

COLLEGE — GOLF

DALLAS BAPTIST UNIVERSITY

Faith DeLaGarza

Faith is a very special athlete! Faith came in as a lone freshman in 2018 to a veteran team of juniors and seniors (no sophomore class). Faith dove in headfirst to training being pulled along by the upperclassmen to either sink or swim. She was drinking from a firehose! However, she didn't miss a beat. If anything, she stepped up and pushed the upperclassmen in the weight room, quickly earning her stripes. And it paid off! She came into the ATC after a few weeks of training and informed me that she had added several yards to each club! She continues to be one of the hardest workers I've had the pleasure to work with. Continuing to put in the time and effort to get better and even stepping into a leadership role over the past two years. ~Alex Spencer

DUKE UNIVERSITY

Steven DiLisio

Captain

Senior

The game of golf has changed. Today the weight room is a bigger part of training for golfers than it was in the past. Steven is a true example of this. As a little freshman he has changed his body through hard work and discipline to become one of the biggest, strongest, and longest players in college golf. It has been a true pleasure to watch his growth and I know he will continue to succeed at the next level, in whatever he chooses to pursue. ~Alex Merrill

IOWA STATE UNIVERSITY

Amelia Grohn

Senior

Amelia has been one of my favorite student-athletes to work with because of her great work ethic and her ability to push herself in the weight room. She always comes to her weight sessions with either Coach Baier- Pyszczynski or myself with an infectious positive attitude that sets the tone for each training session. She has been a positive influence for both her teammates and the Strength and Conditioning Coaches here at Iowa State. ~Tim Dombrowski

LIPSCOMB UNIVERSITY

Trevor Gold

Senior

Trevor has worked very hard in the weight room to help improve his golf game. He has had to work through and overcome injuries throughout his career, but he has never used them as an excuse. He is a very good leader with his encouraging words and by his work ethic. These traits will help him be successful in life. Trevor holds many Top 3 positions in several of our golf weight room records. ~John Hudy

MARYVILLE UNIVERSITY

Brad Karpick

Junior

Brad has used his time in the weight room to help him grow as an athlete and golfer. He puts effort into every detail of lifting from warm up to cool down and has used this to gain strength and work capacity that transitions to his approach on the golf course. His continues to seek advice and guidance from the strength and conditioning staff to better himself and he leads by example in the weight room. Brad has strung together top finishes at several tournaments along with being part of a Division 2 Academic National Championship Squad. ~Jake Fitts

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MARYVILLE UNIVERSITY

Carmen Villaverde

Senior

Carmen has continued each year to put the work in the weight room to help keep her golf game at its peak. She continues to lead in the weight room and put her head down and go to work each and every session. Her career has been filled with honors of several top 3 finishes at tournaments, GLVC player of the week honors, and continued her competitiveness on the golf course. ~Jake Fitts

PERU STATE COLLEGE

Allison Tichy

Senior

A standout basketball player for Peru State College, Allison has recently transitioned to the sport of golf while maintaining her commitment to strength & conditioning and ground-based power. Her leadership has further resulted in her conducting high intensity functional training classes on the campus and she is a recognized leader among both student-athletes and students. Maintaining a 3.8 grade point average, Allison hopes to give back to the profession by pursuing a physical therapy degree and certification through the National Strength & Conditioning Association. ~Kyle Ryan

UNIVERSITY OF TENNESSEE

Jet Tickle

Senior

Jet Tickle embodies being the ultimate teammate. Whether it is working on technique in a lift, encouraging a teammate, approaching his warm-up and warm-down with same attention to detail as his tournaments throughout the year, or just bringing an EDGE to the Training Session. Jet does it with laser focus. I am a better coach for having worked with him. Jet truly embodies what it means to be a NSCA All American. ~Gregory Adamson

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

Rachel Yu

Senior

During her time at UTRGV has been a leader for our women's golf team in the weight room and on the golf course. She always pushes herself and her teammates in the weight room and has physically developed herself into a fantastic athlete. She has also made an impact on the entire athlete department as the president of the student athlete advisory committee. ~Lucas Monroe