

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — COLLEGE — BEACH VOLLEYBALL

JACKSONVILLE UNIVERSITY Morgan Dees

Senior

Morgan is not only a great athlete, she is an incredible leader on the sand and in the weight room. Her work ethic and energy are contagious to everyone around her. Morgan consistently puts in the extra hours to make sure she is performing at her best. This year she has added over 50lbs to her squat and 20lbs to her clean. ~Kaitlan Aries

WAYNE STATE COLLEGE

Hope Carter

Junior

Hope is an athlete that shows up every day ready to work. She has improved a lot since she arrived on campus. We are looking for her to have a big senior year. ~Dakota Coon

WAYNE STATE COLLEGE

Jacee Webber

Junior

Big Webb excels in the weightroom, even with a smaller frame she is amongst the strongest on the team. Her work ethic and determination fit into the culture of the program. She has come back from an injury to be stronger than ever both physically and mentally.

~Grant Darnell