

COLLEGE — FIELD HOCKEY

APPALACHIAN STATE UNIVERSITY

Megan Smart

Midfield/Forward

Senior

Meg is a great leader on and off the Field. Her work ethic is truly the example of an All-American Student Athlete. Coaches dream of working with athletes with her type of motivation but very seldom do we get the pleasure of working with this type of athlete. She makes everyone around her a better athlete and person. Proud of her accomplishments. As a junior Megan saw action in all 20 games, making 19 starts. She helped power App State to its first 6-0 start in school history with five goals in the first three games of the season becoming the first Mountaineer in school history to earn a MAC Field Hockey Offensive Player of the Week award. ~Anthony Glass

DUKE UNIVERSITY

Grace Kim

Defense

Junior

When I took over the field hockey program two years ago I didn't know they type of athlete I was getting with Grace Kim. I have learned over my time with her that she is capable of some truly amazing things and training is a major part of her life. She is constantly pushing herself in and out of the weight room. While Olympic lifting and the "major lifts" aren't for everyone, Grace excels at the highest level in all of them. As coaches when we see such high level movement we sometimes get caught watching, something that happens daily when I am privileged to train Grace. ~Alex Merrill

FITCHBURG STATE UNIVERSITY

Sophia Laperle

F

Senior

Consistent performer in the weight room throughout her career, returned from serious injury/surgery quickly due to work ethic. ~Jim McGuire

SPRINGFIELD COLLEGE

Sydney Harris

Defense

Junior

Sydney is a constant source of energy in the weight room and on the field. She leads her team through her powerful presence all ways demands the highest standard from all those around her. She not only trains at a high level but coaches her fellow teammates around her. ~Logan Fletcher

TRANSYLVANIA UNIVERSITY

Makenna Saward

Midfield

Sophomore

Makenna committed to improving her performance and abilities and the results have paid off - she is much stronger and faster. Great work ethic ~Zach Turner

UNIVERSITY OF DELAWARE

Femke Strien

Forward

Senior

Femke has overcome adversity to accomplish her goals in the classroom, community, weight room, and on the field. She has used her time in the weight room to recover from injury and improve her prowess on the pitch. She is a First Team All-American and was CAA Offensive Player of the Year in 2019. She is one of our hardest working student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level. ~Christina Rasnake