



Angelo State University

Elias Aguirre

Position: Outfielder

Senior

Elias has been a leader not just in the weight room, but on the field as our starting center fielder. He embodies what it means to be a Ram baseball player as he strives to not only become better as a player but to make every one of his teammates better. His work ethic in the weight room is what sets him apart from other athletes; and not only is Elias a great athlete, but he is a better person outside of baseball. ~Joe Powell

Arcadia University

Drew Coisson

Position: Outfield

Senior

In 2017 he started in 44 of his 45 games played in center field. Batting .298 with 39 hits, five doubles, two triples, 29 runs scored and 20 RBI. Coisson led the team with 23 stolen bases in 25 attempts, which placed him sixth on the all-time single-season list. He was a vital piece of the teams first MAC Commonwealth Championship. Coisson has been an integral part our strength and conditioning program, reaching iron knight 2x, while looking to achieve this level again in his senior year. Some of his accomplishments in the weight room include: 32 inch vertical jump, Pro Agility: 4.11, 10yd Dash: 1.37, Bench Press: 245x8, and back squat: 365x5. Through his hard work, dedication, leadership, and continuous effort, he has helped continue to raise the bar for all of the athletes in our program. Not only did Coisson manage to find the time to excel in the weight room, he excelled in the classroom as well as on the field. A Biology Pre Physical Therapy major, he has a cumulative 3.15 GPA. ~Todd Barnes

Clemson University

Ryley Gilliam

Position: Pitcher

Junior

Ryley Gilliam has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman two years ago. He attacks every workout, warmup and conditioning session with the same intensity and focus that he has on the mound closing out games for the Tigers. Ryley is without a doubt one of the strongest athletes on the team, demonstrated by his 530 lb trap bar deadlift and 450 pound back squat. His 35 inch vertical is also among the best marks on the team. Ryley's weightroom prowess has translated to the mound where he represented team USA this past summer. Gilliam has also been instrumental in getting his teammates to buy into prioritizing their nutrition and sleep. Despite his small frame, Ryley has become a dominant power pitcher, largely due to his dedication to strength and conditioning. ~Rick Franzblau

College of Southern Idaho

Bailey Daguio

Position: Pitcher

Sophomore

"In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort." Jesse Owens

That is Bailey, and it is an honor to work with such a passionate athlete, a selfless leader, and a great human. ~Holly Hansing

Dallas Baptist University

Evan Sandmann

Position: Outfield

Senior

Evan is a prime example of what happens when a never quit attitude and work ethic aligns with opportunity. His desire to continually develop himself not only as an athlete, but also as a man of God has greatly impacted his athletic performance and also his ability to lead and impact others. To lead others well, you must first lead yourself well, and Evan has done just that. ~Adam Ross



Eastern Michigan University

Zach Owings

Position: 1st/3rd

Sophomore

Zach Owings has been in our program for two years now. He played significant time as a true freshman for EMU's baseball team. Batting .273 while playing 1st base. This year he will be playing 1st and 3rd base full-time. In the weight room Zach has excelled squatting close to 400 power cleaning 280 and benching 275 with a 60 time of 6.71 and pro agility 4.2sec this fall. Zach always goes above and beyond in and out of the weight room with extra lifts, and using multiple recovery modalities to make sure his body is primed for competition. Out of the weight room Zach boast's a 3.93gpa while majoring in Business. He is planning a strength and conditioning internship this summer and would like to start a MS in exercise science after finishing his undergrad. Zach also participates in community service with the Emu baseball team reading to elementary students with our reading program, as well as participating in a food drive for the local homeless shelters. Zach has a bright future and I look forward to watching him grow as a person, athlete and strength coach.
~Aaron Short

Eastern University

Timothy Gorton

Position: Catcher

Senior

Tim Gorton is an exceptional student-athlete and person. Tim is a senior exercise science student at Eastern and has made our strength program a top priority of his in the time that I've known him. Because of his efforts in the weight room Tim has earned:

MAC Freedom Player of the Year (2017), All Mid-Atlantic 2nd team (D3baseball) All Mid-Atlantic 3rd team (ABCA).

This year Tim has been named an Honorable Mention Preseason All American. Over the fall Tim battled through a wrist injury while still improving his Deadlift by 40lbs and his Back Squat by 25lbs.
~Ryan Saltzman

Emerson College

Daniel Gaynor

Position: Outfield

Junior

Daniel is one of the most hard working athletes in the weight room. He is always positive and always asking for feedback on his patterns to ensure he gets the most out of every session. He also wants to know the "why" behind the programming and how it relates back to his sport. Daniel always asks how heavy he can go vs. how heavy he has to go which shows his mentality. He hits extra credit movements like sled drags following every workout and truly epitomizes heart in the weight room. ~Jennifer Boyden

Endicott College

Michael DeDonato

Position: 2B

Senior

Mike has prioritized strength, conditioning and a healthy lifestyle since he stepped foot on campus. He leads by example with a tireless work ethic and a desire to improve each day. Through his commitment to strength and conditioning, Mike has improved as a player each year in the program and has been named to the all-conference team his last two seasons. Mike was also named as a player to watch (nationally), in the annual preseason edition of the Collegiate Baseball Newspaper. He will finish his career as one of the most productive offensive players in school history.

In addition to his athletic achievements, Mike, an accounting and finance double major currently holds a 3.81 GPA and has already accepted a position with PricewaterhouseCoopers (PWC) following graduation.

A true leader in the weight room, on the field and in the classroom, Mike has prioritized strength, conditioning and a healthy lifestyle and earns our highest recommendation for the one of the NSCA All-American Strength and Conditioning Athlete of the Year awards. ~James Daley



Florida Atlantic University

Weston Clemente

Position: Pitcher

Senior

Weston not only serves as a leader on the field and in the clubhouse, but in the weightroom as well. As one of the veteran pitchers on the staff, Weston's meticulous approach towards his training and soft tissue work sets the standard for the direction in which we want FAU Baseball's strength and conditioning program moving forward. For a pitcher of his height and stature, his movement, strength and technical proficiency is unparalleled. It is for these reasons that I nominate Weston as an NSCA Strength and Conditioning All American. ~Jonathan Larson

Georgia Gwinnett College

Brandon Frazier

Position: Infield

Junior

Brandon's work ethic, attention to detail, and overall enthusiasm towards sports performance is unmatched by anyone at our institution. I firmly believe that he would win this award no matter what team/sport you placed him on regardless of level/division in the nation. ~Joseph Mosher

Haverford College

Spencer Sohmer

Position: Third Base

Senior

Spencer has transformed his body, and in turn, his performance, during his four years at Haverford. As a freshmen, Spencer entered college with a less than optimal body composition and a vertical jump of 23.5 inches. Following his first year he made a decision that changed his career. He lost 30 pounds and began to take his diet and training seriously. Since that time, he increased his vertical jump to 31.7 inches, thanks in part to an impressive 545 pound deadlift at a lean 185 pounds. While doing so, he has earned the respect of teammates, coaches, and opponents alike. The senior all-conference captain is a big reason why our Baseball team has been so successful in the weight room and on the field.

~Cory Walts

Huntingdon College

Dakota Beane

Position: IF

Senior

Dakota is very deserving of this recognition. His effort, leadership, and toughness have allowed him to impact our baseball program in a significant way. I am thankful for his contributions to our culture. ~Charles Goodyear

Kalamazoo College

Stefan Leclerc

Position: Infielder

Junior

Stefan is on the Academic Honor Roll for his first 2 years at Kalamazoo College. He joined the Hornets Baseball team with aspirations of being a starting pitcher. In his freshman year he suffered a torn rotator cuff. He finished the season with the tear and was unable to pitch. The following year he decided half way through that he would get rotator cuff surgery. Stefan never missed a day of rehab or any of the strength program and has perfect attendance for 2 years training and rehab in south florida in the offseason. His teammates comment he is always the first to arrive to do his unique tissue prep and movement prep and is always doing extra work. The other athletes notice how unusual his prep is but see the changes he is making. This summer he interned at Dr James Andrews orthopedic center in Alabama watching surgeries and doing hundreds of consultations alongside some of the surgeons. His experience as a patient and athlete has led him to want to study orthopedic medicine and sports medicine and strength and conditioning. When he isn't training he is volunteering to work at the training facility cleaning to make sure it is spotless. He competes with the professionals we train in the offseason and is the model strength athlete. He motivates others with his work ethic and competitive level. He fully immerses himself in education in kinesiology, nutrition, recovery and biomechanics. Just this week the head coach declared him the top batter in the lineup. If you need to award an athlete that shows perseverance, dedication, consistency and above all integrity, he is worthy of the All American Athlete Award. ~John Sinclair



Lewis & Clark College

Sean Shepherd

Position: OF

Senior

Sean Shepherd epitomized the importance and benefits of strength and conditioning from his freshman year to his senior year. His commitment to the Lewis & Clark Strength and Conditioning Program has led Sean to become an All-Northwest Conference player, and the team leader in batting average the past three years. Sean's leadership in the weight room and on the field with his teammates never went unnoticed. It has been a privilege to work with such an outstanding young man.

~Angela Dendas-Pleasant

Lipscomb University

Lee Solomon

Position: 2nd Base/Outfield

Senior

Lee has been the epitome of what it means to be a Lipscomb University baseball player. He gets after it not only in the weight room and on the baseball field, but also in the class room. Lee has always been an example of strength in the weight room. This past year he front squatted 510 Lbs for 3 reps, he had a 230 KG Deadlift for 3 reps, and a 137kg hang clean for 3 reps. He continues to lead our team by how hard he works and by the drive that he brings on a day to day basis. ~Clint Woods

Menlo College

Alexander Thompson

Position: 1B / OF

Sophomore

Alex came to us as a true freshman, within a week he was one of our most committed athletes in the weight room, Nutrition and recovery wise he did everything we asked. He bought in to the speed and agility drills right away which highlighted his natural athleticism. He quickly started to make progress in the weight room, even tho it did not translate into playing time his Freshmen Year. He Stayed over the summer and got stronger and faster. He is now the starting 1st Base and or Left Fielder and one of the faster guys on the team. He Trusted the Process and its paying dividends.

Very proud of this young man and the hard work he has put into making himself better.

Stats:

Deadlift FR- 345

Sophomore SO - 425

Front Squat FR - 250

Front Squat SO- 315

Vertical FR - 26.2

Vertical SO- 32.4

Bodyweight FR - 178

Bodyweight SO - 198

Body Fat - 16%

Body Fat- 12%

~Victor Brankovich



Merrimack College

Ricky Smith

Position: Catcher

Senior

"Ricky is fully committed to all aspects of developing himself as a student - athlete. His desire, discipline, and hard work has garnered achievements and recognitions such as a 500lb deadlift, being named captain of the Merrimack College baseball team, and also early acceptance into graduate school. He has set a standard of excellence for his teammates and classmates and is truly a testament to what is possible when you blend commitment with a desire to achieve your goals." ~Michael Kamal

North Carolina A&T State University

Jonah Owenby

Position: Pitcher

Senior

His work ethic and dedication to the weight room has allowed him to maximize his potential on the mound and to change his life. He came in at 18.7% body fat August 2017 and has gotten down to 9.6% body fat by February 2018. He has shown extreme discipline and hard work to make himself a better pitcher, but also a better person. ~Cameron Avery

Old Dominion University

Culver Lamb

Position: Outfield/infield/pitcher

Senior

Culver has been a huge contributor to our baseball program at ODU. He came in as a pitcher and bounced back and forth from pitcher to infielder. Culver was a maintain in the starting lineup his junior year batting .293, 5HR, 32 RBI. Also posted a 1.50 ERA and a 3-0 record on the mound. Culver is also a model athlete in the weight room. He's always on time and takes pride in motivating others and being attention to detail oriented in his work.

~Curtis Whaley

Sacred Heart University

Anthony Capozziello

Position: OF

Senior

WT: 187

HT: 5'9"

Back Squat: 430

Deadlift: 455

Vert: 31.5"

Broad Jump: 117.5"

~Chris Fee

Salisbury University

Jack Decker

Position: Catcher

Junior

Jack is one of the best teammates I've ever seen. No matter the situation, or circumstances, he is always leading our guys. His leadership skills make him a guy that the team can rely on, and look up to. His work ethic is something that should be bottled up and given to every athlete on the planet.

~Thomas LaBriola

Santa Clara University

Travis Howard

Position: RHP

Sophomore

Travis exemplifies the qualities that coaches seek after. He is focused, driven, relentless in his pursuit to improve himself. He quietly leads by example. Nothing is too much to ask of Travis. Whether it is a demanding conditioning session, an intense weight room session, arm care, or mobility work Travis is focused and attacks each session in a disciplined matter. ~Zac Harris

Stony Brook University

Cole Creighton

Position: Pitcher

Senior

Cole has been a workhorse since he stepped on campus. As a senior, he has taken his athleticism to another level, finally reaching a career goal of a 505lb squat at a bodyweight of 195lbs. He is constantly looking for new ways to challenge himself, coming in for extra lifts and asking for more training sessions. His consistent work ethic is evident every time he steps into the weight room, which has helped him become a leader for our program on and off the field. ~Patrick Cummings



Texas Christian University

Michael Landestoy

Position: 1st Base

Senior

Michael is the definition of leading by example in the weight room. He arrived at TCU at 161 lbs. from the Dominican Republic. After 4.5 years of development he has gained over 50 lbs. of weight and currently weighs 212 lbs. Michael went from a boy who could barely control his own bodyweight to a man who has trap bar deadlifted over 550 lbs.

During his time at TCU he has not only developed in the weight room but on the baseball field as well.

Michael has been an integral part of our program after redshirting his Freshman year. His on field play is a direct result of his absolute dedication and continual progress in the weight room.

Michael is not only one of the best teammates but also one of the most genuine people you'll ever find. He excels in the classroom, the baseball field, and the community and will continue to lead the future generations. ~Zach Dechant

Texas Lutheran University

Riley Schaefer

Position: Outfield

Senior

Great leader, student and athlete. Work ethic is off the charts. Serves on the President's Black and Gold Council for TLU. SAAC Representative for TLU Baseball for 4 years. Has maintained a 4.0 GPA as an Accounting major for 7 semesters earning him 3rd Team CoSIDA Academic All-American honors in 2017.

Other notables:

4 year letterman (after 2018 season), 2 year All-SCAC as an outfielder (1st Team- 2017, HM-2016). 3rd Team CoSIDA Academic All-American (4.0 GPA, Accounting), All-SCAC Academic team 2015-2017.

Leader in the TLU Baseball S&C Program:

Testing results (Fall 2017):

5'10 190 lbs.

60 time: 6.59/6.47

Hex bar deadlift: 455

Vertical 34.5 1RM

Bench: 305

5-10-5 agility: 4.3

Pullups: 41 (no kipping)

Grip strength dynamometer: 113.4 total

~Greg Burnett

Towson University

Alex Cuas

Position: Pitcher

Senior

Alex has done a tremendous job this year with his training. He has battled many injuries during his college career but his work ethic and dedication has never faltered. Alex was one of the top overall athletes in strength, speed, power, and conditioning on the team. He boasted a 33' kneeling med ball throw, 30' triple broad jump, and 400 pound squat. There is no doubt that his hard work in training is what helped his performance on the field. ~Justin Houg

University of Arkansas

Isaiah Campbell

Position: Pitcher

Junior

Campbell is coming back from bone spur surgery last fall. His freshman year he threw 55 innings in the SEC and had a ERA of 2.34. In the weight room he has great work ethic, squatted 430, bench 225 and clean 242 at 225 pounds 6'4. He has lost 24 pounds and improved his body fat and is projected to be a 1st rounder in the draft. He is a leader in the weight room and on the field. He will be an All-American on the field and is very deserving in the world of Strength and Conditioning! ~Blaine Kinsley

University of Bridgeport

Daren Grabowski

Position: Outfield

Senior

Daren has been relentlessly committed to strength training, putting in numerous extra hours outside of team training. He returned to play quickly after hamate surgery due to his dedication and work ethic. He back squatted 405 for a school record and ran a 6.9 60 yd dash. ~Tristan McLaren



University of Connecticut

CJ Dandeneau

Position: Pitcher

Junior

CJ has continued to raise the performance bar for our baseball program. Due to his constant dedication and work ethic, he has developed into one of the strongest pound-for-pound athletes we have. He makes his teammates better and pushes his own personal limits every day. He holds his teammates accountable and is a great example of how consistency, effort, and a great attitude can have a huge impact on performance.

~Joel DeMarco

University of Delaware

Kevin Mohollen

Position: Center Field

Junior

Kevin is constant worker - who leads vocally and by example. Kevin has transformed himself into one of the best athletes on the team not only by his god given gifts, but by his true Grit. Not only does Kevin have fantastic numbers in both running and lifting evaluations - he also is off the charts with attention to detail, effort, energy, and leadership. ~Ted Perlak

University of Michigan

Miles Lewis

Position: Outfield

Junior

Miles is in his second year with our baseball program at Michigan. He was voted the 2016 Western Athletic Conference Freshman of the year while attending The University of North Dakota. The program was discontinued at North Dakota and Miles transferred to Michigan. He made an immediate impact both on and off the field during his first year at Michigan. He came to us with outstanding training habits that can be credited to the staff he worked with at North Dakota. He has a lunch pail mentality and is a student athlete that can be counted on to lead by example. He has set a number of all-time records in the weight room and has become an invaluable leader in the club house as well. When we need a big play on the field or inspiration during tough training sessions you can always count on Miles. It is with great pleasure that I nominate Miles Lewis for the NSCA All-American Strength & Conditioning Athlete of the Year Award for 2018. ~Jason Cole

University of San Diego

Travis Kuhn

Position: RHP

Sophomore

University of San Diego - Baseball

Travis Kuhn

Height: 6'

Weight: 192

Power Clean: 301

Back Squat: 502

1-Arm Bench Press: 145

TBDL: 580

Vertical Jump: 32"

Travis Kuhn embodies what it is to be a Torero on and off the baseball field. His work ethic and commitment to improvement combined with his unparalleled energy makes him a perfect fit to lead not just our pitching staff, but our entire team. Travis is not the most vocal leader, but he leads by example and lets his actions and strength numbers speak for themselves. He has only scratched the surface of his limitless ceiling as he continues to build confidence through his outstanding dedication to his own development. After being named one of the top professional prospects from West Coast Summer League in 2017, Travis is projected to be the "go-to guy" out of our bullpen and no doubt will have an impact on the overall success of the Toreros season. It is with great pleasure that I nominate Travis Kuhn for the 2018 NSCA All-American Athlete of the Year. ~Matt Couch

University of Wisconsin - Whitewater

Austin Jones

Position: Pitcher/Outfielder

Senior

After a breakout year on the mound as a Freshman, Austin had to battle back from a devastating injury his Sophomore season. His tremendous work ethic and dedication to strength and conditioning allowed him to earn a starting spot in the outfield the following year. He is on the radar of many MLB scouts and is looking to have a terrific Senior season as a starting pitcher. Austin's best attribute is his leadership ability and inspiration. I look to Austin for feedback and know that I will always get an open, honest answer. I am proud to nominate Austin for this award. ~Lee Munger



Villanova University

Jeffery Manto

Position: Thrid Base

Freshman

Jeffery has dedicated the last 4yrs to maximizing his potential on the diamond and in the classroom. He takes every opportunity to prepare himself physically at the Kalinowski Performance Academy, as well as mentally through the Mindful Athlete Training program. Jeff has significantly improved his athleticism, but even more importantly, he demonstrates integrity, character, and leads by example. ~John Kalinowski

Webster University

Christian Dahncke

Position: Catcher

Senior

Christian has shown tremendous improvement in strength over the past three years as a part of the Webster University Baseball program. His preference to quote his favorite movies, along with his ability to move heavy weight with power and consistency is impressive to say the least. His 515 lb. deadlift and 405 lb. squat remain at the top of the charts at Webster University but his personality and willingness to serve as a selfless leader, with the mission to further develop a program built on integrity, will be remembered most. Christian exemplifies the true definition of a Webster University Student-Athlete. ~Matt Saitz

West Texas A&M University

Noah Draper

Position: Pitcher

Senior

Noah shows up each day ready to work. He is a great leader both in the weight room and on the diamond. Noah leads by example putting in his best effort and holds his teammates accountable to do the same. He has a passion to be the best baseball player he can be leading him to put in the time off the field to improve. Noah wrapped up the fall with a 385lb squat and 28.5" vertical jump.

~Sarah Ramey

Wilkes University

Zach Metz

Position: Pitcher

Junior

Always willing to go the extra mile. He is an athlete that is an unquestionably hard worker.

~Jeffrey Gear

Winthrop University

Thad Harris

Position: Pitcher

Junior

Thad is pursuing a Bachelor of Science degree in Exercise Science. While progressing through the this major, he has gained the knowledge, skills, and strategies centered around athletic performance. This knowledge has led to a better understanding of the Periodization of training and how daily programs align to increase performance over the course of a Micro/Meso/Macro cycle. This is evident in his ability to auto-regulate daily training to achieve the programs desired results. This fully execute his position as a pitcher on the baseball team

~Benjamin Abbott