

KEEGAN GEHLHAUSEN

184 lbs.

Junior

Keegan Gehlhausen is a redshirt junior wrestler competing in the 184 lbs. weight class, and he is nationally ranked for his impressive skill and work ethic. Known for his unwavering dedication to training, Keegan is one of the most unique individuals in the weight room, consistently pushing himself to improve year-round. His hard work paid off early in his career when he became a national qualifier and earned Super Region Six Freshman of the Year honors during the 2022-2023 season. After overcoming a significant injury during his sophomore year, Keegan has come back stronger than ever, showcasing his resilience and

commitment to his craft. Keegan displays all the traits that our wrestling team is built upon: discipline, perseverance, and a relentless drive to succeed. ~Earl Kreis

Drexel University

DESMOND PLEASANT

125 lb weight class

Junior

Desmond has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Desmond's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. ~Anthony McCloskey

Limestone University

ANTHONY GOELZER

197

Sophomore

Anthony has been stepping up as a leader for the team. He is a lead by example guy and has made great progress since starting with the strength and conditioning program. Anthony does not complain, has a positive attitude, and is a consistent hard-worker. I have enjoyed working with Anthony the last 2 years and I am excited to see the results he will earn the rest of his wrestling career.

~Timothy Schachtner

COLLEGE — WRESTLING

Mckendree University

LOGAN KVIEN

Senior

Logan Kvien's exceptional work ethic and dedication to training have played a crucial role in his rise to becoming a multi-time All-American and earning the prestigious title of Wrestler of the Year. His relentless commitment to improving his strength, conditioning, and technical skills has set him apart as one of the most well-rounded and disciplined athletes in his sport. Logan's approach to training is marked by consistency, focus, and an unyielding drive to reach his full potential, and it is this mindset that has propelled him to achieve success at the highest levels of collegiate wrestling. In addition to his impressive individual accomplishments, Logan's dedication to training has had a lasting impact on his teammates and the wrestling program as a whole. He serves as a role model through his discipline and work ethic, inspiring others to adopt the same level of commitment. His perseverance and resilience, both in the weight room and on the mat, have made him a standout leader and competitor. For his remarkable achievements, as well as his unwavering commitment to excellence, Logan Kvien is truly deserving of the NSCA All-American Award. ~Mawusi Amos

Newman University

DE'LEON FREEMAN

Heavyweight

Junior

De'Leon Freeman exemplifies the NSCA All-American Strength and Conditioning Athlete of the Year with his relentless work ethic and dedication. As one of the strongest athletes on the Newman wrestling team, he arrives early, never misses a

session, and even walks in the cold to train. His commitment extends beyond the gym, consistently putting in extra work to improve. His discipline, perseverance, and dedication to growth make him a deserving candidate for this honor. ~David Akao

Roanoke College

STEVEN MARTINOS

184 lbs

Senior

Steven takes great pride in his physical preparation. He was asked to do many different things for the greater benefit of his team, and accepted those roles without hesitation. His investment in his physical preparation is virtually unmatched and will leave a lasting impression on our program and team. ~Scott Bennett

United States Air Force Academy

BUCK JACK GANOS

157-175

Senior

Jack Ganos, a two-year starter for Air Force Wrestling, exemplifies the highest standards of leadership, discipline, and dedication. As the weight room cadet-in-charge, he played a vital role in organizing strength and conditioning sessions, including leading team warm-ups throughout the year. His selection into the highly exclusive Air Force Special Operations career field highlights his elite physical and mental capabilities. Jack's relentless drive, integrity, problem-solving ability, trainability, and strong communication skills make him a clear choice for the NSCA All-American award, reflecting his lasting impact on his team and commitment to excellence. ~Edward Blackwood

COLLEGE — WRESTLING

University of Providence

NA'U MCBRAYER

Junior

When I first arrived at UP over two years ago, Na'u was one of the first athletes I interacted with. I remember him being a skinny, crazy freshman Hawaiian boy with lots of energy. It's been a joy to watch him mature over the years as a man and athlete. He embodies everything you want in a student-athlete. Accountable, dedicated, coachable and respectable to name a few. The work he's put into wrestling and the weight room has been nothing short of amazing. He's completely transformed his body and dedicates every moment to cutting weight or getting stronger. There's no doubt in my mind that he will continue to be successful long after his wrestling career is over. ~Lucky Lovan

University of Providence

NYLA O'BRIEN

Junior

Nyla has drastically improved her strength in the last two years. She overcame a devastating back surgery and has slowly built herself up to where she can wrestle and lift at a high level. Not only does she attack each lift, but she also comes in on her own to do extra conditioning and lifting multiple days a week. She lives and breathes fitness. She's committed to being better and it shows in her wrestling and lifestyle. I'm proud of her for never giving up and striving to be the best version of herself every day. ~Lucky Lovan

University of Southern Maine

COLBY FROST

149

Senior

Great conditioner who pushes teammates. 2x All American ~James Giroux

University of Southern Maine

TYLER HAYNES

174

Senior

Has improved performance each year. Consistent Regional NCAA qualifier ~James Giroux

University of Southern Maine

ANTHONY MEARS

197

Senior

Long time team leader. Has qualified for Regional NCAA meet each year ~James Giroux

University of Southern Maine

KALEB POOLE

157

Senior

One of the stronger wrestlers pound for pound. Having another good season on the mat. ~James Giroux

University of Southern Maine

ANDREW ROBINSON

184

Senior

Strongest squat in school this year. Good all around strength athlete ~James Giroux

COLLEGE — WRESTLING

University of Wisconsin - La Crosse

MARCUS ORLANDONI

184-Pound

Senior

Marcus is a powerhouse in the strength center and on the wrestling mat. He has shown exceptional leadership skills during the team lifting sessions. Marcus will lead by example and push his teammates to be at their best each day. He is willing to challenge himself and others in an effort to help the team accomplish their goals. Marcus helped his team win the WIAC championship this year and was also the individual champion at 184 pounds. He has been an NCAA top 10 ranked individual this season and will be competing for another trip to nationals. Marcus currently has a 74-28 career record. Marcus majors in Biology with minors in Psychology and Chemistry. He has a 3.63 cumulative grade point average and was awarded the Max Sparger Scholar-Athlete at the conference championships. The dedication Marcus has shown in his overall training has helped build a quality culture for strength training in the wrestling program. ~Philip Whitesitt

University of Wisconsin-Platteville

KAIN KILLMER

197 lbs

Freshman

Kain in his freshman year has made a drastic impact on his teammates in training. Kain always asks great training questions with a hungry mind for knowledge. His hard work in the preseason saw him come in ready to compete at 197 pounds. Kain is always pushing himself to the limit with a smile on face that inspires his teammates every day. Kain is always motivating his teammates to be the best version of themselves during every training session. Kain has seen significant increases in his strength, power, speed and endurance in his first year on campus. He will continue to lead and grow into what it means to be a weight room leader.

~Kellen Bornbach

HIGH SCHOOL — BASEBALL

Cape Henry Collegiate

RYAN DOBRINSKY

Senior

Ryan's consistency and belief in development separates him from his peers. A member of our before school, Breakfast Club, workout group Ryan is a leader and role model for teammates and younger students. To date Ryan has earned a back squat of 405, a bench press of 205, a trap bar deadlift of 520, and a vertical jump of 33.7".

~Philip Reichhoff

Creighton Preparatory School

LOGAN BURCHFIEL

Infield

Senior

Logan has achieved success on the baseball field by elevating his ability through Strength & Conditioning. Logan is a leader amongst his teammates and is a great example of striving to always improve. Logan finished the 2024 summer season with a .363 batting average with 5 doubles, 5 triples, 1 HR, 23 RBI's and 26 stolen bases.

~Trenton Clausen

Eastchester High School

JOSEPH DELJEVIC

Pitcher

Senior

I have had the pleasure of knowing Joseph Deljevic since he was in second grade, and throughout his athletic career, he has been unrelenting in his strength and conditioning training. Whether at Eastchester Strength or VeloU, Joseph puts in passionate hard work, making every rep count. His attention to detail, discipline, and consistency set him apart—he never misses a session and always strives for excellence. His dedication behind the scenes has been instrumental in his development, allowing him to reach the Division 1 level. Even after facing a difficult injury and surgery, he remained steadfast in his goals, never wavering in his commitment to improvement. Joseph's resilience, work ethic, and passion make him a deserving candidate for this prestigious honor.

~Shane O'Connor

IMG Academy

SEAN GAMBLE

IF/OF

Senior

Sean is not only an amazing athlete, but more importantly an amazing human being. As much national attention he gets for his play on the field, the most impressive attribute he showcases is his character. He deserves to be recognized not only for what he does on the diamond, but also the impact he has off the diamond. As a cherry on top, he's getting it done in the classroom with a 4.54 GPA in preparation to attend Vanderbilt University as a student athlete. ~Brian Walker

HIGH SCHOOL — BASEBALL

Jackson Christian School

ZACH CREASY

Infielder, 3rd Base

Senior

Zach's relentless efforts to become the best athlete doesn't go unnoticed. Not only in the weight room but also in his studies and leadership opportunities, it is clear he has a high expectation for himself. I am proud that I had the opportunity to coach Zach and see his improvements from Day 1 to now.

~Jonmarc Rasberry

Lake Central High School

JACOB FIGG

Outfield

Senior

Jake is a tireless worker. He leads by example and is willing to put in extra work to better himself and his teammates. He is always willing to help out when asked. Jake is highly respected by his peers and the staff at Lake Central. ~Thomas Halterman

Lake Central High School

DREW KOSTEBA

Outfield

Senior

Drew has dedicated himself to becoming the best athlete that he can. He has an excellent work ethic and constantly challenges himself to be better.

~Thomas Halterman

Ludington High School

THOMAS WEINERT

Multiple

Senior

Thomas Weinert is a quiet and humble leader who is hungry to grow and improve. His efforts have allowed him to transform himself physically and improve several key performance indicators in the wt room to aid in his athletic success. Best of all he is a kind come with me kind of person and teammate. ~Richard Kirby

Mandan High School

JENSEN SCHULZ

Catcher

Senior

Jensen Schulz is a dynamic athlete known for his leadership on the baseball team, particularly in the weight room, where he sets a strong example for his teammates. As a catcher in baseball, Jensen combines skill with determination, motivating others to push their limits. On the football field, he earned First-Team All-State honors as a wide receiver, showcasing his exceptional athleticism and playmaking ability. As a Gold Iron Brave member, Jensen has achieved a combined bench press, squat, and power clean total of over 1,000 lbs, further demonstrating his commitment to strength and excellence. His impressive individual lifts include a 295-pound bench press, a 450-pound squat, and a 275-pound power clean. ~Zachary Morast

HIGH SCHOOL — BASEBALL

New Trier

TREY MEYERS

Senior

Trey's commitment to the weightroom is exceptional. At 6'6" he boasts a 500lb. back squat with elite technique to compliment team leading scores in broad jump (127.5") and 20 yd. dash (2.63). Trey has started on Varsity since his sophomore year. He was named All-Conference, All-Area, and was voted team MVP of a 33-4 team who finished the season ranked #6 in the state of Illinois. Trey's leadership continues to evolve and mature - he is a leader by example, and hold his teammates accountable to the standards of one of Illinois' top baseball programs. Trey was instrumental in helping organize his teammates to participate in our annual "Make a Difference Day". He is committed to play baseball on a scholarship at Indiana. ~James Davis

St. Albans School

PRESTON BENNER

Pitcher; First Base

Senior

Preston's athletic journey is a testament to his grit and determination, demonstrating significant progress over time. He has shown remarkable consistency in his training, both in the weight room and on the mound, which has led to impressive gains in his throwing velocity and strength, surpassing a combined total of 1,000 pounds across our three major lifts. This dedication has not only helped him grow as an athlete but also established him as a leader and key contributor to the baseball program. I am incredibly proud of the person Preston has become during the four years I've had the privilege of working with him. He is the perfect

example of someone who truly deserves such an award. ~Christopher Tarullo

Strong Rock Christian School

BROOKS BIBBY

Pitcher

Senior

Brooks is the epitome of what this award stands for, his hard work and dedication to Strength & Conditioning has helped him become one of the best athletes ever at our school and has garnered him several baseball opportunities to play at the next level. He has been a multiple-time winner of our Lifter of the Week Award, along with earning our Elite Patriot Award which is the highest honor one can earn in our Strength & Conditioning program. He was named 1st Team All-Region & 1st Team All-State. His leadership & passion have been contagious for our baseball & basketball programs, helping us earn a Final 4 birth one season and a State Championship during another season. He has laid a legacy of excellence & hard work which will benefit our program for years to come. He very deserving of this honor and it is my privilege to nominate him for NSCA Strength & Conditioning All-American.

~Emily Mayer

HIGH SCHOOL — BASEBALL

Strong Rock Christian School

BLAKE BURGHARDT

Pitcher

Senior

Blake Burghardt is one of the hardest working athletes that has ever competed at Strong Rock Christian School. He has been a member of the baseball & basketball teams during his high school career. Blake has earned 1st Team All Region & 1ST Team All State honors in baseball during his high school career, he was a key cog in our 2023 Baseball State Championship. Blake's commitment to his strength & conditioning has helped him achieve all these successes, while his leadership does an amazing job motivating others. His work ethic has paid off by earning a baseball scholarship to Young Harris University. He is very deserving of the NSCA All-American honor & would represent it well.

~Tobias Jacobi

The Brook Hill School

GABE TATUM

Third base and Pitcher

Junior

Gabe is one of the most dedicated and hardworking student-athletes I have had the privilege of working with. His unwavering commitment to improvement is evident through his exceptional discipline and relentless work ethic in the weight room. He leads by example, demonstrating a remarkable level of integrity in everything he does. Gabe consistently seeks opportunities for growth, frequently asking, *"Coach, what else can I do to get better?"* Beyond his athletic excellence, he is an outstanding student who approaches academics with the same determination and focus. Most importantly, Gabe is an exceptional young man whose character and leadership set him apart. ~Todd Cofer

HIGH SCHOOL — BASKETBALL

Brookings High School

LOGAN SMIDT

Guard

Senior

Logan has been a leader for her teams (volleyball, basketball, throws) in the weight room the last few years. Logan has a determination and drive to “get better every day” and will push herself and her teammates to get there. By utilizing the weight room throughout her career, Logan has been able to break the school record in the javelin, as well as win conference and medal at the state track meet. Logan's greatest successes have come on the basketball court. She is a two year full starter, and started or played in several games her sophomore year. She plans to attend SWMS this fall to play basketball. ~Kerry Brown

Cape Henry Collegiate

AURORA EVANS

Senior

Aura Evans has been a consistent participant in our program for multiple years. Her attention to detail and focus separates her from her teammates. She is a role model for her peers both on and off the court. To date Aura has achieved a front squat of 190, bench press of 140, and a trap bar deadlift of 260. ~Philip Reichhoff

Cape Henry Collegiate

AYDON EVANS

Senior

Aydon Evans dedicated himself to year round strength and performance training for multiple years. His dedication to physical preparation translated to his development on the court. Aydon progressed from role player to star and helped

spearhead the turnaround of our program. To date Aydon has achieved a front squat of 250, bench press of 185, and a trap bar deadlift of 350.

~Philip Reichhoff

Ezell-Harding Christian School

MJ GIBBS

Shooting Guard

Senior

This young man is the embodiment of determination and perseverance. Every day, I have challenged him, pushed him, and demanded more—and every time, he has not only met those challenges but exceeded them in every way. What sets him apart is his ability to carry that relentless mindset beyond the weight room and onto the court. Through hard work and unwavering dedication, he achieved the monumental milestone of becoming a 1,000+ point scorer while playing a pivotal role in leading his team to an impressive 20+ win season. But his success isn't just about personal accolades—it's about elevating everyone around him. He embraced the grind of the weight room not just as a tool for self-improvement but as a means to inspire and motivate his teammates. He's a leader, a role model, and the kind of athlete who exemplifies what it means to face adversity, put in the work, and achieve greatness with heart, grit, and an unshakable commitment to excellence.

~Justin Loudon

HIGH SCHOOL — BASKETBALL

Ezell-Harding Christian School

BRILEE PRICE

Guard

Junior

Brilee has emerged as a true leader in the weight room, complementing the leadership she has always displayed on the court. As only a junior, she has already surpassed the 1,000-point milestone, helped lead her team to another 20+ win season, and secured a district championship. However, it's her recent dedication in the weight room that has taken her game to another level. Brilee has pushed herself to new limits, fully committing to every aspect of the program and constantly striving for more. Her work ethic has not only elevated her own performance but has also inspired and motivated her teammates in the weight room. This growth has fueled her confidence and made her an even more impactful player. Not only did she help her team win the district championship, but she was also named the district MVP. Brilee's relentless determination and drive set her apart, and her growth as a leader is evident both on the court and in the weight room.

~Justin Loudon

Ezell-Harding Christian School

ARYANNA RIDGEWAY

Small Forward

Senior

Ary's journey has been different from most. She has always been an incredibly hard worker, both on the basketball court and in the weight room, but what truly sets her apart this year is her unwavering dedication to making a comeback. After tearing her ACL during her junior season, Ary refused to let the setback define her. She worked tirelessly every single day, displaying a determination and resilience that is nothing short of inspiring. She never took "no" for an answer and proved her commitment not only to herself but also to her team. Trusting the guidance of the strength and conditioning staff and the athletic training staff, she tackled every challenge thrown her way. Through her hard work, Ary not only came back stronger but also became a key reason her basketball team achieved another 20+ win season, secured a district championship, and earned her All-District honors. Ary's relentless dedication to the weight room elevated her game to the next level and solidified her place as a leader and role model for her team. ~Justin Loudon

HIGH SCHOOL — BASKETBALL

Ezell-Harding Christian School

REGHAN WILLIAMS

Point Guard

Senior

Reghan exemplifies hard work, determination, and grit—everything a coach looks for in an athlete. She is one of the most coachable players I've had the privilege of working with, bringing relentless drive and competitiveness to the court. In the weight room, her potential is limitless; she shows up every day ready to put in the work, and it shows in her performance. Reghan is never satisfied with just being good—she pushes herself, her teammates, and those around her to strive for excellence, not just as athletes but as people. Her leadership has played a key role in the team's success, contributing to back-to-back 20+ win seasons, a district championship, and earning All-District honors. Her impact goes beyond leadership, as she was named All-District Tournament MVP and surpassed 1,000 career points, solidifying her place among the program's elite players. ~Justin Loudon

Forged Iron Athletic Performance at the Jamerson Family YMCA

TORR SORENSEN

Senior

Torr is a testament to the long term benefits of consistency in the weight room. He gives 100% to every training session so he can give 100% on the court. Within his 6 years of training, Torr has gotten stronger, faster and more explosive as an athlete while staying injury resilient. Torr has committed to play basketball at Liberty University, a Division 1 school in Lynchburg VA. It has been an honor and privilege to train Torr. ~Sarah Kline

Gayville-Volin

PRESTON KARSTENS

Center

Junior

Preston is a multi-sport athlete, involved in Football/Basketball and Track. He is a leader in the weight room with a squat of over 500 lbs, a bench of 315 lbs with a 27 inch vertical at 6'4" at 300 lbs as a Junior. Last year, in basketball he averaged 10 points pg, 3 rebounds pg, 2 assists pg and has started on the varsity 3 years, while being selected to All conference for 3 years in a row. He was just nominated to the top 15 list of Linemen in the State and competes in the throws in Track & Field.

~Mark Roozen

Ludington High School

TY REED

Guard

Senior

Ty has been a positive and consistent presence in the wt for over 4 years. He is a very coachable individual who looks out for others. Ty is always willing to help anyone and everyone with their training. He is a master of technique and pays special attention to details. ~Richard Kirby

HIGH SCHOOL — BASKETBALL

Mandan High School

ZIAH GREYBULL

PG

Senior

Ziah Greybull is a standout basketball player who has earned numerous accolades for her skill and dedication. She was awarded the Mandan Athletic Booster Athlete of the Month and Sanford Athlete of the Month, recognizing her impressive athleticism and leadership on the court and in the weight room. Ziah's hard work has also earned her a full college scholarship, where she will continue to excel in basketball. Currently, she is part of the Mandan Girls Basketball team, which is ranked #3 in the state, further showcasing her contributions to the team's success. Off the court, Ziah has proven her strength and commitment with a 105-pound bench press, 175-pound squat, and 115-pound clean, solidifying her as a well-rounded and determined athlete. ~Zachairy Morast

Mandan High School

DOUG SHELDON

Forward

Senior

Doug Sheldon is a dedicated and well-rounded athlete, excelling in basketball, track, and football. As a basketball team captain, Doug was recognized for his growth and leadership, earning the Most Improved Player award last season. He has also been honored with the Brave Award three times, an accolade given by coaches to athletes who exemplify the qualities of a model competitor both on and off the field. In football, Doug earned second-team All-State honors for his standout performance. His lifting PR's are 205-pound bench press, a 350-pound squat, and a 245-pound power

clean, showcasing his commitment to excellence in all aspects of athletics. ~Zachairy Morast

Notre Dame Academy

PEYTON MUSIAL

Forward

Senior

Peyton Musial is a highly motivated athlete both on and off the basketball court. She consistently puts in extra work and does whatever it takes to succeed. Always the first to arrive and the last to leave the weight room, Peyton's work ethic serves as an excellent example for her teammates on how to improve as an athlete. Her daily habits have led to tremendous strength gains, increased athleticism, and significant improvement on the court. Peyton's off-court habits have been instrumental in leading her teams to two state championships and a state runner-up. It is my honor to nominate Peyton for NSCA All-American Strength and Conditioning Athlete of the Year. ~Anthony Giovanetti

Preston High School

BRANSON SMITH

Junior

Branson Smith is a great young man. He always gives 100 percent in everything he does. Every drill, every practice he gives an A effort. He is a great example to his teammates and always has a positive attitude and does whatever it takes to help the team! His dedication in the weightroom is undoubtedly noticed and plays a part in his success in sport. ~Jamie Fuse

HIGH SCHOOL — BASKETBALL

Preston High School

MACKLEY WHITE

Point Guard

Sophomore

Mackley has been an amazing example of going above and beyond. The leadership and work ethic she shows in the weightroom has been a staple to the program and her athletic career. Her continued growth and dedication in the weightroom is inspiring. ~Jamie Fuse

Victoria High School

BRINLY LICHTER

Guard

Junior

Brinly has worked her way to being a strong contributor in multiple sports. She is a great representative of our weight program by exhibiting leadership, resiliency and toughness. Her leadership helped to create a team culture of year-round weight training. Consistency and effort have made her into one of the strongest girls in the high school. Brinly is also an example of not letting setbacks stop you. Instead of using challenges as an excuse, she doubled down and worked through them. When she gets knocked down, she bounces back better than ever. Her numbers include Hang Clean 150, Bench Press 125, Squat 210, Deadlift 220 and a Vertical of 22.5. ~Shawn Landers

Yankton

CARSON NESS

Point Guard

Senior

A 6'1" point guard, Carson lead the team in PPG, Assists and Steals this year. A two time All State Football Player, 2x All-Conference Player and a Nike All American, Carson is a leader on the field and track and in the weightroom. He will continue to play football in College at Northwestern.

~Mark Roozen

HIGH SCHOOL — BEACH VOLLEYBALL

Forged Iron Athletic Performance

GIANNA EARLY

Senior

Gianna Early has been a FIAP athlete for 4 years. She has an intense passion for her sport. Gianna works hard in the weight room and it has paid dividends on the sand. Gianna is explosive and strong, when injuries arise she does the corrective exercises necessary to get better and back to competition. In the fall Gianna will be attending and playing beach volleyball at Wingate University, a Division 2 school in North Carolina. It has been an honor to coach Gianna Early. ~Sarah Kline

HIGH SCHOOL — CHEERLEADING

Charlotte Catholic High School

ELLA BHOJWANI

Sophomore

Ella Bhojwani is an exceptional cheer athlete at CCHS, and she truly embodies the qualities of an NSCA All-American Strength Athlete. Her unwavering dedication to the program is evident in everything she does. Ella consistently shows up with the same level of determination, always ready to put in the work. She not only challenges herself to increase weights on key lifts, but also motivates and supports her teammates to push their limits as well. Ella is highly coachable and consistently exemplifies a strong work ethic, both in the weight room and on the competition floor ~Michael Hazel

Preston High School

TAYLEE PORTER

Stunter

Sophomore

Taylee is a phenomenal athlete! Her work in the weightroom and leadership is never unnoticed! Last year as a freshman Taylee came into a main position for stunting for the team and excelled! This year as a sophomore she is still in a main position for stunting and has made sure her group grows in ability each practice. She is one of if not the most hard working athletes! She juggles volleyball in the fall with our demanding cheer schedule while also maintaining a 4.0 in school! She is also a talented singer and musical theatre actress. She is able to do all these things without letting her team down when they need her! She is dependable, kind, and helps her team be the very best they can be. We wouldn't be the team we are without her drive and her push for her team everyday! ~Jamie Fuse

HIGH SCHOOL — CROSS COUNTRY

Gayville-Volin

WILL PIRAK

Distance Runner

Senior

Will is a leader in the weight room for the Cross-Country and Track Team. He also plays on the varsity Boys Basketball team. His PR in the 5k last season was 18:47, his all time PR is 18:17. He placed 4th in the Regional Meet and helped the boys team win the Regional Meet. He also placed in the top 40 at the State meet with over 120 runners. In the weight room, Will squat max is 305 and his bench max is at 200 lbs with a Vertical jump of 29 inches.

~Mark Roozen

Mandan High School

TJ BROWNOTTER

Senior

TJ Brownotter is an accomplished cross-country runner and basketball player, with a particular focus on his standout performance in cross-country. He has earned All-State honors as a cross-country runner and has been named his team's MVP twice, demonstrating his exceptional endurance, work ethic, and leadership on the course. TJ's commitment to excellence is not limited to running, as he also showcases impressive strength with a 175-pound bench press, a 225-pound squat, and a 135-pound clean. Whether on the track or in the gym, TJ continues to push himself to new heights, making him a standout athlete in both cross-country and basketball. ~Zachairy Morast

Preston High School

ASHLEY SCOTT

Senior

Ashley is tough and determined. She works her guts out and is a fierce competitor. She has been consistent, steady, and reliable as a leader on the cross country team and was part of 3 state championships in xc and a school record in track. Her consistency and dedication in the weightroom has been astounding and a huge factor in staying healthy and growing in her athletic career.

~Jamie Fuse

Preston High School

AARON SERR

Senior

Aaron is unstoppable once he sets his mind on a goal. He is exuberant, resilient, and competitive. He is constantly learning and growing and is only barely starting to realize his ability. His dedication in the weightroom has made him confident and grown him as a leader. ~Jamie Fuse

Yankton

ABRAM CHANCE

Runner

Senior

Abram is a Cross-Country and Track athlete running with the distance team. He hit 4:28 in the 1600 meter run, 9:52 in the 3200 and clocked a 16:10 for a 5K. He has used the weight room to build up strength for his training runs and being able to push harder at the back end of his races. ~Mark Roozen

HIGH SCHOOL — CROSS COUNTRY

Yankton

RILYN JACKSON

Runner

Freshman

A cross country runner and track athlete, Rilyn has hit 2:31 in the 800 meter run, a 5:41 in the 1600 meter and 12:30 in the 3200 meter run. She has also clocked under 20:00 in the 5K with a time of 19:40. She started using weight training in Junior High and has been a consistent lifter and leader for the cross-country team and distance runners on the track squad. ~Mark Roozen

HIGH SCHOOL — FIELD HOCKEY

New Trier

BEATRICE OTTSEN

Senior

Beatrice had a historic career in the New Trier Field Hockey program. Beatrice made the varsity squad as a freshman and earned a starting role as a sophomore. During her four years, she was crowned a state champion three times. In the 2024 season, Beatrice led the Trevian defense to 13 shutout victories and only allowed 17 goals in 25 games played. Of the 17 goals, only 4 were scored by teams in-state. Beatrice and the Trevians won the Illinois State Championship and finished with a national ranking of 14. Beatrice is one of the best Trevian defenders and leaders to come through the program. Beatrice was named the 2024 Illinois Defensive Player of the Year, NFHCA First-team all state, and NFHCA First team all region, and NFHCA Senior Impact team. Beatrice's success derives from her work ethic. She works hard on the field and is committed to the New Trier Strength and Conditioning program. Beatrice is diligent with her strength training and not only looks to better herself, but is a leader to those around her. Beatrice inspires others to train in the off-season and leads by example. Beatrice will continue to impact the strength program as she will be assisting with strength and conditioning the summer after she graduates. Beatrice will be playing at the University of Michigan next year. ~James Davis

HIGH SCHOOL — FIGURE SKATING

Epic Charter Schools

SAMIGRACE MARSHALL

Junior

SamiGrace is junior with Epic Charter Schools in Oklahoma City. SamiGrace is a member the National Honor Society maintaining a 4.029 GPA. She is a 3-time US Figure Skating Gold Medalist, a National Qualifying Series Competitor, a Top 10 National Showcase Finalist at the Senior Level for figure skating. SamiGrace was a soloist at the 2025 Scott Hamilton Sk8 to Eliminate Cancer in Tulsa, Oklahoma. SamiGrace has been nominated for the Southwest Chamber of Commerce Award in 2025. Along with her academic and skating accomplishments SamiGrace is taking classes at Oklahoma Christian University, coaching figure skating lessons to her students, and volunteering at her church and the Learn To Skate Program at Blazers Ice Center. SamiGrace has been attending group off-ice strength and conditioning sessions for almost two years. She is hardworking, always gives her best, encourages others to do the same. It is an honor to nominate SamiGrace for this award.

~Elizabeth Mullins

Home School Athlete

ALLIE EARLS

Junior

Allie Earls is in her junior year as a homeschool athlete. Allie works hard to maintain academic excellence. She has a weighted GPA of 4.16 while taking college courses at Evangel University. Allie is a U.S. Figure Skating Gold Medalist in Moves in the Field, will compete as a Novice Lady in the Excel National Series this year. Allie is a U.S. Figure Skating Coach on staff at her rink, she helps with their Learn to Skate Program and enjoys helping her athletes work towards their goals. Allie participates in Teen Bible Quiz, volunteers in her church kitchen and coffee bar, and volunteered in a Serve City a week-long summer program and traveled to Brazil on a mission trip summer of 2024. I have worked with Allie training her virtually since 2018. She has created a gym space in her garage in order to stay consistent with her training. Allie is coachable, thoughtful, supportive of others, kind and has overcome adversity at a young age. I am honored to nominate Allie for this award. ~Elizabeth Mullins

HIGH SCHOOL — FIGURE SKATING

Mullins Performance + Fitness

GERARD MCCORMICK

Junior

Gerard McCormick is a junior who is homeschooled. When he was 4 years old, he began martial arts training in Taekwondo. At U.S.A. Taekwondo Nationals in 2014, Gerard was the National Blue Belt Silver Medalist. He was also a competitor at U.S.A. Taekwondo Nationals in 2015. He is currently a 2nd Dan Black Belt in Taekwondo and a 1st Dan Black Belt in Hapkido. He took up figure skating when he was 8 years old. Gerard was a Southwest Nine States Competitor (2021) and an Oklahoma Open Competitor (2021). He was also a Skate Milwaukee Competitor (2021). Gerard was the Heart of America Invitational Juvenile Boys Gold Medalist (2022) and the Skate Houston Open Juvenile Mens Silver Medalist (2022). Gerard also played basketball with the OKC Storm basketball team. His 14U team won Indiana Homeschool Nationals (2023). He also played on the 16U team that won Indiana Homeschool Nationals (2024) and the Texas Christian Athletic League Championships (2024). Gerard is a member of Oklahoma Premier High School Figure Skating Team, now in its second season. Last year, Oklahoma Premier competed in the 2024 Cyber Challenge placing 7th overall in the nation and receiving the USFS Dorothy Tank Team Spirit Award. Gerard also competed with Oklahoma Premier High School Figure Skating Team at the Midwest Pacific High School Sectional 2024. Gerard is currently a U.S. Figure Skating Intermediate Level Men's Singles skater passing his Free Skate and Skating Skills tests at that level this year. Gerard also takes AP Math, Science and Foreign Language courses, and plays the cello. Beyond these other accomplishments, Gerard has been consistent with

his strength and conditioning for almost 2 years. Gerard is kind, helpful, and encouraging to those who are new in the weight room. It is an honor to nominate Gerard for this award. ~Elizabeth Mullins

HIGH SCHOOL — FOOTBALL

Athens Academy

JEREMIAH WINGFIELD

RB, LB & Special Teams

Senior

Jeremiah is a talented athlete, student and leader. He is truly the hardest working, most dependable, and responsible high school student I have ever had the pleasure of coaching. Jeremiah maximizes every opportunity and resource he has available to him to be the best version of himself in all that he does. Best of all, he is a young man of high character and integrity exemplifying what it means to be a servant leader. As a reflection of his dedication and athletic ability, Jeremiah will continue his football career at the United States Naval Academy. I am grateful for the privilege to coach him and look forward to the positive impact he will have serving our country. ~Bryan Pulliam

Beresford

COOPER NELSON

Lineman

Senior

Cooper is a multi-sport athlete, participating in Football, Basketball, Track & Field and Baseball. He as a 4.1 GPA on a 4.0 scale and is also in the High School Choir. He will be going to Northwestern play football on go into Secondary Education. In the weight room, he squats 335, bench is 235, has a 4.68 in the pro-agility, has a 25 inch vertical and runs a 5.21 in the 40 yard dash. ~Mark Roozen

Bismarck High School

BRAXTON DUTCHUK

RB

Freshman

Braxton came to us last summer as a wide eyed freshman. He has put his down and worked extremely hard. This past February, Braxton hit a 365lb Squat, 225lb Bench, 205lb clean. We are very excited for Braxton's future and development as a Bismarck Demon. ~Kelly Kooper

Brookings High School

ANDREW HAHN

Guard

Senior

Andrew lived the story of "the weight room is an equalizer." As an undersized lineman, Andrew was always smaller than his opponent on the other side of the line. However, Andrew gained plenty of strength, increased his speed, and became a very efficient lineman over the course of his 3 years, 2 as a starter. Andrew has been a leader in the weight room since his freshman year, and has always enjoyed lifting and training. He wasn't very confident in himself as a freshman, but as a senior, he was a 2 year starter, team captain, and all-state player. Andrew continues to shine in the weight room as a rack leader, and role model for the younger athletes. ~Kerry Brown

HIGH SCHOOL — FOOTBALL

Creighton Preparatory School

JAKE BROCK

Defensive Line

Sophomore

Jake has utilized our Strength & Conditioning program to elevate himself as a team leader and top defensive lineman. He trains with a purpose to improve himself and push his teammates each training session. He finished the 2024 season with 2.5 sacks and 5.5 tackles for loss. ~Trenton Clausen

Eastchester High School

DYLAN BURBRIDGE

Linebacker, Quarterback

Junior

Dylan Burbridge exemplifies the qualities of an All-American athlete through his dedication, leadership, and outstanding performance both on and off the field. As a sophomore, he was named MVP at our annual combine, placing first in the L drill, pro agility, 40-yard dash, med ball toss, broad jump, and vertical jump, while finishing in the top three in every other event against multiple schools. As a junior, Dylan excelled offensively as the team's quarterback and led the defense in both tackles and sacks. In the weight room, he never misses a session, consistently goes beyond program requirements, and sets a high standard for his teammates. His exceptional performance has earned him All-Section and All-League honors in football. Dylan's relentless work ethic and commitment to excellence make him a deserving candidate for this prestigious honor.

~Shane O'Connor

Ezell-Harding Christian School

WILLIS FRASIER

QB, LB

Senior

From the first day I met Willis to now, he has become a completely different person. His growth has been remarkable, not only as an athlete but also as an individual. He has transformed his body into that of a true football player, pushing himself to new heights through sheer dedication and hard work. After overcoming a knee injury during his junior year, Willis returned stronger than ever, becoming a key leader on the team during his senior season. His efforts earned him the title of Offensive Player of the Year (QB) and district honorable mention. What truly sets Willis apart is his selflessness and willingness to help those around him. He is someone who values family deeply, and that sense of loyalty and connection drives everything he does. To witness the transformation from where he started to where he is now would make any coach proud. Willis exemplifies resilience, leadership, and the kind of character that leaves a lasting impact both on and off the field. ~Justin Loudon

HIGH SCHOOL — FOOTBALL

Ezell-Harding Christian School

AILJAH WALKER

O/D-Line

Senior

This is the kind of student-athlete every coach dreams of working with. From day one, three years ago, he has embraced every challenge I've given him—and always wanted more. He has not only pushed himself to be the best but has also inspired those around him to improve. Coming from a family of athletes, he has carved out his own name through relentless dedication and hard work. He leads by example, leaving a lasting impact at Ezell-Harding not just as an athlete but also as a mentor. Ailjah excels in the weight room, striving daily to outwork himself, and his dedication translates directly to his performance on the football field. As a testament to his work ethic, he has earned 2x Region Defensive Lineman of the Year, played in the All-American Game, and was named to the 615 Preps Second Team All-Mid State. ~Justin Loudon

Fox Chapel Area High School

LUCA POLI

Offensive and Defensive Line

Senior

Luca Poli is the embodiment of the qualities that we look for in our student-athletes at Fox Chapel Area High School. Luca is a three-year letterwinner and starter on both offense and defense for the football team and has demonstrated exceptional dedication, earning recognition as the 2023 Quest for Excellence Point Champion (best overall student-athlete), 2024 Team MVP, and 2023 Offensive Lineman of the Year. In 2024, he further showcased his leadership by serving as a team captain. Luca's dedication to physical preparation throughout his

high school career has been exceptional. He has consistently demonstrated strong leadership skills in our training sessions and on the field. As a result, he is highly respected by his teammates, coaches and teachers. ~Brandon Peifer

Gayville-Volin

CARTER BARRON

Running Back/Defensive Back

Junior

Carter has used the weight room to be a varsity starter in multi sports with Football and Basketball, as well as running track on the team. For football in 2024, Carter had 231 rushing yards on 15 carries, 46 receptions for 650 receiving yards, 308 return yards on punts and 9 touchdowns. He was selected on the All-Conference Honorable Mention team. In the performance area, Carter clocked a 4.54 in the pro-agility run and a 4.63 in the 40 yd dash. In the weight room he hit 195 on the bench and 315 on the squat. ~Mark Roozen

Haltom High School

DOMINIQUE MOUNIVONG

Quarter Back

Junior

Dom had a catastrophic season ending knee injury early in last year. This off season he has completely overcome the injury and has surpassed all of his previous PRs. His PR's include a 275lbs clean, a 33.89in vertical, and a back squat of over 1.7 times bodyweight. He has achieved this including surgery without missing a day of school and has over a 4.0 GPA. He is more than deserving for this award. ~Monte Sparkman

HIGH SCHOOL — FOOTBALL

Hill City High School

DEVIN BUEHLER

Senior

Hill City High School's all-time leading scorer, QB1 Devin Buehler, embodies the dedication and discipline of a top-tier high school athlete. His unparalleled commitment to the program is evident in his consistent preparation and eagerness to push his limits. Devin's exceptional work ethic shines through not only in his completion of every prescribed exercise, but also in his motivation of others and active pursuit of feedback for continuous improvement. His infectious positive attitude fosters a supportive training environment both in the weight room and on the field. Beyond his individual achievements, Devin exemplifies leadership by willingly assisting and encouraging teammates. Devin's remarkable progress is a testament to his unwavering dedication, making him a true role model and deserving candidate for NSCA Strength and Conditioning All-American.

~Sophia Grohs

Jackson Christian School

TRISTAN NASH

Offensive Line

Junior

Tristan is the definition of toughness, grit, and resiliency. He does everything asked of him and more on the field and in the weight room. I believe he is an all American on the field and in our weight room as a leader in this program and for this school. I am thrilled to nominate this high level athlete!

~Jonmarc Rasberry

Joplin High School

JOSIAH HAZLEWOOD

Defensive Line

Senior

Josiah exhibits those characteristics in a student-athlete that every coach dreams about coaching. Josiah is a 3 year letter winner in football and wrestling. Josiah also earned 4 letters in tennis at Joplin High School. He has been nominated as an All-Conference, All-District, and All-Area performer at the defensive line position. Josiah's weight room bests include a 335 lb. bench press, 545 lb. squat, and 335 lb. clean. Josiah is the epitome of a student-athlete as he carries a 4.36 GPA on a 4.0 scale. He is a member of the National Honor Society, Philanthropic Society, and has attended Boy's State. For his work, Josiah has been selected to the Academic All-State team the previous two years.

~Michael Lawrence

Lake Central High School

RYDER FERNANDEZ

Defensive Back

Senior

Ryder has demonstrated his leadership skills in the weight room and on the field, holding himself and his teammates accountable for trying to be the best student-athletes they can be.

~Thomas Halterman

HIGH SCHOOL — FOOTBALL

Ludington High School

DOMINIC WHEATON

Defensive End

Senior

Dom is a very strong, intense, and kind soul. Dom has very high standards for himself. Daily his efforts in the wt room and at his practices you would see the intensity he brought on a consistent basis. Dom showed up! He made sacrifices for his teammates that not everyone is willing to do, but he did. We will miss his consistency and intensity. Doms best characteristic though is his kind soul. Don't let his tough exterior fool you. Dom has left a legacy for others to follow. ~Richard Kirby

Mandan High School

KADEN RITZ

OLB

Senior

Kaden Ritz is a dedicated football player who has earned recognition both on and off the field. He won the Raise the Bar Award in 2018, 2019, and 2023, reflecting his unwavering commitment to improving and pushing his limits. A three-year letterwinner in football, Kaden has consistently demonstrated leadership and skill throughout his career. In addition to his athletic achievements, he has been recognized as an Academic All-Conference athlete, excelling in both his studies and sports. His maxes include a 215-pound bench press, a 295-pound squat, and a 210-pound power clean.

~Zachary Morast

Menlo Atherton High School

DEVIN HYDE

Defensive End

Senior

Devin's drive to be the best at everything truly set him apart. His work ethic as a high school student was second to none. He was one of the rare players who never missed a lift—whether in-season, off-season, or during the summer. This dedication was evident in his growth and development; he arrived as a freshman weighing 170 lbs and finished his high school career at 255 lbs as a senior. His attention to detail in training and nutrition was truly awe-inspiring for both coaches and teammates alike. ~Victor Brankovich

Notre Dame Academy

ASA POISTER

OT / DE

Senior

Asa Poister exemplifies how four years of dedicated training can lead to great achievements on the football field. His daily habits and efforts have resulted in tremendous physical growth. Asa is also a great source of energy in our weight room, consistently motivating his teammates and improving everyone around him. In the weight room, he leads both by example and as a vocal leader. His leadership elevated the group daily, and the team's consistent effort led to a 14-0 season and state championship this past season. It is my honor to nominate Asa for NSCA All-American Strength and Conditioning Athlete of the Year.

~Anthony Giovanetti

HIGH SCHOOL — FOOTBALL

Pine Tree High School

SETH MCFARLAND

Linebacker

Senior

Seth has been an amazing leader in the weight room, classroom and field throughout his 4 years here at Pine Tree. He is going to play D1 football at the Air Force. He has done everything we have asked of him and is the type of person I would want my son to grow up to be. I am very proud of this young man not just for what he does for our school but who he is as a person as well! ~Cody Ellis

Preston High School

CONNER IVERSON

Running Back

Junior

Conner accounted for 1,181 yards of total offense and 9 TDs as Preston's starting running back. He is a tough, reliable player. He sets the tone daily with his work ethic on the field and in the weight room. Can't wait to see what he'll do his senior year. ~Jamie Fuse

Saint Francis High School

TREVOR DONG

RB/LB

Senior

Trevor is the epitome of using Strength & Conditioning to better himself on the field. We feel he has truly optimized his abilities at this level because of his dedication to the weight room. He is the "lead by example" type that will never miss a workout and put in a high level of effort every session. Definitely deserving of this award.

~Jacob Siebert

St. Albans School

KENNY DILANIAN

Linebacker

Senior

Upon Kenny's arrival on campus, he immediately helped shift and elevate the culture of our strength and conditioning program. Over the course of his career, Kenny has taken full ownership of both his physical and mental development, excelling in the weight room and on the football field. His dedication to addressing his weaknesses while consistently building on his strengths is unmatched. Kenny is one of the most competitive athletes I've had the pleasure of coaching. He has overcome adversity while maintaining an elite level of leadership, toughness, and work ethic. Always humble, he has accepted hard coaching with an unwavering commitment to improvement. For all of this, he is truly deserving of this honor. Kenny currently holds the school records in the following lifts: Bench Press – 285 lbs; Back Squat – 475 lbs; HBDL – 605 lbs. ~Christopher Tarullo

HIGH SCHOOL — FOOTBALL

Watkins Memorial High School

JIMMY BOGLE

Offensive Line

Senior

Jimmy has earned this recognition from his dedication, and consistent practice to become the best athlete he can be. His Junior Year he was 2nd Team All-Advocate Offense, 2nd Team All-Region. As a Senior, Jimmy was Team Captain, graded out on 90% on assignments and 91% on effort. Gave up 0 sacks, while gaining 54 pancake blocks. He finished the season 2nd Team All-LCL Buckeye, All Central District Division 1 2nd Team OL, 1st Team All-Region and was also invited to play in the Ohio North South All-Star Game. These awards and accolades are a direct reflection of his work ethic. This is why he is also deserving of being an NSCA All-American Strength and Conditioning Athlete of the Year as he embodies the exact commitment and effort you want from all athletes that step foot in the weight room. ~Seth Dunaway

Windsor C-1 High School

EVAN WESSELS

Senior

Evan Wessels has helped raise the standard for what is possible with strength training at Windsor High School. In his four years at WHS, Evan broke and set the boy's school records in the Jerk, Back Squat, and Deadlift. Since starting training in middle school, Evan has been committed to pushing his limits. He took it upon himself to get extra training outside of school to make sure no stone was unturned in his quest for athletic strength and power. His relentless pursuit for improvement helped earn him All Conference and All District honors multiple years as a football player. Evan's teammates also recognized

his work ethic and positive influence as he was selected as a Team Captain of his Football Team. His passion for training will be missed. I'm happy to cement Evan's legacy in Windsor High School's Strength & Conditioning and nominate him as an NSCA All-American. ~Ty Van Valkenburg

Yankton

BRYCE KRAL

Linebacker

Senior

Bryce Kral plays Football and Basketball for Yankton HS. A starter on the varsity bb team, Bryce helped his team into the Sweet 16 playoff rounds. In Football, Bryce was 1st Team All-State at Linebacker and help the team make it to the semi-finals in the State Play-offs. He is an Acedemic All Stater, holds a 3.7 GPA, is involved in Fellowship of Christian Athletes, the National Honor Society and volunteers to Coach for the little kids 7 on 7 play and is a camp Coach for kids at local Football and Basketball camps. ~Mark Roozen

HIGH SCHOOL — GOLF

Cape Henry Collegiate

COLE HUGHES

Senior

Cole Hughes has been a consistent, year round, participant in our program since his 8th grade year. He is a multi-sport athlete, serving as a standout on soccer and swim teams as well. His 12 month approach and year in and year out consistency is what separates Cole from his peers. To date Cole has achieved a front squat of 300, bench press of 205, and a trap bar deadlift of 460. He is a leader and role model in our community. ~Philip Reichhoff

IMG Academy

CHLOE CHANG

Senior

Chloe has shown tremendous progress in her dedication and effort in her physical development over the years. She shows up, every day, ready to work and get better and is embracing the strain that comes with physical training. ~Andrew Pichardo

IMG Academy

JORGE DEL VAL

Senior

Jorge is one of the hardest workers I've been around. The growth and change he's earned over the past three years has been tremendous and I know he'll continue on the same path. Not only does he work hard, he inspires others, including me, to be their best as well. ~Andrew Pichardo

Mandan High School

STRAY RESSLER

Junior

Stray Ressler is an accomplished athlete who excels in golf, basketball, and track. A four-time state qualifier in golf, Stray has earned both All-Conference and All-State honors throughout her high school career. She was also nominated to the All-Conference Tournament Team and helped lead the girls' golf team to a 4th place finish at the 2024 State Championship. Stray's hard work and dedication have earned her recognition as the Mandan Athletic Boosters Athlete of the Month. In addition to her success on the course, she has proven herself in the weight room with a 125-pound bench press, 185-pound squat, and 135-pound power clean. Stray's athleticism, work ethic, and leadership make her a standout athlete in girls golf. ~Zachairy Morast

HIGH SCHOOL — GYMNASTICS

Mandan High School

TAYLOR ARNEGARD

Junior

Taylor Arnegard is an exceptional gymnast who has made a significant mark in her sport while also participating in softball. In gymnastics, she placed in vault at the WDA last year and has qualified in vault, bars, floor, and all-around so far this year, showcasing her versatility and talent across multiple events. Taylor's dedication to her craft is matched by her strength and determination, as reflected in her impressive strength stats, including a 150-pound bench press, 230-pound squat, and 135-pound power clean. Her hard work in the gym and on the floor makes her a standout athlete, and her commitment to excellence continues to push her to new heights in gymnastics. ~Zachairy Morast

HIGH SCHOOL — ICE HOCKEY

Archbishop Spalding High School

KAYLEE DAIGLE

Goalie

Senior

Kaylee Daigle, senior goalie for the Women's Ice Hockey team at Archbishop Spalding High School, finished her high school career as the most accomplished goalie in program history. She is a four-year varsity player and three-year starter. She is a State Champion, State Finalist, and State Semi-Finalist. She made Second Team All-MAGHL in her senior year. She has the most career saves of any goalie in program history. She is also a decorated AA travel hockey player, having won league championships in the Chesapeake Bay Hockey League and the Atlantic Girls Hockey Federation. Miss Daigle had a late start in ice hockey and started playing at age 14, which makes her accomplishments even more impressive. Miss Daigle caught up with and exceeded her peers through her tireless commitment to on-ice skills training and off-ice strength training in the weight room. Kaylee Daigle very much deserves National Strength and Conditioning Association All-American honors. ~Phillip Tran

Mandan

KARLEY GANGE-GERHARDT

Right Wing

Senior

Karley Gange-Gerhardt is a versatile athlete who excels in hockey, golf, and soccer. A key player on her hockey team, Karley helped lead them to two WDA championships and was named team captain her senior year, demonstrating her leadership and commitment to her teammates. In addition to her success on the ice, Karley is a skilled golfer and

soccer player, showcasing her athleticism across multiple sports. Her dedication to strength and conditioning is reflected in her impressive physical achievements, including a 145-pound bench press, 225-pound squat, and 140-pound power clean. Karley's work ethic, leadership, and drive make her a standout athlete and a true asset to Mandan girls hockey program. ~Zachairy Morast

Mandan High School

LAYTON GIGGEE

Junior

Layton Giggie is a standout athlete at Mandan, excelling at hockey, football, and Track. Known for his relentless work ethic in the weight room, he leads by example and demonstrates unmatched dedication to his athletic development. As a football player, Layton earned WDA All-Conference honors and was named Second-Team All-State, showcasing his skill and leadership on the field. He is also a Silver Iron Brave member, a prestigious club for athletes with combined strength totals over 850 lbs, with a 275-pound bench press, a 405-pound squat, and a 255-pound power clean. Additionally, Layton earned second place in total weight lifted in his weight class at the Shanley Weightlifting Meet, underscoring his commitment to excellence across multiple sports. ~Zachairy Morast

HIGH SCHOOL — ICE HOCKEY

Yankton

TUCKER RENKEN

Wing

Sophomore

Tucker is a key member of the Yankton Hockey team that has qualified for the State Tournamanet for the first time in team history. Tucker h16 goals on the season, 19 assists and has 1 hat trick. One the the key leaders on the ice, and in the weight room, Tucker has used his off-ice training as one of the key factors in helping to perform at a high level on the ice. ~Mark Roozen

HIGH SCHOOL — LACROSSE

Cape Henry Collegiate

NATE JOHNSON

Junior

Nate Johnson attacks his workouts before school, and year around, with a level of effort that is unmatched. He sets the tone and pushes his teammates by leading by example. Due to his approach, he has made quick and impressive progress in our program. To date Nate has achieved a back squat of 380, a bench press of 210, and a trap bar deadlift of 400. ~Philip Reichhoff

Cape Henry Collegiate

LIZA PRIDGEN

Junior

Liza Pridgen has been a consistent participant in our program year round for multiple years, often training in our early mornings “Breakfast Club” group. Liza’s confidence and consistency separates her from her peers. She is never intimidated and always attacks challenges. To date Liza has achieved a front squat of 140, a bench press of 120, and a trap bar deadlift of 185. She is a leader and role model for our community. ~Philip Reichhoff

Handley High School

ELLA BLAKE TURNBULL

Midfielder and Attacker

Junior

There is a difference between determination and obsession. EB is obsessed with becoming the best version of herself in every area of her game. Her raw talent matched with that obsession is going to take her far in life. She hit numerous goals in the weight room over the years and I know she'll demolish more in any area of her life. Congrats EB, this was earned not given! ~Coach Armel

New Trier

ELLIE BORNHOEFT

Senior

Ellie is a 4-year Varsity starter for one of the top teams in Illinois. Her work ethic, determination, and attitude continues to push her to new heights in the weightroom, on the field, and beyond. Her numbers are Top 5 on the team for every strength and speed event we test. She is a returning All-State and USA Lacrosse All-American who is currently Top 5 in New Trier program history in draw controls, and is positioned to break the school record this year. An encouraging and supportive member of the team, committed to play college lacrosse at Cornell, her best is yet to come! ~James Davis

New Trier

ALLIE TRUKENBROD

Senior

Allie is an unselfish and committed athlete. She is a leader by example, a great communicator, and a tough competitor who always puts team first. She supports those around her and has no fear of speaking up and taking initiative. Her relentless work ethic has translated to great success in the weightroom (Top 5 on the team in pro-agility shuttle, back squat, and hang clean) and on the field, where she is a 4 year Varsity starter. Entering her senior season, Allie has already been recognized as a 2-time All-State player, made the USA Lacrosse U-16 team, and was named USA Lacrosse All-American after her junior season. She is committed to play at the University of Virginia, and her best is yet to come! ~James Davis

HIGH SCHOOL — LACROSSE

The Walker School

FINLEY RADDING

Attack

Senior

Ever since his freshman year, Finley has been a mainstay of The Walker School weight room. He understands and values the benefits our strength training and conditioning program provides to help him remain healthy and achieve his goals on the lacrosse field. His passion for strength training and conditioning is evident in his personal life choices and the work ethic he provides, and has provided, on a daily basis for the past four years. In addition to being the school record holder for goals scored and assists on the field (154 goals and 153 assists at the time of this nomination), Finley has a (full range of motion) barbell back squat max of 2.4 times his bodyweight (350 lbs. squat at 145 lbs. bodyweight), barbell bench press 1.8 times his bodyweight (265 lbs. bench press at 145 lbs. bodyweight), has a PR 800m time of 2'30" and is able to run the mile in 5'18". Truly an all-around athlete with a work ethic deserving of success. ~Jeremy Gough

HIGH SCHOOL — MULTI-SPORT ATHLETES

Archbishop Moeller High School

MATTHEW FOGLER

Football, Track and Field

Senior

Matt Fogler is the epitome of being called a “Man Of Moeller” and “All American”. A hard worker, constantly focused on the task at hand and pound for pound one of the strongest (and fastest) men at Moeller. Boasting a 235lbs clean, 245lbs bench press and a back squat over 2x his body weight, Matt at times during the season would constantly hit over 20mph on our GPS units even leading the “Mid West” in top speed a few weeks with a top speed of 21.62MPH. A record setting two sport athlete who is committed to playing football for Colgate University in the Fall of '25, he is an exceptional athlete but more importantly is a remarkable man. The strength and conditioning staff at Moeller cannot say enough about him and believe he is worthy of being named an NSCA All American. ~Coach Chris Gray

Athens Academy

KJ WHITEHEAD

Basketball, Football, Track and Field

Football: WR, DB, Special Teams; Basketball: Forward; T&F: 200m; 4x200m; High Jump

Senior

In today's world of early sports specialization, KJ stands as a throwback to the day when athletes hung up the football cleats for basketball shoes and put away the sneakers for track spikes. Furthermore, he is a star competitor and teammate in all three. His impact goes far beyond his athletic ability; he embodies discipline, perseverance, and integrity. He is a servant leader that leads by example, demonstrating commitment to training,

pushing teammates to excel, and fostering a culture of respect and teamwork. Through relentless dedication, KJ inspires others to embrace hard work, resilience, and accountability. His character is defined not just by performance alone, but by his ability to uplift and motivate those around him, demonstrating that true leadership is really about service, humility, and the pursuit of excellence. As a reflection of his dedication and athletic ability, KJ will continue his football career at Lenoir-Rhyne University. ~Bryan Pulliam

Berrien Springs High School

KYRA ABDEL-WARRESS

Cheerleading, Soccer

F,M,D

Senior

Kyra is, pound for pound, one of the strongest athletes in our school due to her work in the weight room the past three years. Her positive attitude towards lifting has significantly improved herself in every category we test in. Her leadership in the weight room has been a catalyst for our improvement in our girls soccer team as well. ~Robert Taylor

HIGH SCHOOL — MULTI-SPORT ATHLETES

Berrien Springs High School

BRODY BREWER

Baseball, Basketball, Football

Football: DE/OT, Basketball: Forward, Baseball: Catcher, pitcher, 1B

Senior

Brody has been a workhorse athlete for our school. He has been All State Honorable mention in football the past two years, along with numerous district and regional awards in his sports. He came back from a knee injury his sophomore year and has diligently worked hard in the weight room to get to where he is at, with both baseball and football college programs looking at him. . ~Robert Taylor

Berrien Springs High School

ADI HILDEBRAND

Track and Field, Volleyball

Middle Hitter, Middle Distance

Senior

Adi is one of those athletes whose work in the weight room absolutely changed who they are. The transformation that she has made was from an oft injured sophomore to a strong college bound volleyball athlete that was recruited for her strength was phenomenal. Her positive attitude and willingness to put in so much extra work to make herself and her teams better will be missed in our program. ~Robert Taylor

Berrien Springs High School

NOAH JARVIS

Cross Country, Track and Field

Sprints, Mid distance, Distance

Senior

Noah has worked extremely hard in the weight room over the course of his high school career to become the athlete that he is. He was a part of our state championship track and field team last year and we expect great things out of him this year as well. He is a “freakishly gifted” athlete that can be put into any situation and excel at it. Noah is also one of the most personable and humble people you will ever meet. A true leader. ~Robert Taylor

Berrien Springs High School

MICAH MCFARLANE

Baseball, Basketball, Football

Football: QB/S, Basketball: F, Baseball: P, IF

Senior

Micah is a rare balance of exceptional student and athlete. He has been the quarterback on our team that has qualified for the state playoffs all four years he was in school, as well as a key player on our successful basketball and baseball teams. He is the prototypical gym rat that thrived in the weight room, even after tearing the meniscus in his knee and coming back to play at a high level. His leadership and off the field mannerisms, especially working with younger athletes, is something not normally found in high school kids these days. ~Robert Taylor

HIGH SCHOOL — MULTI-SPORT ATHLETES

Berrien Springs High School

ALEX O'DELL

Basketball, Football, Track and Field

FB: DE/LB, BB: C,FW, Track: Discus/Shot

Senior

Alex is a true three sport athlete that has put in a lot of time and commitment to make himself better. At 6'8, it is typically hard to build strength, but Alex has worked steadily the past few years to gain muscle and athleticism that will follow him into collegiate athletics. ~Robert Taylor

CARD Sports Performance | Little Miami

CARTER SELLERS

Baseball, Basketball

LHP & Forward

Senior

Carter is one of the most talented two-sport athletes that I have had the honor of working with. He's earned every single bit of recognition that he's received over the last couple of years. He's been working his tail off since the moment I met him in 2020, and I find him wanting to train at our facility anytime he has a glimpse of time off. He just wrapped up his last basketball season where he led his conference in BPG and was third in RPG. Now, committed to Illinois State for baseball, he sets his sights on finishing his high school baseball season with another stamp of excellence. ~Connor Hanson

Cardinal Gibbons (NC)

RILEY PHELPS

Field Hockey, Lacrosse

Midfield for both sports

Senior

Riley has committed to working in the weight room year round and has been an example for many other

female athletes that have followed in her footsteps. Aside from her preparation for both sports, Riley is also preparing for a career in the Military as she is committed to play at West Point next year. Riley is a two time Field Hockey 4A state champ and 3 time Lacrosse 4A state champ as well as a USA u18 national team combine invite. No one works harder than Riley in the weight room and it shows in her numbers which are leaps and bounds ahead of her peers. ~Erin Bratcher

Charlotte Catholic High School

THOMAS WAKEFIELD

Football, Wrestling

Senior

Thomas Wakefield embodies everything an elite strength and conditioning athlete should be. His relentless "all gas, no brakes" mentality sets the tone for every training session, pushing not only himself but also his teammates to new levels. As a natural leader, Thomas commands respect through his actions—never missing a workout, embracing challenges with a smile, and setting the standard for effort and discipline. His ability to communicate effectively with coaches and peers makes him a coach's dream, always receptive to feedback and ready to help others improve. Beyond his work ethic and leadership, Thomas is simply the strongest athlete in the room, a testament to his dedication and commitment to his craft. His presence in the weight room is unmatched, making him the ideal candidate for the NSCA All-American Strength and Conditioning Athlete of the Year. ~Michael Hazel

HIGH SCHOOL — MULTI-SPORT ATHLETES

Cornerstone Christian Academy

JOCELYN DZIERZAK

Basketball, Soccer

Forward and Outside Back

Freshman

We strive to teach athletes that they are able to do exceedingly and abundantly above what they think they are capable of. This helps our athletes begin to see their untapped potential. As a freshman, Jocelyn came in and immediately we saw so much potential in her. We just had to get her to realize it. After a few weeks of training the joy she had when coming in the weight room was noticeable and contagious. Her smile made others smile, and her work ethic made others match it. We are proud of her, and cannot wait to see all the goals she accomplishes in the next 4 years. ~Coach Armel

Dacula High School

DONOVAN QUARYV JR.

Baseball, Football

Wideout, Outfield

Senior

DJ Quarry is an outstanding young man who works incredibly hard on and off the field. He plays both football and baseball here at Dacula. He trains hard everyday in the weight room and is currently the Back Squat record holder in the 150-170 weight division with a squat of 375lbs. DJ plans on attending Berry College in Rome, Georgia to continue his football playing career. ~James Romaniw

Ezell-Harding Christian School

KJ HILLHOUSE

Baseball, Basketball

Pitcher, Forward

Senior

KJ is a standout multi-sport athlete, excelling in both baseball and basketball. While baseball may be his best sport—earning him an offer to play at the collegiate level—he has also been a three-year starter on the varsity basketball team. Simply put, KJ is a winner. He is tough, intelligent, and selfless, qualities that are contagious within a team, especially when demonstrated by a leader like him. Over the past two seasons, he has been a driving force behind our back-to-back 20-win seasons, consistently raising the bar for himself and his teammates. Beyond his athletic success, KJ's character sets him apart. His humility, relentless work ethic, competitiveness, and ability to inspire a winning culture are unmatched. In our highest-level strength and conditioning program, KJ has excelled—frequently setting new personal records, pushing himself and his peers, and always making those around him better. He is more than just an athlete; he is a leader, a role model, and an exceptional young man. ~Justin Loudon

HIGH SCHOOL — MULTI-SPORT ATHLETES

Fort Worth Country Day

CONNOR DAVIDSON

Baseball, Basketball, Football

Quarterback, Forward, Second Base-Utility

Senior

I have only had the pleasure of coaching Connor this past year but from the moment I met him during summer workouts he has shown a willingness to listen, learn, apply and push not only himself, but all of those around him to get better. His dedication and leadership have helped set the culture of each athletic program he has been a part of this school year. Through his work ethic and commitment, he has increased his back squat max by 10lbs and his hang power clean max by 25lbs while competing in every season. I am proud to nominate Connor for the NSCA All American Strength and Conditioning Athlete of The Year award. ~Matt Segura

Fort Worth Country Day

ELIZA PEACOCK

Soccer, Volleyball

Middle Hitter, Defensive Midfield

Junior

Eliza was one of the first girls I met during summer workouts. Immediately, I could see she was a very hard worker who was eager to be coached to improve. She led by example while she was in the weight room and it was noticed not only by me but her teammates as well. That work ethic helped her improve her vertical by over an inch during the season. I am proud to nominate Eliza for the NSCA All American Strength and Conditioning Athlete of The Year award. ~Matt Segura

Fox Chapel Area High School

LAILA GOLLA

Rowing, Tennis

Tennis and Crew

Junior

Laila Golla is a dedicated scholar-athlete at Fox Chapel Area High School, maintaining a high GPA while excelling in both crew and tennis. With a strong passion for community service and leadership, she serves as the President of the Psychology Club and Director of Outreach for the Fox Chapel Area Wellness Council, where she promotes mental health awareness and well-being initiatives. Her commitment to public health extends to her role as a Youth Advisory Council Member for the PA Department of Health and Penn State University, where she contributes to youth-centered health policies. Additionally, she is the founder of Cakes for Care, an organization that has coordinated over 250 baked goods drop-offs for shelters and community members in need. Laila has also been recognized with numerous accolades, including the Gold Presidential Volunteer Service Award and a Scholar Athlete Award. With aspirations in the medical field, she has taken rigorous coursework in AP Biology and honors sciences, demonstrating her dedication to improving the lives of others through healthcare. Laila's dedication to improving physical conditioning through our strength and conditioning program is exceptional and unwavering. She is well respected throughout our school community and deserves this recognition. ~Brandon Peifer

HIGH SCHOOL — MULTI-SPORT ATHLETES

Gayville-Volin

TAYLOR HOXENG

**Basketball, Track and Field, Volleyball
Multi-Sport**

Junior

Taylor is involved in volleyball, basketball, track and rodeo. In volleyball, Taylor has 608 digs in a season, 63 aces in a season, 4 digs per set and 17 digs per game. She was part of the team that went to the State Tournament this past year. In baseball, Taylor averages 17 mpg and hit the 1000 career points this year as a junior. She has 4 assists in a game and 6 rebounds per game. In rodeo she has qualified for the State High School Rodeo and placed 4th this past season in all around. ~Mark Roozen

Gayville-Volin

SPENCER KARSTENS

**Basketball, Football, Golf
Quarterback and Guard**

Senior

Spencer has been an outstanding leader in the weightroom and outside of the gym. He has used Strength and Conditioning to achieve high levels of success. In Football this past season; He set school records in all of the following areas: Career Passing Yards - 3,640 , Single Season Yards--1,552 , Single Season Completions- 114 , Career Completions - 273 , Single Season Team Passing- 1,561, Total Offense Career 4,937 Yards. He was also selected All-Conference and All-State for the year. Spencer was also selected to play in the State All-Star Football Game for all levels. In basketball from 2023-2024, Spencer 21 points per game 7 rebounds per game 5 assists per game Made All-State and All conference. This year, he hit the 1500 points in a career and broke the school career assist record.

Spencer is looking to continue his sport career playing basketball at the college level.

~Mark Roozen

Hamilton Heights High School

WILL DUNCAN

**Football, Track and Field
Defensive Line, Shot/Discus**

Junior

Coach Tony Brown states, “Will has been a thrower for three years; his work ethic and desire to be the best he can shows up in the ring and the weightroom. His knowledge of different types of lifts and how to perform them shows he studies each technique on his own, getting the full benefits of each movement and the part of the body it is focused upon. He always takes time explain to his teammates how and why we do the lifting we do. Others benefit from his efforts.” Coach Clifton-Gaw states, “Will challenges me to professionally go beyond the basics of a technique or program. His thirst and drive to know 'why and how' so he can be the absolute best at the task is admirable.”

~Janet Clifton-Gaw

HIGH SCHOOL — MULTI-SPORT ATHLETES

Hamilton Heights High School

SOPHIA HULEN

Cheerleading, Swimming

Back spot; Freestyle Sprints

Senior

Sophia is a determined force that leads those around her to new heights. She has been a leader in having her fellow cheer team members engage in strength training, reducing injuries in the program. Her determination found her setting the school record in the 50m Freestyle and competing at the State Finals. She embraces total body lifts and demonstrates to other women it is amazing to be powerful. ~Janet Clifton-Gaw

Jackson Christian School

EASTON JONES

Baseball, Football

Football: DB, WR Baseball: Centerfield

Senior

Easton physical abilities with his mentality in athletics is unmatched. You don't see many athletes with his speed and strength very often and working with him was an awesome experience. I am glad I have the chance to coach him and he will be doing great things at the college level! ~Jonmarc Rasberry

Jackson Christian School

AUSTIN KELLEY

Baseball, Football

Baseball: Short Stop & Pitcher Football: Quarterback

Senior

Austin was very successful off and on the field, 22-5 as a starter as Quarterback for the Jackson Christian Eagles, he is a leader for our program as a whole. Getting to coach Austin was remarkable to see the

maturity that he brought to the table everyday. He did great things in his time at Jackson Christian and I am confident he will excel at the college level!
~Jonmarc Rasberry

Jackson Christian School

BAILEY ROBINSON

Softball, Volleyball

Softball: 3rd Base & Short Stop

Senior

Bailey's determination to progressively get better shows day in and day out. From sprints on the turf to sets & reps in the weight room, she shows what it means to be a student athlete. I am happy to nominate her for this award as it reflects her and her work ethic. ~Jonmarc Rasberry

James Wood High School

AIDEN BELL

Football, Soccer

Punter/Kicker, Defender

Junior

A common term thrown around a lot in sports is that someone is a "dawg". It's an athlete that has confidence in their ability to go up against anybody. Aiden Bell is one of those athletes. Not only does he have confidence in his abilities, and has crushed many goals he has set out, he is constantly trying to build the confidence of others around him as well. When I see that desire to make others better, that is what my definition of "dawg" is. That makes Aiden a true DAWG! ~Christopher Armel

HIGH SCHOOL — MULTI-SPORT ATHLETES

Mandan High School

HARPER HARRIS

Baseball, Track and Field, Volleyball

Senior

Harper Harris is an exceptional multi-sport athlete who excels in basketball, volleyball, and track. A standout from a young age, she was named Female Athlete of the Year as a sophomore and has since earned the distinction of Defensive Player of the Year twice. Harper's commitment to excellence is reflected in her two-time Brave Award wins, which honor athletes who embody the core values of a Mandan Brave. Additionally, she has been recognized as WDA Academic All-Conference all four years of high school, showcasing her dedication both on and off the field. Harper holds records at Mandan for the fastest top speed and agility, and her PR's in the weight room include a 115-pound bench press, 170-pound squat, and 115-pound clean. Her leadership, work ethic, and athletic accomplishments make Harper a standout athlete and an inspiration to her peers. ~Zachairy Morast

Mandan High School

HUDSON SHELDON

Baseball, Basketball, Football, Track and Field

Senior

Hudson Sheldon is an exceptional multi-sport athlete, excelling in football, basketball, baseball, and track. In football, he has been named All-State twice, All-WDA twice, and earned the prestigious WDA Senior Athlete award, along with being his team's MVP. As a basketball player, Hudson has garnered two All-State honors, two All-Conference selections, scored over 1,000 career points, and holds the all-time assist record at Mandan, all while earning team MVP accolades. In track, he is a three-

time state qualifier, demonstrating his versatility and athleticism. Hudson also shines in baseball, where he was recognized as Academic All-Conference. His PR's in the weight room include a 200-pound bench press, a 250-pound squat, and a 165-pound clean, further illustrating his commitment to excellence across all of his athletic endeavors. ~Zachairy Morast

Morgantown High School

LIZ ALSOP

Basketball, Softball

Softball: Pitcher

Senior

Liz has always been a leader in both basketball and softball. She is the one that is always first in the weight room, works hard, and completes the entire lift, even if it takes her longer than her teammates. Sometimes, she is the only one that is present in her team's strength & conditioning sessions -- even when her teammates aren't there, she is working. Liz has also committed to Fairmont State University for softball. She puts her all into both basketball and softball, but academics still take first. She excels in the classroom and manages her time well so she can achieve high grades and participate fully (and shine) in her sports. She makes a coach's job easy and rewarding! ~Hannah Swirple

HIGH SCHOOL — MULTI-SPORT ATHLETES

Nashville Community High School

EMMA BEHRMANN

Volleyball, Basketball, Track and Field

Junior

Emma has been a blessing to work with. Her drive, effort, and physical capabilities are unmatched. Emma is a great leader within our program. She shows great discipline, as well as determination and heart. As a Junior, Emma is one of our best all-around performers in the weight room and is a tremendous asset for our entire athletic department. Performance Numbers: Vertical: 36" Squat: 185lbs Bench: 130lbs Height: 5'10"

~Jordan Fark

New Trier

JOHN FRANCIS KARP

Football, Powerlifting, Track and Field

Junior

At 6'4" 265lbs, "Karp" is an obvious presence in the weightroom, but it is his work ethic that truly sets him apart. He is physical lineman for the varsity football team, New Trier's top shot-putter, and one of the dominant forces for the defending IHSPFA State Champion powerlifting team. He has a 505lb squat, 300lb bench press, 520lb deadlift, 265lb hang clean, and his speed and mobility are increasing right alongside his lifts. With his sincere dedication to training, his best is yet to come. ~James Davis

Northrop High School

CAMDEN DAY

Football, Track and Field

OL/DL

Sophomore

Camden is an amazing student-athlete who is highly dedication, and resilient. Camden has consistently demonstrated outstanding performance in our program continuously showing improvements in his strength, power, and speed development. Beyond their impressive physical strength, they embody the spirit of perseverance and hard work, often inspiring others through their discipline, commitment to training, and positive attitude. Camden's relentless pursuit of excellence and his ability to push boundaries make him a deserving candidate for this prestigious award. ~Tyler Carroll

Notre Dame Academy

JAMES FLANIGAN

Football, Ice Hockey, Track and Field

Left Wing / Tight End and Defensive End / Thrower
Senior

Halfway through his senior year, James Flanigan is already a five-time state champion, with hopes for more to come. This level of success doesn't happen by accident. As a three-sport athlete, James is a regular in the weight room year-round. His consistent work ethic not only elevates his own level of play but also sets the standard for all of his teammates and, indeed, our entire athletic department. It is my honor to nominate James for NSCA All-American Strength and Conditioning Athlete of the Year. ~Anthony Giovanetti

HIGH SCHOOL — MULTI-SPORT ATHLETES

Perry High School

CHRIS BEZZEG

Football, Wrestling

144lb, H Back

Senior

For the last 8 years, Chris has been a constant in the weight room. He has worked his way into the top 5 Wilks Scores in school history. Chris is also an Academic All-Ohio athlete and a 3 Time CVC Champion. ~Michael Crissinger

Ranney School

JUSTIN BUCK

Basketball, Soccer

Shooting Guard

Senior

Always shows up with a positive attitude ready to give his best effort. Trained hard in the weight room since our S&C program started while also leading and guiding others. ~Jacob Ruch

Ranney School

CLAIRE DOHERTY

Basketball, Track and Field

Center in Basketball Thrower in Track and Field

Senior

Always shows up with a positive attitude ready to give her best effort. Trained hard in the weight room since our S&C program started while also leading and guiding others. ~Jacob Ruch

Saint Francis High School

JAMES JORDAN

Basketball, Football, Track and Field

TE, Forward, Thrower

Senior

James has made immense progress from when he started as a freshman. Both physically and how much he has truly bought in to our program. Definitely deserving and, we believe, is the definition of using the weight room to better his team and field performance. ~Jacob Siebert

St. Josephs Catholic School

MURPHY IVEY

Football, Lacrosse

DL

Senior

Murphy has set the example of what a student athlete is when it comes to training in the Weight Room. Not only has he gotten stronger, but his peers around him. ~Julian Aristizabal

HIGH SCHOOL — MULTI-SPORT ATHLETES

The Brook Hill School

BLAIR BRISTER

**Cross Country, Softball, Volleyball
Catcher, outside hitter**

Junior

Blair is an exceptional athlete with the determination and drive to achieve any goal she sets. Her outstanding work ethic in the weight room has allowed her to develop remarkable strength and resilience. Her achievements speak for themselves—earning Second Team All-District and All-State Academic honors in cross country, as well as First Team All-State and First Team All-District recognition in softball. Blair’s relentless pursuit of improvement is truly inspiring, and her competitive spirit fuels her desire for continuous growth. Her passion, dedication, and leadership set her apart as both an athlete and a role model. ~Todd Cofer

The Brook Hill School

SAMUEL WILLIAMS

**Baseball, Basketball, Football
QB, Linebacker, Outfield**

Senior

Sam is an exceptional athlete who has excelled both on the field and in the weight room. A Second-Team All-District linebacker and Player of the Year in football, as well as a First-Team All-District selection in baseball, he is a true competitor and a natural leader, setting the standard through his relentless work ethic and dedication. This past year, Sam fully committed himself to the weight room, and the results speak for themselves. He gained 20 pounds of lean muscle while simultaneously cutting his 40-yard dash time from 5.05 to an explosive 4.6—a testament to his improved strength, power, and speed. His lifts skyrocketed, with nearly 100-pound

increases across the board. Sam’s determination and leadership make him the kind of athlete every coach dreams of working with. His work ethic, discipline, and drive to improve have propelled him to new heights, and there’s no doubt he’ll continue to achieve greatness in everything he pursues. ~Todd Cofer

Travelers Rest High School

AIDEN GARRETT

Football, Wrestling

**Linebacker, Runningback and 165lb Wt. Class for
Wrestling**

Sophomore

Aiden Garrett exemplifies the dedication, discipline, and perseverance required to be an All-American Strength & Conditioning Athlete. His relentless work ethic in the weight room, commitment to continuous improvement, and leadership among his peers set him apart as a true role model. Aiden’s ability to push beyond limits, maintain peak performance, and inspire those around him showcases his exceptional strength, endurance, and mental toughness. His achievements are a testament to his unwavering focus and passion for athletic excellence, making him a deserving candidate for this prestigious recognition. ~Mason Dadian

HIGH SCHOOL — MULTI-SPORT ATHLETES

Vandebilt Catholic High School

LOGAN HIMEL

Football, Soccer, Track and Field

Defensive back, striker, 100m run/4x100m run

Junior

Logan Himel is an exemplary student-athlete and well-rounded young man. Logan's work ethic and dedication in the weight room has allowed him to become one of the best athlete's on Vandebilt Catholic's campus. His leadership in the weight room has also helped build a positive, competitive culture in our strength and conditioning programs and has helped other athletes perform better. He is a three-sport athlete, excelling in football, soccer, and track. He was named all-district in football and soccer, and all-state in football. Along with being a star athlete, he maintains over a 3.4 GPA in the classroom. Outside of school and sports, Logan has volunteered at several of the local festivals to help serve the community. Overall, Logan embodies the qualities of an ideal Vandebilt student-athlete, and his success can be traced to his dedication to the weight room. It has not only built his physical strength, but his mental strength and confidence that has helped him achieve success.

~Amelia Castell

Vandebilt Catholic High School

REESE LANDRY

Cheerleading, Tennis

Main base

Junior

Reese Landry is more than deserving of the All-American Award for Strength and Conditioning due to her exceptional work ethic, dedication, and growth, both on and off the mat. As a key member of the school's Top 10 Nationals cheerleading team, she plays an integral role in their success. She is also a UCA All-American cheerleader, highlighting her elite athleticism and skill. Reese's achievements extend beyond athletics—she has a 3.9 GPA, was 8th grade class president, president of junior high student government association, a student of the year nominee, and is a member of junior national honor society. Beyond her commitments to academics and athletics, she is a member of art club, bridge team, Hope Buddies, while also being active in campus ministry and a member of Sisters in Christ. Over the past two years, I have witnessed a remarkable transformation in her physical strength, conditioning, and overall confidence, which is a true testament to her unwavering commitment in the weight room. She approaches every training session with a determined mindset and consistently gives her best effort, while pushing her teammates to do the same. Reese has truly taken ownership of her personal fitness and sports performance since joining the strength and conditioning program at Vandebilt Catholic, always striving to improve and reach new personal records. She is a true pleasure to coach, and her dedication and ever-positive attitude make her an exemplary candidate for this prestigious award. ~Amelia Castell

HIGH SCHOOL — MULTI-SPORT ATHLETES

Windsor C-1 High School

GANNON DERANJA

Football, Track and Field

Senior

Gannon is just one of four senior boys at Windsor High School who has trained every semester and summer for the last six years. Through consistent commitment to the process, Gannon turned himself into an integral part of the Varsity football team, becoming a Team Captain and earning All-Conference offense and defensive line honors. He demonstrated a strong work-ethic not only in training and on the field, but also in the classroom, maintaining a 4.20 GPA throughout high school and earning Academic All-State honors. Gannon's consistency and maturity made every session better. The culture of Strength & Conditioning at Windsor High School would not be where it is today without him, and he will be missed. I'm pleased to nominate Gannon as an NSCA All-American.

~Ty Van Valkenburg

Windsor C-1 High School

JACK HEATH

Football, Powerlifting, Track and Field

Senior

Few, if any, student-athletes at Windsor High School have been as committed to the Windsor Strength & Conditioning Program over the last four years as Jack Heath. Jack trained every semester and summer of his high school career and was one of the original members of the WHS Powerlifting Team. His awesome transformation from freshman to senior year is a testament to his diligence, intelligence, and intensity. And it was Jack's intensity that set him apart from all other trainees throughout his time at Windsor. Jack not only raised the level of his own

training but also made it a point to bring others with him. Many students are better because Jack was in the room. Being his Strength & Conditioning Coach these past four years has been an honor, and he will be truly missed. I'm proud to nominate Jack as an NSCA All-American and have his legacy cemented on the walls of our weight room and Windsor High School. ~Ty Van Valkenburg

Windsor C-1 High School

LUKE PATTERSON

Football, Wrestling

Senior

Six years ago, on a cold, Tuesday afternoon in January, Luke Patterson stepped into the Windsor High School Weight Room for after school Middle School Football training. Ever since that day, Luke has been faithfully committed to the standard of excellence expected from every student-athlete who walks through the doors of the WHS Weight Room. For six years, Luke trained every semester and summer with the WHS Strength & Conditioning program. He is one of only a few who can make such a claim. Luke's dedication to training helped him become the starting quarterback for the Varsity Football team, a team captain, and an All-State Wrestler. This body of work has also put him in the position to continue his wrestling career at the college level. His character and commitment also transcended the weight room, field, and arena as he earned Academic All-State honors, maintaining a weighted 4.28 GPA throughout high school. Luke's care and commitment to WHS Strength & Conditioning has been at the highest level and he will be truly missed. It is my honor to nominate Luke Patterson as an NSCA All-American.

~Ty Van Valkenburg

HIGH SCHOOL — MULTI-SPORT ATHLETES

Yankton

EDEN WOLFGRAM

Basketball, Soccer, Track and Field

Junior

Eden is a standout in a number of sports and a leader in the weight room. In soccer, Eden was 1st Team All Conference, 1st Team All State, Team MVP, TEAM Offensive Player of the Year, earned her 4th Varsity Letter and missed Zero training sessions to win the Iron Woman Award. She had 8 goals, 6 assists and 8 defensive tackles per game. In Basketball, Eden is a top performer with 16 mpg, 4 rebounds, 2 assists and 2 steals per game as a point guard. In the weight room Eden is a leader and leads by example, squatting 180 and benching 125 lbs.

~Mark Roozen

HIGH SCHOOL — POWERLIFTING

Athens Academy

GEORGE MCMASTER

Senior

George is passionate about the field of Strength & Conditioning, and he uses his passion to lead and inspire students to learn how to train. As a ninth-grade student, George was admittedly out of his element in the weight room but as he consistently experienced success, his confidence grew. Because of his dedication, George began competing in powerlifting competitions and serving as a role model in performance and character in our Strength and Conditioning program. This year, George is using his influence to start and lead Athens Academy's first ever powerlifting club, empowering other students to accomplish physical feats they never thought possible. George's progression over his 4 years of high school is truly remarkable, resulting in him qualifying for the national USA Powerlifting competition. It is so rewarding as a coach to see his thirst for knowledge and how he applies it - to help himself and others grow in confidence. George plans to major in Kinesiology and pursue a career in the sports performance field while further pursuing the sport of powerlifting. ~Bryan Pulliam

Joplin High School

AMY KESSLER

Senior

Since her arrival on our campus, Amy has been instrumental in leading our women's powerlifting club. Amy's leadership is far reaching as she is involved with our volleyball and wrestling programs as well. Amy holds the powerlifting state record in the deadlift and has been the 155 lb. Girl's State Champion. Her best lifts include a 165 lb. bench

press, 330 lb. squat and 380 lb. deadlift. Amy's accolades include being awarded 2 volleyball letters, being named a team captain, and holding the season block record. Amy has lettered in wrestling three years and placed second and third in consecutive years in the conference championships. Amy's commitment to excellence extends to the classroom as she has a 4.2 GPA on a 4.0 scale and has been named to the honor roll all four years. Further, Amy models servant leadership through her work with our Fusion and Peer Buddies programs. ~Michael Lawrence

Mandan High School

ABBY LANDEIS

Junior

Abby Landies is an accomplished athlete who shines in both soccer and powerlifting. In 2023, she earned Rookie of the Year honors and received the Hustle Award for her relentless work ethic and determination on the field. Abby has made a name for herself in weightlifting, winning four medals at the Shanley Weightlifting Competition over the last two years, where she placed 2nd in both total weight lifted and pound-for-pound weight lifted in her weight class. She boasts impressive strength, with a 150-pound bench press, a 285-pound squat, and a 150-pound power clean. As a member of the Silver Iron Brave Club at Mandan High, Abby has achieved a three-lift total of over 500 lbs. Her dedication to excellence earned her the Sanford Sports Athlete of the Month award, solidifying her as a standout athlete in multiple disciplines. ~Zachary Morast

HIGH SCHOOL — POWERLIFTING

Mandan High School

BRYSON MOSER

Senior

Bryson Moser is an elite athlete known for his remarkable strength and dedication in the weight room. With a bench press of 335 pounds, a squat of 450 pounds, and a clean of 265 pounds, Bryson has demonstrated exceptional strength and power across multiple lifts. As a member of the Gold Iron Brave Club, an exclusive group for athletes with a combined bench, squat, and clean total over 1,000 pounds, he has proven himself among the strongest. At the Shanley Powerlifting Meet, Bryson earned 3rd place for the most weight lifted in his weight class, further solidifying his reputation as one of the top lifters in his division. ~Zachary Morast

Pine Tree High School

PEYTON DAVIS

275 Weight Class

Senior

275 Weight Class

Peyton has been a valuable part of our powerlifting & football team and athletic department as a whole. He has worked countless hours to better himself and others on the team in the weight room and on the field the last 4 years. He is a leader in the classroom and a lead by example type of student-athlete that our younger kids can always look to. Very proud of this young man! ~Cody Ellis

Pine Tree ISD

DEVYN GRAY

148lb weight class

Senior

148lb weight class

Devyn Gray is an extraordinary student-athlete. As an athlete, she excelled in powerlifting by advancing to the state meet for 3 out of 4 years of high school. After the completion of our regional meet on Thursday, Feb. 26 she will be a 4 year state finalist. She is a 3-time regional medalist, with an opportunity to gain her 4th this year. Devyn is graduating from high school with the class of 2025, but she is graduating from high school early. She is classified as a senior due to taking a considerably hard schedule loaded with dual credit courses and she has several hours of early college credit hours. I could not imagine a more deserving student-athlete for the NSCA award. ~Cody Ellis

HIGH SCHOOL — SOCCER

Cape Henry Collegiate

TYLER BASS

Senior

Tyler Bass has been a consistent participant in our program since his 8th grade year. He is a multi-sport athlete, serving as a standout on basketball and golf as well. His physical development is an example of what consistency can produce. To date Tyler has achieved a front squat of 340, bench press of 255, and a trap bar deadlift of 480. He is a leader and role model in our community. ~Philip Reichhoff

Edmond North High School

ADAM FROELICH

Midfielder/Forward

Junior

Adam is a junior at Edmond North High School in Edmond, OK. Adam has been playing soccer since he was 5 years old, starting with Edmond Soccer Club and then playing with Oklahoma Energy Football Club on the ECNL and ECRL teams for 7 years. Adam has played on the Varsity soccer team at Edmond North for 3 years. I have been a supplemental coach for the Edmond North Boys Soccer team for the past two years and have been able to observe Adam's character. Adam leads by example, is quick to highlight players on his team that may not always be noticed. Adam gives his very best each day he steps on the field and encourages others to do the same. Adam is a member of the National Honor Society and has maintained a 4.0 GPA for his entire academic career. He volunteers with TOPSoccer and is on the Varsity Board for Cleats for Kids. Adam participates alongside fellow classmates to raise money for local charities through an annual fundraising campaign called BALTO. Adam was named the Sophomore Prince for raising the most

money among the boys in his class. Adam works part time at a local pizza restaurant, attends church, and spends time with friends and family. Adam enjoys hiking, skiing, golfing, playing basketball, and working out. Adam will begin touring colleges soon and plans to study engineering after high school. It is an honor to nominate Adam for this award. ~Elizabeth Mullins

Ludington High School

GAVIN HENION

Midfielder

Senior

Gavin is a quiet leader that lets his actions speak for themselves. Gavin is the epitome of consistency. He is a great teammate that is willing to work with and encourage everyone, especially in the wt room. He shows up! ~Richard Kirby

Ludington High School

KYLEE JOHNSON

Midfielder

Senior

Kylee is a positive leader that is committed to the process of bettering herself and compelling others to do the same. She is a leader on the field, in the wt room, and academically. She is very involved in student government as well. Kylee is a person made for others. ~Richard Kirby

HIGH SCHOOL — SOCCER

Mandan High School

THOMAS CATALANO

Senior

Thomas Catalano is a dedicated and multi-talented athlete, excelling in soccer, football, and track. As a captain of his soccer team, he has not only demonstrated leadership but has also earned recognition for his academic achievements, being named to the All-Academic Team for four years. In track, Thomas has made an impact by qualifying for state in multiple relays and sprint events, and he was honored as a Gatorade Athlete at the NDSU Track Camp for his outstanding performance. He is a proud member of the 600 Sanford Score Club and has shown impressive strength with a 225-pound bench press, a 385-pound squat, and a 225-pound power clean. His dedication to both athletics and academics highlights his well-rounded abilities and commitment to excellence. ~Zachairy Morast

Mandan High School

ADRIANNA KAUTZMAN

Midfield

Sophomore

Adrianna Kautzman is a dedicated and multi-sport athlete known for her relentless work ethic and leadership across various sports. A standout in soccer, hockey, and volleyball, she excels on the field, ice, and court. Adrianna has earned recognition as an All-State player for 19U hockey—an honor she has achieved twice, showcasing her skill, determination, and competitive drive. Adrianna is committed to her strength and conditioning, putting in countless hours in the weight room. Adrianna's drive to constantly improve has also made her a natural leader, stepping up as an underclassman and inspiring her

teammates with her dedication and discipline.
~Zachairy Morast

Perry High School

JORDAN ROWAN

Forward

Senior

Jordan has been training year-round since 5th grade. She has participated in soccer with her high school team, ECNL, and National Selection Team. Jordan was All-Ohio, CVC Conference Player of the Year, and is a top 50 player in our region. She has a 4.3 GPA and will be continuing her education/soccer career at the University of Kansas.

~Michael Crissinger

Platteview High School

MACKENZIE JENSON

Defender

Senior

Mackenzie has been a constant in our program over the last 5 years. A very talented athlete that will not let anyone outwork her. She is a leader in the hallways, on the soccer pitch and in our program.

~Nicholas Crouse

HIGH SCHOOL — SOCCER

Preston High School

KATE ALLRED

Junior

Kate is always working hard to better herself, she's a leader in the weightroom and always pushes others to also be better. Kate shows great leadership on and off the field. She's a great example of character and work ethic, a real shining light for younger girls to look up to. Through her hard work, on and off the field, she has made massive strides as a player and is an integral part of our program. ~Jamie Fuse

Yankton

JOSSLYN ELWOOD

Wing

Sophomore

Josslyn is a multi sport athlete doing soccer, basketball and track. This past season, she was part of the team that was 7th seed in the State Playoffs and had 5 season shutouts. Josslyn scored 6 goals, had 3 assists and has earned her 3rd Varsity Letter. She also won the Iron Woman Award for missing ZERO training sessions or games. Her squat is 185 lbs, bencehs 135 and has a 20.5 inch vertical.

~Mark Roozen

Yankton

JACK PEDERSEN

Junior

Jack is a multi sport athlete competing in Soccer, Hockey and Track & Field. He is a member of the National Honor Society as well. In soccer Jack was selected to the All ESD (Conference) Team with 13 games played; 7 goals and 2 assists. In Hockey, Jack had 18 goals and 14 assists in 22 games. He is also a sprinter on the Varsity Track Team. He is a leader in sports and in the weight room as well.

~Mark Roozen

HIGH SCHOOL — SOFTBALL

Bexley High School

KAYLA DUFFEE

Catcher

Junior

Kayla is an outstanding softball player and a very hard worker. Her dedication to the weight room is second to none. She front squats 175 pounds and benches 110. As a captain of the softball team, she leads by example. She will often train with some of younger student-athletes and helps them during their workout. Her drive and determination will help her be successful in all that she attempts. It is for all of these reasons that I am honored to nominate Kayla Duffee as an NSCA All-American. ~Jesse Padgett

Dacula High School

LIANNA RODRIGUEZ

Infield

Junior

I've worked with Lianna for 2 years now. She comes to the weight room to work. She pushes herself and other around her. She is currently the school Power Clean record holder in her weight division with 110 lbs, and she is 5 lbs away from hitting a 200lb Back Squat and 100lb Bench ~James Romaniw

Gayville-Volin

AYLA DIMMER

Pitcher

Junior

Alya is a multi-sport athlete playing volleyball, basketball and softball. In softball, last season she hit .367, had an on-base average of .500. She had 14 wins on the season, 23 wins in her career on varsity, with a win percentage of .750, with 107 innings pitched. She also had one No-Hitter. She

also had 96 strikeouts in a season and has had 176 strikeouts in her career. In the weight room she squats 210 lbs and benches 110 and has a 17 inch vertical. ~Mark Roozen

Hahnville High School

AMBERLY DEMPSTER

Outfielder

Senior

Amberly has always brought a mature approach to her training sessions. She is a professional in how she approaches her academics, nutrition, performance, and preparation. Amberly is arguable the most mature athlete I have ever coached in a high school. She has grown into a leader and elevates the group around her and holds her teammates to high standards of accountability. She has the highest Hang Clean ever recorded by a female athlete in our weight room. Amberly is a 2-time All-District selection in Softball while maintaining a 3.79 unweighted GPA. She is committed to play softball next year at LSU-Eunice. ~Taylor Dunn

HIGH SCHOOL — SOFTBALL

Mandan High School

MCKENZIE YANTZER

Outfield

Senior

McKenzie Yantzer is a standout athlete known for her impressive skills in both softball and hockey. She was honored as the Mandan Athletic Boosters Athlete of the Month, showcasing her dedication and excellence in the sport. McKenzie served as a team captain for her softball team and helped lead them to a state qualification. In hockey, she is a two-time WDA champion, demonstrating her versatility and leadership across sports. Last year, McKenzie was named an NSCA All-American, a testament to her athleticism and strength. Her strength training stats include a 135-pound bench press, a 200-pound squat, and a 135-pound power clean, solidifying her as a well-rounded and driven athlete.

~Zachairy Morast

Northrop High School

BAYLEE HUTH

1B/P

Junior

Baylee is a truly remarkable young woman who is highly dedicated to her success on and off the field. Over the last year Baylee has seen tremendous improvement in her strength, power, and speed due to her high level of commitment in our program and her impressive .522 batting average last season is a testament to that. Baylee is a role model not only for her teammates but for all whom she encounters. It is my honor to nominate Baylee Huth as an NSCA All-American Strength and Conditioning Athlete Of The Year. ~Tyler Carroll

Watkins Memorial High School

SIERRA FUCHS

OF

Junior

Sierra is one of the most consistent athletes to step foot in the weight room. She is always one of the hardest workers in the room and this has led her to being one of the strongest girls in the weight room, constantly pushing herself to get better. Her attention to detail and high effort day in and day out are what you want from all athletes. For these reasons, Sierra is more than deserving to be an NSCA All-American Strength and Conditioning Athlete of the Year. ~Seth Dunaway

Windsor C-1

SAMMY WILSON

Senior

No other female student-athlete at Windsor High School has been as committed to pushing the limits of strength and power over the last four years as Sammy Wilson. She is one of just three female student-athletes to have earned her Elite Athlete Classification multiple years, and currently holds the female school records in the Clean and Front Squat, along with multiple Softball all-time records. Her commitment to training helped earn her All-Conference honors as a Softball player her senior year as well. Sammy has undoubtedly helped raise the standard for what is possible for a female student-athlete to achieve in the quest for strength, power, and speed at Windsor. Her quiet intensity was regularly on display during training and would often elevate the intent of those training around her. Sammy's passion for training will be truly missed and I'm happy to nominate her as an NSCA All-American. ~Ty Van Valkenburg

HIGH SCHOOL — SWIMMING

Creighton Preparatory School

CAM NEWTON

Senior

Cam strives to improve himself each training session. He has emerged as a team leader and pushes his teammates to improve. His hard work and leadership has allowed himself to have great success at each meet and compete for state medals.
~Trenton Clausen

Mandan High School

GRACE BUGBEE

Sophomore

Grace Bugbee is a dedicated swimmer and softball player who has made a lasting impact both in the pool and on the field. A three-time letter winner, she has also earned Academic All-Conference honors every year of her high school career, showcasing her commitment to excellence both athletically and academically. Grace's sportsmanship and team spirit were recognized when she won the prestigious state Krista Rust Award, which is given to the athlete who exemplifies outstanding sportsmanship throughout the season. In addition to her athletic accomplishments, Grace's dedication to strength training is evident with a 120-pound bench press, 205-pound squat, and 130-pound clean. Her leadership, work ethic, and positive attitude make Grace a standout athlete and a role model for her teammates. ~Zachairy Morast

Mandan High School

VINCENT KELLER

Junior

Vincent Keller is an accomplished swimmer known for his dedication and hard work both in and out of the pool. He has been recognized for his exceptional effort, earning the Mandan Athletic Boosters Athlete of the Month, the Hardest Worker Award, and the Most Improved Award, which highlight his growth and commitment to excellence. In addition to his swimming accolades, Vincent has showcased a great dedication to the weight room, with a 215-pound bench press, a 325-pound squat, and a 205-pound power clean. His relentless drive to improve and his outstanding achievements make him a standout athlete at Mandan. ~Zachairy Morast

New Trier

ELYSE NEWLANDS

Senior

All-Conference, Honorable Mention All-State in the 200 IM and 100 Breast, 2023 All-American in 200 Free Relay, 2024 CSL Sportsmanship Award, Team Record holder. Elyse is one of a kind; she is someone whose understanding of what is right in the moment has helped her to be a force for good in our sport. In the weightroom, she is a true leader by example. Outstanding dedication to developing as an athlete, constantly deepening her understanding of strength work, of recovery, and nutrition practices. Exceptional work ethic has led to her growth into a critical member of our state championship in 2022 and runner-up finishes in 2023 and 2024.

~James Davis

HIGH SCHOOL — SWIMMING

New Trier

MARIN SHIMKUS

Senior

All-Conference, First Team All-State, All-American in 50 Free, 100 Back, and 200 and 400 Free Relays. In 2024, Marin helped to set team records in 200 and 400 free relays, finished 2nd in the 100 back at State, and swam some of the fastest times in our team history in the 50 freestyle. Marin embodies what it means to be powerful in the water, and her success is the result of her exceptional work in the weight room over the last four years. Marin is an amazing athlete who has been essential to 2022 state championship and runner-up finishes in 2023 and 2024. ~James Davis

HIGH SCHOOL — TENNIS

Mandan High School

RYAN BITZ

Senior

Ryan Bitz is a talented and versatile athlete at Mandan, excelling in tennis, baseball, and basketball. As a key player on his tennis team, Ryan helped lead them to a WDA Championship and a state runner-up finish. He is a two-time state qualifier, earning recognition as an All-WDA player and taking third place in WDA singles. Ryan's dedication and skill were further acknowledged when he was named Mandan's Mr. Tennis. Beyond tennis, Ryan is also a standout in baseball and basketball, showcasing his athleticism and versatility across multiple sports. His achievements both on and off the court/field highlight his drive and commitment to success. ~Zachary Morast

21st Century Cyber Charter School

ELIZABETH IONESCU

Junior

Elizabeth Ionescu is a dedicated and accomplished tennis player, demonstrating excellence both on and off the court. Her work on the court has led to being a top 3 recruit for the class of 2026 and is verbally committed to continue her tennis career at the University of Texas. Her commitment to strength and conditioning has been instrumental in her development as she began working with Zach Miller from WellSpan Sports Medicine at the age of 12 years old, and over the last 5 years has prioritized her strength training to become a better athlete and reduce the risk of injury. Academically, Elizabeth continues to excel while balancing her athletic aspirations. Her discipline, resilience, and integrity make her a deserving candidate for the All-American Strength and Conditioning Athlete of the Year Award. ~Zach Miller

HIGH SCHOOL — TRACK AND FIELD

Athens Academy

VERONIKA BABBITT

Shot Put and Discus

Senior

Veronika pursues excellence in everything she does. Her dedication, discipline, and relentless pursuit of improvement through strength and conditioning has helped her become one of the best High School throwers in the country. She has excelled in weight training, shot put and discus because she understands that success is built through consistent effort, proper technique, and mental toughness. Veronika is a leader and role model by setting the standard of pushing herself and teammates to reach their full potential. She has helped others demonstrate hard work, resilience, and sportsmanship because of her ongoing influence. She is committed to training and competing by embracing the grind, staying focused on her goals, and developing the character needed to lead in all areas of her life. As a reflection of her dedication and athletic ability, Veronica will continue her Track & Field at Stanford University. ~Bryan Pulliam

Beresford

KOHEN SCHURCH

Sprinter

Senior

Kohen is a multi-sport athlete who plays football, basketball, runs track and also power-lifts. He squats 365, bench is 225, has a 4.49 in the pro-agility, runs the 40 yd dash in 4.7 and has a 31 inch vertical. In track he runs the sprints; 100 (PR of 12.6), 200 (PR of 25.1) and also is on the 4x100, 4x200 and the Sprint Medley Relay Team.

~Mark Roozen

Berrien Springs High School

ZARIYAH MANCE

Sprints, Sprint relays

Senior

Zariyah is a naturally gifted athlete that used the weight room to better herself. Since her sophomore year, she has been a staple in our weight room and her work has paid off. She benches her body weight and squats and deadlifts nearly three times her bodyweight. Her hard work paid off as she is currently near the top of numerous individual school records in the 100m and 200m, and was part of the 2023 state champion 4x100m relay team and 2024 school record and state runner up 4x100m relay team. We are hoping for more great things out of Zariyah her senior year. ~Robert Taylor

Bexley High School

ELI BOWMAN

Sprinter

Senior

Eli is very dedicated to the weight room. He has improved his bench press by over 50 pounds in the last year and he improved his squat by 125 pounds. He broke the schools long jump record. He is one of the most consistent athletes we have and his results show. It is for these reasons that I am honored to nominate Eli Bowman as an NSCA All-American. ~Jesse Padgett

HIGH SCHOOL — TRACK AND FIELD

Bismarck High School

SYDNEY KIEFER

Pole Vault

Senior

Sydney has been a consistent piece in Demon Strength, she is BHS's first two time NSCA All-American. She improved on her numbers this past February. With a 320lb squat, 195 Bench, 175lb in the 130lb weight class. ~Kelly Kooper

Cape Henry Collegiate

JOSH FREY

Senior

Josh Frey has been a consistent participant in our program since his 8th grade year. He is a multi-sport athlete, serving as a standout on our Boy's Soccer team and a demanding travel soccer schedule. Josh's training has allowed him to be resilient and available to compete. To date Josh has achieved a front squat of 215, bench press of 185, and a trap bar deadlift of 405. He is a leader and role model in our community. ~Philip Reichhoff

Forged Iron Athletic Performance at the Jamerson Family YMCA

MAREN BENYO

Sprints

Senior

Maren has prioritized strength training at FIAP for 5 years. She sets goals and does what it takes to achieve them. She has been a top competitor at the state and national level all 4 years of her high school career. Maren plans to study nursing in the fall and become a nurse anesthetist. It has been an absolute honor to coach Maren. ~Sarah Kline

Gayville-Volin

NATE SELCHERT

Throws

Junior

Nate is one of the top leaders in the weight room, playing on the varsity football and basketball team. In the weight room, Nate squats 405, benches 315 and has a 26 inch vertical. In track, Nate got 2nd in the shot at the conference meet and placed in the State meet with a throw of 43'5" in the shot and 114'5" in the discus. ~Mark Roozen

Haltom High School

GRADY TUCKER

Punter / Tight End / Thrower / Choir

Senior

Grady was awarded Texas Sportswriter's Honorable Mention All State Punter this year during the football season. He will graduate number 5 in his class overall. Grady has overcome three surgeries over his athletic career to achieve the athletic success he has earned. He is also a member of our track program and is expected to compete at a very high level. He is also a member of our choir program and regularly sings the national anthem. Grady exemplifies what it means to be a student athlete at Haltom High School. He has best lifts of 310lbs Clean, 500lbs Back Squat, and has jumped over 30in and has broken the 20MPH speed barrier.

~Monte Sparkman

HIGH SCHOOL — TRACK AND FIELD

Hill City

BROOKE THAYER

Junior

Brooke Thayer is an exceptional cross-country and track athlete who demonstrates remarkable dedication in the weight room. A true student of both her sport and her academics, Brooke consistently attends workouts and dedicates herself to extra training, often putting in extra miles and effort unseen by others. She wholeheartedly strives to excel as a student-athlete, maintaining a positive attitude and serving as a role model for her peers. Brooke embodies the qualities of a Strength and Conditioning All-American. ~Sophia Grohs

Iowa City City High School

ISAAC WASHPUN

Sprinter/110m High Hurdler

Senior

Isaac, a 4-year varsity contributor and multiple letter winner, is a reflection on what it takes to be a success track and field athlete at not only City High School, but across the state of Iowa in Class 4A. Further than that, rather, is Isaac's relentless work ethic in the weightroom all of his four years; his commitment and focus to every Snatch, Clean, Squat, or Bench, is second to none; training at the highest level overall, in his event group. Isaac is a second coach for our program; helping the underclassmen in their movements and taking these groups through warm-ups, activation, strength, power, and or torso development when asked by his strength coaches week in and week out, year in and year out over his career; someone that can be counted on to both train and coach when asked upon without hesitation; his accountability and will

to be the very best, is what sets him apart from others. ~Jason Dwight

Mandan High School

KAYLA CORBIN

Junior

Kayla Corbin is a standout athlete in both track and volleyball, known for her dedication, hard work, and team spirit. She has earned the prestigious Brave Award, which recognizes athletes who embody the values and qualities that coaches seek in a Mandan Brave athlete. Kayla's strength and commitment to excellence extend beyond the court and field, as she has been nominated Lifter of the Week multiple times. Her physical accomplishments include a 120-pound bench press, a 195-pound squat, and a 135-pound power clean, showcasing her dedication to training and athleticism. Kayla's leadership and work ethic make her an invaluable asset to the Mandan girls track program. ~Zachairy Morast

HIGH SCHOOL — TRACK AND FIELD

Mandan High School

TRISTAN ULMER

Senior

Tristan Ulmer is a dedicated track athlete at Mandan High, known for his commitment to both his sport and the weight room. His strength and athleticism are evident, with impressive lifts including a 260-pound bench press, a 340-pound squat, and a 245-pound clean. Tristan's focus on track has made him a standout performer, excelling in his events through hard work and discipline. In addition to track, he also plays football and basketball. Tristan's work ethic and physical abilities have earned him a spot in college football, where he will continue to compete at the next level, but his track accomplishments remain a central part of his athletic journey. ~Zachary Morast

Platteview High School

BRODIE BRUNSEN

OL/DL, Thrower

Senior

Brodie is a leader in our strength & conditioning program, amongst his teams and within the hallways of our school. Brodie is a talented athlete with a work ethic that is unmatched, which is demonstrated by his consistent attendance in our strength & conditioning program over the last 5 years. Brodie is a true example of what any coach wants to see in an All-American athlete.

~Nicholas Crouse

Platteview High School

LYDIA STEWART

Middle Distance & Distance Runner

Senior

Lydia is one of the hardest working and most talented Cross Country/Track & Field athletes I have worked with. Lydia is a competitor that will do whatever it takes to achieve her goals. Lydia holds two top 10 finishes at the state cross country meet along with earning All-State recognitions her junior year and Super State her senior year.

~Nicholas Crouse

Platteview High School

REIMAN ZEBERT

TE, F, Sprinter

Senior

Reiman is a combination of all aspects you look for in an All-American athlete. He is a high achiever in the classroom, on the field/court/track and in the weight room. ~Nicholas Crouse

Preston High School

TY BURNETT

Distance

Junior

Ty has been one of the most dedicated and influential young men we have on the track and in the weightroom. He has continued to influence and improve himself and others around him by the standards he follows to excel in his athletic career.

~Jamie Fuse

HIGH SCHOOL — TRACK AND FIELD

Preston High School

ELLIE NELSON

Thrower

Senior

Thrower

Ellie's dedication to training in the weight room has been huge in her athletic career as a thrower. Ellie was ranked 13th in the state of Idaho in 2024 and is going into the 2025 season ranked 7th over all divisions in Shot Put at 39' 4.5". Her leadership and dedication to strength and conditioning has no doubt been a huge part of her growth and success as an athlete. ~Jamie Fuse

Saint Francis High School

SAVANNAH FILIOS

Thrower

Senior

Savannah's work ethic in the weight room is second to none. It shows in the constant improvement in both the amount of weight she lifts and the distance of her throws. On more than one of the lifts that we track, she lifts more than any other female athlete at our school. All because of the dedication she has made to becoming a better athlete. ~Jacob Siebert

Victoria High School

EMMA DINKEL

Jumps/Sprints

Junior

Emma is an outstanding young lady and hard-working student athlete. She demonstrates high character by being quick to encourage others, always willing to help and serves as a positive influence for others to do the same. Her work ethic and athletic talents have also led to a school record in the triple jump, state track participant in multiple

events as well as all-league recognition. Emma is a pleasure to work with as she embraces being coached and is quick to support her teammates. She's one of the strongest athletes in school with testing numbers: Hang Clean 100, Squat 200, Deadlift 205, Vertical 24" and Broad jump 91". ~Shawn Landers

West York Area High School

LILLIAN WEAVER

Hurdles

Junior

Lily is an elite track and field and multi-sport athlete who excels both on the track and in the classroom. Academically, Lily is currently ranked 1st in her class of 175, while earning 12 college credits as a junior. A member of the National Honor Society, Lily has received Academic Excellence Awards throughout high school, serves as the Class of 2026 Historian, is involved in Link Crew which involves guiding freshman through their first year of high school, and actively gives back to the community through tutoring, volunteering at BARK dog rescue, and youth coaching. Her dedication and commitment to better herself doesn't stop in the classroom, as Lily has pushed herself in Physical Therapy and during Strength and Conditioning as she has battled back from shoulder surgery and her dedication has played a key role in her success and resiliency in competition. Lily's discipline, leadership, and unwavering work ethic make her a deserving candidate for NSCA Athlete of the Year award.

~Zach Miller

HIGH SCHOOL — TRACK AND FIELD

Yankton

CONNOR SLABA

Sprinter/Jumper

Senior

Sprinter/Jumper

Connor has been a stand out in both football and track & field. This past year his PR in the 100 meters was 11.06, his 200 meter time was a 22.53. He also clocked a 51.93 in the 400. As a member of the sprint relays, Connor was with a group that took part in the 4 x 100 at the state track meet, the 4x 400 at the State Track meet as well at the Nike Outdoor Nationals. He was on the State Championship Sprint Medley relay team at State and got 2nd at the Nike Outdoor Nationals. He has also long jumped 21'2". In Football, Connor played wide receiver and was part of the team that made a run for the State Championship. was All Conference and All State, running the 40 in 4.44 and having a 36.3 inch vertical. 1133 all purpose yards 41 rec 431 rec yards 702 ret yards 3 tds Academic All State Will to Win Award Team Captain. ~Mark Roozen

HIGH SCHOOL — VOLLEYBALL

Beresford

KEELY MERRIGAN

Setter

Senior

Keely plays volleyball, basketball, softball and runs track. She is a 2x State Softball Player, 2x All Conference in Volleyball and 2x Honorable Mention. She also is on the All-State Academic team. Keely has a 21 inch vertical, squats 155 lbs, benches 80 lbs and runs the pro-agility in 5.14. She is looking to be a Psychology Major in college. ~Mark Roozen

Bismarck High School

JENSEN HINTZ

Sophomore

Jensen has demonstrated exceptional strength and dedication in her sports (weight lifting & powerlifting), positioning herself as a strong candidate for All-American honors. As a sophomore, she has already achieved a remarkable 305-pound squat, ranking 2nd all-time in school history for females, showcasing her power and work ethic. Her 145-pound bench press and 170-pound power clean contribute to an impressive total of 620 pounds, solidifying her as one of the female lifter in the state. ~Kooper Kelly

Cape Henry Collegiate

AJ SWENNEY

Senior

AJ Swenney has been a consistent participant in our program since his 8th grade year. AJ was a leader on our Boy's Volleyball team along with being a leader on our Boy's Basketball team. His physical development dramatically impacted his ability to impact winning. To date AJ has achieved a front squat of 290, bench press of 225, and a trap bar deadlift of 475. ~Philip Reichhoff

Dacula High School

ELENA PUCCIANO

Setter

Junior

Elena has taken weight training every semester since her freshman year. She shows tremendous dedication to getting stronger and more explosive. She always brings energy and enthusiasm in with her every day. Her season was cut short a little this year due to a knee injury. She continued to train her upper-body everyday with the goal of getting her first bodyweight chin-up. She has been relentless and I am blessed to be part of her journey.

~James Romaniw

HIGH SCHOOL — VOLLEYBALL

Ezell-Harding Christian School

MAYA BEANE

Outside Hitter

Senior

Maya is an athlete who doesn't know the meaning of limits. Every time she steps into the weight room, she breaks records and sets new standards. Even with a fractured wrist during the summer, Maya didn't let anything hold her back—she showed up, put in the work, and proved her dedication. Her relentless work ethic and determination not only allowed her to excel in the weight room but also translated to her performance on the volleyball court. Maya became one of the best outside hitters in the district, earning the title of District MVP. She played a crucial role in leading her team to a 20+ win season—the program's first in 10 years. Not only was Maya a leader in the weight room, but she also led her peers on the court, inspiring and pushing them to reach their next level. Her drive and leadership set her apart as a truly exceptional athlete and teammate. ~Justin Loudon

Ezell-Harding Christian School

MICHAELA CARR

Middle/Right Side

Senior

Middle/Right Side

Michaela is the kind of athlete who doesn't say much, but when she does, everyone listens. The growth she has shown since the first time I met her three years ago has been outstanding. She has fallen in love with the weight room, not just learning what to do but understanding the why behind it. Her dedication has transformed her into an exceptional leader, and it shows both in the weight room and on the volleyball court. Every day, she walks into the

weight room determined to outdo her previous efforts, recognizing the impact it has not only on herself but also on her teammates. This commitment has been a game-changer for her success, helping lead her team to a 20+ win season. The progress she has made sets her apart not just as a student-athlete but also as a mentor to younger athletes, demonstrating firsthand what drive, determination, and dedication can achieve.

~Justin Loudon

Ezell-Harding Christian School

JASMINE GROSS

Outside Hitter

Senior

Outside Hitter

Jasmine is the kind of athlete every coach dreams of having. She shows up every day ready to work, pushes herself to new limits, dedicates herself fully to her craft, and, most importantly, has grown into a leader for her team and those around her. As a participant in the highest-level strength and conditioning program we offer, Jasmine has found incredible success in the weight room. Her unmatched work ethic has transformed her into one of the most dominant players in our area. She has earned All-District honors two years in a row and was named a Blue Ridge Classic All-Tournament player, an award voted on by coaches. This year, her leadership and dedication played a key role in helping her team achieve a 20+ win season for the first time in 10 years. Jasmine's relentless drive, both in the weight room and on the court, sets her apart as an athlete and a leader. ~Justin Loudon

HIGH SCHOOL — VOLLEYBALL

Gayville-Volin PAISLEY DIMMER

Setter
Freshman
Setter

As a freshman, Paisley made the varsity team, had 290 kills, with a .178 eff. %. She also had 8 blocks and 98 digs, helping her team to a place in the South Dakota State Volleyball Tournament. With an 19 inch vertical, squatting 150 lbs and benching 90 lbs, she also is able to play basketball and help her team in track & field.
~Mark Roozen

Holton-Arms Preparatory School AUDREY COLBOURN

Setter/Right Side
Senior
Setter/Right Side

Audrey is an outstanding student-athlete that is passionate about strength training all year round. She has used the weightroom to overcome two ACLs injuries in her sophomore and senior years. On the volleyball court, Audrey is supportive and versatile. Even in her knee brace during senior night, she served an ace to help the team win. I'm honored to have gotten to know Audrey through our shared time in the weight room. Audrey's commitment to building strength, power and resilience is a testament to her understanding of what it takes to excel and serves as an inspiration to all of her peers. ~Madison Krah

Mandan High School MILLA EHLIS

Middle
Senior
Middle

Milla Ehlis is an exceptional athlete with a strong focus on volleyball, where she has made a significant impact on her team. She earned the Sports Clip MVP award and was recognized as the Most Improved Player, reflecting her dedication and growth in the sport. In addition to her volleyball success, Milla has been a key player in soccer, leading her team to state championships for three consecutive years. Her strength and athleticism extend beyond the field and court, with a 115-pound bench press, a 220-pound squat, and a 120-pound power clean, highlighting her well-rounded abilities as a top-tier athlete.
~Zachairy Morast

Victoria High School MYAH YOUNGER **Hitter/Defensive Specialist** **Junior**

Hitter/Defensive Specialist
Myah is a talented and versatile athlete. She is a powerhouse in the weight room as the strongest girl in the school in relative strength. Her commitment to training has allowed her to take those natural talents and transform into a confident leader. It is a common occurrence to see Myah flying around the court, diving all over the floor and crashing into anything close by. That intensity helped her lead the team in both kills and digs while earning a trip to the state volleyball tournament. It also drew recognition by coaches for all-league honors. She has the school record with a 26.5" vertical. In addition: Bench press 130, Squat 215, Deadlift 265 and Broad jump 89".
~Shawn Landers

HIGH SCHOOL — WEIGHTLIFTING

Cornerstone Christian Academy

EVAN RODGERS

Athlete

Freshman

You know those athletes you have that just make you smile when they walk in? When Evan's walks in his energy, enthusiasm, and curiosity set the tone for sessions. He asks questions to learn, then relentlessly works until the time is up. I'm excited to see what the next 4 years has in store for this guy. Congrats Evan, this is earned not given.

~Coach Armel

Mandan High School

GABRIELE FROHLICH

Junior

Gabriele Frohlich is a versatile athlete excelling in both soccer and volleyball. She was named the MVP for her club indoor soccer team, showcasing her leadership and skill on the field. In addition to her success in soccer and volleyball, Gabriele has made a significant mark in the world of weightlifting, earning four medals at the Shanley Weightlifting Competition over the past two years. She placed 2nd in total weight lifted and 2nd in pound-for-pound weight lifted in her weight class. She hit PR's of 125-pound bench press, a 215-pound squat, and a 150-pound power clean, highlighting her dedication and athleticism across multiple disciplines. ~Zachairy Morast

Mandan High School

ELIJAH WADESON

Senior

Elijah Wadeson is an exceptional athlete and a proud member of the Silver Iron Brave Club, a prestigious group for those with a combined bench, squat, and clean total over 850 pounds. With impressive maxes of 295 pounds on the bench, 415 pounds on the squat, and 255 pounds on the clean, Elijah showcases his dedication to strength and fitness. His hard work was further recognized at the Shanley Lifting Meet, where he earned second place in pound-for-pound lifting in his weight class and third place in overall weight lifted. Elijah's focus, discipline, and remarkable lifting abilities make him a standout in the world of strength sports.

~Zachairy Morast

HIGH SCHOOL — WEIGHTLIFTING

The Brook Hill School

ADORA AKIODE

Junior

Adora is an outstanding athlete whose dedication and relentless work ethic have led to remarkable achievements in the weight room. In just one year, she increased her squat by 100 pounds, her bench press by 50 pounds, and her power clean by 40 pounds. Beyond raw strength, she has also improved her vertical jump by nearly 9 inches—an incredible testament to her explosiveness and athletic development. What truly sets Adora apart is her unwavering drive to improve. She constantly seeks out ways to get better, asking, What else can I do? Her intrinsic motivation fuels her success, and her attitude and effort are second to none. As her Strength and Conditioning coach, I could not be more proud of the hard work she has put in and the incredible progress she has made. Adora embodies what it means to be a committed, disciplined, and elite athlete. Her future is bright, and I have no doubt she will continue to achieve greatness.

~Todd Cofer

Yankton

EASTON FESER

Junior

Easton has been a top leader in the weight room for off-season training. He has dropped his pro-agility time from 4.6 to 4.39, his vertical has gone from 25 to 28.4, he max squat is 425 up from 265, and his bench is 280, up from 245. Easton plays football and baseball and will use his off-season training to excel in both for the 2025 season. ~Mark Roozen

Yankton

MATTHEW SHELDON

Linebacker

Senior

Linebacker

Matthew is a 6'1", 215 lb Multi Athlete; who has played Football, Basketball, Baseball and done Track & Field. After this last season of football, Matthew had surgery on his shoulder which he injured, but played all season with; and was selected to the All State Team as well as the All American Team for linebacker. Matthew has used the weight room to get back to sports after his surgery and took his training to another level to prepare for playing college football at Mount Marty University.

~Mark Roozen

HIGH SCHOOL — WRESTLING

Beresford

REESE OLSON

Sophomore

Reese takes part in Wrestling, Softball, Track & Field, Cheer and Volleyball. She is a 3x State qualifier in wrestling and placed 7th and 3rd at State the past 2 years. She is in Choir and is involved in Fellowship of Christian Athletes. She is looking to go into Physical Therapy when she goes to college. She has used the weightroom to excel in her sports. She squats 225, benches 130, has a 20 inch vertical, has run the pro agility in 4.77 and maintains a 3.9 grade point ~Mark Roosen

Brookings High School

JOHANNA STEINLICHT

Senior

Jo (Johanna) is hands down the most impressive female athlete I have ever had in the weight room. Jo started her athletic career (high school) in track, and lifted throughout the year to prep for it. As a sophomore, with a little encouragement, she joined the fledgling girls wrestling team. After a fairly successful campaign, she turned her attention to building her strength further, along with improving her speed and quickness. As Jo approached her junior year, she set a school record in the deadlift, and continued perfecting her craft on the mat. Her dedication led her to an undefeated state championship. Post season, Jo's career took a sharp turn. While competing in a national meet, she sustained a season ending injury. Jo didn't stop pushing forward. She continued to train and eventually would break another record, the bench press. Although Jo wasn't able to wrestle as a senior, her dedication is second to none as a leader in the room and on the mat. ~Kerry Brown

Brookings High School

GABE STERN

Senior

Gabe is an athlete that every coach dreams about. Hard working, dedicated to his sport and the weight room, a leader, and most of all a genuine person. Gabe has always put his best foot forward in the weight room, and has led since he was a freshman. Gabe is looking to place in the top 3 this winter in wrestling, and was a captain of our state quarterfinal football team. The most impressive part about Gabe is his dedication to athletic development and drive to return. Gabe had two major hip surgeries, that most athletes would have hung it up after. Gabe relentlessly continued his pursuit to be an athlete and it has shown on the field and mat this year. I am proud of how far Gabe has come, and he will leave a lasting legacy in our school. ~Kerry Brown

Creighton Preparatory School

JOE NOVERO

157

Junior

Joe is a great example of an athlete that uses Strength & Conditioning to elevate sport performance. He trains with a purpose and has achieved success through his hard work. Joe earned a 4th place finish at state wrestling and was a member of a team state championship. ~Trenton Clausen

HIGH SCHOOL — WRESTLING

Haltom High School

CARLA CAMPOS

Wrestling - 185lb Weight Class

Senior

Wrestling - 185lb Weight Class

Carla Campos recently won the 6A, the highest classification in Texas, state wrestling championship. Four years ago, she was a student in a PE class. She found wrestling and she has developed herself into a national level wrestler. Because of her success, it will afford her the opportunity to attend college. I have witnessed her dedication and tremendous work ethic first hand. She has an amazing “can do” personality, and has never had a bad day. ~Monte Sparkman

Preston High School

HAZEN BAIRD

Senior

Hazen is a multi sport athlete and one of the hardest workers in the room. He never missed a single summer training in the weightroom and always set the standard example for his teammates. He’s a friend, a leader, and strong competitor. ~Jamie Fuse

Preston High School

PRESLEIGH BENNETT

Senior

Being a two time state wrestling qualifier, Presleigh has consistently pushed herself above and beyond. Being a leader and someone to set the tone for any competitive setting is the role she steps into each day. ~Jamie Fuse

Yankton

BODE THURMAN

Senior

Bode is a multi sport athlete; competing in Football, Wrestling and Track & Field. He was a 3 year Letter winner in football, a 2 year starter and part of the 2023 11AA State Runner Up team. He will play college football at Mount Marty University. In wrestling, Bode is 25-14 in the 138 lb division. He is competing in the 2025 State Wrestling Tournament. Bode is also a leader in the weight room in each sport, helping to make each team member complete at the highest level. ~Mark Roozen