

## 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



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

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### 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



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**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