

COLLEGE — GOLF

Duke University

ANDIE SMITH

Senior

Since her first time stepping foot in the weight room as a freshman, it was clear that Andie saw performance training as an important piece to her success on the golf course. She has demonstrated incredible commitment to bettering herself, and therefore her team, by always giving her all. She is a strong, powerful athlete that has used the weight room to raise the level of her game. Her leadership by example, integrity in the weight room, positive energy, and dedication to physical preparation is nothing short of elite, and are all reasons Andie Smith deserves to be an NSCA All-American.

~Jordan Bar

William and Mary

AVERY THOMPSON

Senior

I have worked with Avery for the past four years, and her maturity and physical development during that time have been extraordinary. It has truly been a pleasure coaching her and watching her grow both as an athlete and as a young woman. Avery is respectful, coachable, and consistently demonstrates a strong work ethic. She approaches training with focus and determination, always looking for ways to improve her skills and contribute to the success of the team.

Beyond her athletic abilities, Avery carries herself with confidence and integrity. She is a supportive teammate who leads by example and handles both challenges and achievements with composure. I am confident she will continue to grow and excel in the years ahead. ~Ramon Eady

Duke University

BRYAN KIM

Junior

Bryan Kim is the epitome of an All-American. He doesn't want just to put in the work, he seeks out more opportunities to make himself the best. His professionalism and coachability are unmatched, and the dedication he shows to growth shows in the weight room and in competition. Bryan wants to be the best, and it shows. ~Jordan Bar

COLLEGE — GOLF

Barry University

CANDELA CLEMENTE

Senior

This women's golfer consistently demonstrates what it means to be a dedicated student-athlete in the weight room. She approaches every lift with focus, intent, and a desire to improve, understanding that strength, mobility, and stability directly translate to power and consistency on the course. Whether she's working on rotational power, single-leg stability, or core control, she trains with purpose and attention to detail.

Her commitment goes beyond just showing up — she pushes herself through challenging sessions, maintains great technique, and encourages her teammates along the way. She takes recovery, mobility, and injury prevention seriously, showing maturity in how she cares for her body throughout the season.

In addition to her work ethic in training, she represents her program with integrity, balancing academic responsibilities while competing at a high level. Her discipline, positive attitude, and leadership in the weight room make her a true example of how strength and conditioning supports both athletic success and personal growth. ~Giuliana Gomez

Salisbury University

EMMA WIVELL

Senior

This award is a testament to the unwavering dedication to the training process and commitment to continual growth by these ten athletes. Their recognition of this award reflects the daily effort

they invested in refining their craft and pushing beyond perceived limits. Through consistent leadership in the weight room, these athletes set the standard for excellence and embodied what it means to pursue development with purpose and discipline. ~Matt Nein

University of Wisconsin - La Crosse

HALEY THOENY

Golf

Junior

Haley is very attentive in the weight room and is always looking to improve her technique in order to become more powerful. Haley also pushes her teammates while in the weight room, encouraging and keeping the energy light. This past season Haley placed fourth at the WIAC Championship and earned first team all-conference in the WIAC. In her career Haley has also been named the WIAC Kwik Trip Newcomer of the Year, and second team all-conference in the WIAC twice. Haley has also achieved an impressive 4.0 GPA in the classroom. ~Philip Whitesitt

COLLEGE — GOLF

Washington & Lee University

JULIA HAETZEL

Senior

Julia Haetzel has played an important leadership role within the women's golf program, bringing accountability and purpose to every training environment. A steady presence in team sessions, she takes charge when needed and approaches preparation with the mindset of a coach on the floor, consistently working to elevate both her own performance and that of her teammates. Her work ethic, competitive standard, and commitment to collective success have been integral during one of the most accomplished stretches in program history. ~David Forman

Point University

KAYLA SILVERS

Junior

Kayla Silvers sets the standard in the weight room. She approaches every training session with focus, discipline, and intent, consistently attacking her lifts with purpose. Kayla is coachable, detail-oriented, and committed to mastering the fundamentals. Kayla responds exceptionally well to tough workouts and challenges, using them as opportunities to grow. ~Bradley Bonner

William Woods University

KENNEDY BRANDOW

Senior

Great golfer and works hard ~Robert Jones

William and Mary

LUKE WALMET

Junior

Luke is a hardworking athlete and an excellent student in the classroom. He consistently demonstrates discipline, focus, and a strong commitment to improving both academically and athletically. As a competitor, he takes his golf preparation seriously — from practice sessions and course management to fitness and mental preparation. He approaches each tournament with maturity and confidence, always striving to compete at a high level.

Beyond his performance, Luke is coachable, respectful, and a positive presence among his teammates. He leads by example through his work ethic and accountability, and he handles both success and adversity with composure. I am confident he will continue to develop and make a significant impact wherever he competes next.

~Ramon Eady

COLLEGE — GOLF

Ashland University

MADDIE FLECK

Sophomore

Maddie is one of highest energy athletes I have ever had the pleasure of coaching. She comes to 6am lifting 30 minutes early almost every time so that she can get some extra stretching done and be awake for the lift. Not everyone is excited to lift at 6am, but Maddie couldn't be happier to be there with her teammates. Maddie had shoulder surgery a while back and was rehabbing all off-season. With that in mind, she received the green light to play this season and has never looked back. I have no doubt that she will succeed with the amount of effort she has put into every aspect of not only this sport, but her life as well. ~Isaac Ridgway ~Corey Mason

Washington & Lee University

PETER SHEAKLEY

Senior

Peter Sheakley has emerged as a dependable leader in the weight room, consistently taking charge of warm-ups and setting a strong example through his effort and presence. He brings great energy, reliability, and a genuine desire to work hard and help his team improve. As a vocal and committed leader, his influence strengthens the culture of preparation and performance within the men's golf program. ~David Forman

University of Providence

RILEY BASTA

Golf

Senior

Riley is a hard worker, focused athlete, and always maintains a disciplined attitude towards weightlifting each time he enters the gym. Not only

does he take strength and conditioning seriously for his sport, but he is a highly motivated individual that pushes his teammates to the exact same standard. As a coach, I have a lot of trust in Riley's judgement, as he is a reliable athlete that I can depend on who provides honest feedback when needed. His drive, discipline, and leadership help elevate those around him, making him a powerful example of dedication and accountability both in and out of his sport. ~Brooke Foster

Wright State University

SHANE OCHS

Senior

Shane has poured an incredible amount of effort into the weight room over his collegiate career. His leadership on and off the course continues to push our program forward. ~Cole Pittsford

William Woods University

SPENCER WORLEY

Senior

Hard worker and good leader ~Robert Jones

Nova Southeastern University

WILL MCGHIE

Senior

Will McGhie has been a consistent role model and leader on his team. His curiosity and willingness to learn new skills has increased his physical strength and led to improvement in every year of his career. His work ethic is a great example of the value of hard work and preparation that will positively impact his team for years to come. Will has a 3.2 GPA and will graduate with a degree in Business Management. ~Steven Orris



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — GOLF

University of Providence

ZOIE CEARTIN

Golf

Junior

Zoie is a committed golfer whose punctuality and consistency reflect the seriousness she brings to her sport every day. She approaches training sessions with ambition and dedication, never shying away from the hard work required to improve. Her courage and grit are evident in the way she challenges herself, pushing through obstacles with determination and focus. Zoie's effort is especially clear in the weight room, where her discipline and persistence have led to improvements that can enhance her performance on the course. Her reliability, drive, and unwavering commitment make her a truly deserving nominee for this award. ~Brooke Foster