

COLLEGE — FIELD HOCKEY

College of William & Mary

ALEX DE JESUS

Goalkeeper

Junior

Alex De Jesus is a true overall athlete. She has had fantastic success on the field and in the weight room. She comes into every lift and field session with genuine passion and attacks every repetition. She pushes herself to her limits, which has led her to see significant improvements. She has become a leader in the weight room and on the field for the team. Always encouraging and pushing her team to be the best version of themselves. It has been an honor to coach and see her progress this year. ~Jonathan Alducin

Converse Univerdity

ALINA PUENTES

Goalie

Junior

Alina leads the field hockey program in just about every weight room oriented statistical category there is. Not only is she strong in every aspect but her work ethic is insane. ~Kevin Darlington

Washington & Lee University

AMANDA TAN

Midfield

Senior

Amanda Tan is a diligent and thoughtful athlete who consistently approaches her preparation with intention and care. Throughout her career she has been a key contributor, always willing to find time for training—communicating proactively and supporting younger teammates whenever schedules conflicted. Her work ethic, team-first attitude, and commitment to the process have been

important components of the field hockey program's continued success. ~David Forman

USM

DYLAN BARR

Forward

Senior

An extremely hard worker has added muscle and strength since arriving on campus. Worked at improving technique on bigger lifts. ~James Giroux

Swarthmore College

EMMA DUFFIELD

Defense

Senior

Emma Duffield is the definition of what it means to be a leader by example. Throughout her career, Emma has worked diligently to be the one of the best in the weight room and on the field. Her work ethic is second to none and she is a key component of her team's culture and success. ~Tara Griffiths

Springfield College

KAELIN CERASUOLO

M

Junior

Kaelin is one of the hardest workers on the field hockey team! She always shows up no matter the circumstances. In addition to that, she's a true leader and elevates her teammates at every opportunity. ~Max Grzymala

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Salisbury University

KAITLYN DEMODNA

Forward

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

Converse University

KILEE BRADEEN

Forward

Senior

Kilee is likely among the Nations's quickest players having sprinted to a 4.84 40 yard dash in the pre-season. Kilee played a key role in our 2022 conference championship and 17-2 season.

~Kevin Darlington

Drexel University

MARTI SANABRIA

Midfield

Senior

Marti has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Marti'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

Pace University

MOLLY PATERSON

Defense

Senior

Often, athletes arrive to campus with little to no strength training experience exuding fear, uncertainty and apprehension. Molly, an international student, arrived on campus unsure and hesitant in the weight room. This past year, Molly transformed into an absolute S&C master setting her own personal back squat goals, which she surpassed with perfect execution, setting the bar high for her teammates.

As a Pace Senior defender, she was named to the NCAA Division II East Region Second Team. The honor caps a strong senior season for Molly, who started all 19 matches, serving as the team's Captain, and most experienced and steady presence in the backfield. She was also recognized for her academic excellence by the Northeast 10 (NE10) Conference Academic All-Conference teams for the fall season. ~Kristen Idalski



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

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Vassar College

SOFIA BESETH

Senior

Sofia Beseth is strong and driven. She brings a highly competitive, on-field mentality into every training session and leads by example with her work ethic. Her commitment to improvement has propelled her to more than 50 push-ups, 10+ chin-ups, a 160+ pound front squat, and a 250-pound deadlift. Sofia's dedication to the process and relentless pursuit of progress are what set her apart. ~Alice Read