



Abilene Christian University

Breanna Wright

Position: Point Guard

Sophomore

Breanna is a leader on and off the court. After earning the starting PG spot her freshman year, she has yet to relinquish the position. The dedication she has for her craft goes behind the court. She understands the importance of sports performance training and through her effort and actions she has conveyed that to her teammates. This preseason Brea crushed the previous team PR with 265 back squat. She has been a pleasure to coach and a great addition to the Wildcats family! ~Bret Miguez

Black Hills State University

Fraser Malcolm

Position: Forward

Junior

Fraser, has developed into one of the top players in the conference due to his hard work on the court and in the weight room. He has had his best year so far earning All-Conference honors. Fraser is the leader of team and makes sure everyone is working to their potential at all times. ~Aaron Siekmann

Brigham Young University

Dalton Nixon

Position: Forward

Sophomore

Every player and coach in our program has a respect for Dalton's approach to the daily grind of Div. I basketball. His efforts in transforming his body have paid dividends on the court. From his freshman to sophomore seasons he has nearly doubled his averages in minutes played, rebounds, assists, steals, scoring, and 3-point shooting percentage. During the 2017-2018 season, Dalton was BYU Basketball's most productive bench player. ~Erick Schork

Central Maine Community College

Holly Decourcey

Position: Guard

Senior

Holly was a member of the 2017 USCAA Division II Women's National Tournament Championship Team. She is one of the captains on this year's Lady Mustangs, who have earned the number one seed in the 2018 USCAA Division II Women's National Tournament. Her unwavering dedication to our strength and conditioning program is demonstrated by her dominance of our Mustangs Top 10 Performance Lists. She thoroughly enjoys and is committed to the process of improving performance through strength and conditioning. She is an outstanding student as evidenced by her 3.6 GPA, being named to the YSCC Academic All-Conference Team, and being honored as an USCAA Academic All-American. Holly is a general studies major. ~Jim St. Pierre

Claremont McKenna College, Claremont-Mudd-Scripps Athletics

Maxwell Kirsch

Position: Forward

Sophomore

Max is a sophomore at Claremont McKenna College. He is pursuing degrees in Chemistry and Economics. Recently, he was accepted in to the Robert Day Scholar Program at CMC. Last season, Max was named to the SCIAC All-Academic Team and is currently on track to achieve the award this year.

Despite a rigorous academic environment and participation on the basketball team, Max volunteers as a youth basketball coach. In addition, Max serves as a Dorm President, First-Year Guide, and member of the Student Athlete Advisory Committee.

Max is the ideal student-athlete and candidate for this award. In addition to his service around the college and community, he dedicates many hours to the weight room and improving his talents on the court. His effort, enthusiasm, and focus are felt by everyone in the weight room. He encourages his teammates to improve and celebrates their accomplishments. ~Andrew Jones



Clemson University

Gabe DeVoe

Position: Guard

Senior

Gabe DeVoe personifies a growth mindset by forging the right attitude, energy and effort – the cultural base within our weight room. In just two short seasons, DeVoe has gone from a young man with a less than favorable opinion of the weight room, to a mature leader who embraces the weight room as an extension of the practice court. This change in commitment resulted in physical enhancements and performance increases. **PHYSICAL:** 213-lbs at 9.4% body fat (BF) to 207-lbs at 7.1% BF; front squat of 185 to 308-lbs; vertical jump of 32 to 38.5"; bench press of 210 to 265-lbs. **PRODUCTION:** 2016-2017 season DeVoe averaged 24 minutes per contest; 7.1 points per game, to go along with 2.8 rebounds; and shot 32% behind the arc. In 2017-2018, DeVoe is shattering last season's stats averaging 33 min per contest, 13 points per game; 4.6 rebounds per game; and shooting 45% behind the arc. Off the court, DeVoe leads his team academically earning All-ACC Academic Team selection for the third straight season. ~Michael Bewley

Clemson University

Danielle Edwards

Position: Guard

Junior

Danielle Edwards has been an excellent example of consistent dedication to improving her performance on and off the court. Her physical development is a result of her commitment to the weight room. **PHYSICAL:** 125-lbs at 19.52% body fat to 129-lbs at 13.8% body fat; bench press of 110-lbs to 129-lbs; back squat of 195-lbs to 242-lbs; vertical jump of 23.8" to 26.2". Her junior campaign has been highlighted by a career high 33 points leading the team to a 67-66 victory over Nebraska in the ACC/Big 10 Challenge. Off the court, Danielle was named to the All-ACC Academic Team for the second consecutive year. ~Kaitlyn Cunningham

College of Southern Idaho

Jane Nelson

Position: Guard

Sophomore

Jane has showed much determination coming back from a serious knee injury last year. She is always the first to get to the weight room and the last to leave. She is doing extra workouts constantly. Jane is a great example to those around her. ~Travis Bunker

East Central University

Aaliyah Blakely

Position: Forward

Senior

"Aaliyah is a three time Strength and Conditioning All-American Award winner for great reason. With an outstanding work ethic and positive attitude all year round during mandatory and voluntary workouts; Aaliyah has posted some impressive feats in strength and conditioning and applied them to the court." ~Scott O'Dell

Eastern Michigan University

Danielle Minott

Position: Guard

Junior

Danielle sat out as a redshirt transfer for over a year waiting for the opportunity to shine in her new role at Eastern Michigan University. During her redshirt year, Danielle took full advantage of the opportunity to develop both on and off the court to become a better athlete and player. Danielle has transformed her body and improved her Back Squat from 250 lbs to 340 lbs during that time. She has been a leader both on the court and in the weight room, and is a prime example of how hard work in physical preparation will reward you with improved performance on the court. ~Sean Conaty



Eastern Michigan University

James Thompson IV

Position: Center

Junior

James started the 2017 off-season by being challenged to gain size and strength to move from the Power Forward position to the Center position and anchor our zone. He responded to this challenge and took full advantage of the opportunity by completely transforming his diet, training habits and body. During that time he bulked up from 215 lbs to 240 lbs, increased his squat by 30 lbs, improved his standing vertical jump from 32" to 33.5", and improved his conditioning level by doubling his score on the Yo-Yo Intermittent Recovery Level 2 Test. On the court, James solidified his place in EMU Basketball history this year, recording 1,000 career points and 1,000 career rebounds. In addition he was named MAC West player of the week on two separate occasions. -Sean Conaty

Emerson College

Jacob Ries

Position: Guard

Freshman

Jacob is the workhorse of the men's basketball team. He worked his way into the starting line up with his work ethic, dedication to getting stronger in the weight room and basketball IQ. His consistency in the weight room has paid off on the court as he's tasked with defending the other team's best perimeter player. -Ronald Smithers

Eureka College

Hayley Reneau

Position: Guard

Senior

Her tremendous work ethic all year round shows in her game and when she trains. From her Junior to Senior season, her points per game increased from 13.8 to 23.8 which is 3rd in D3 women's basketball. She also received 1st team all conference honors, and selected to the all SLIAC tournament team. Her success on the court is all due to her work ethic in the off-season. She improved her back squat by 60 lbs and her 1 RM is over 200 lbs along with increasing her vertical jump over 4 inches in that span as well. -Matthew Friend

Georgia College

Isaac Thomas

Position: Power Forward

Junior

Isaac has done everything for us including the things that show up in the stat book like points, rebounds and blocks. What makes him special is the things he has done for us that don't show up for us in the stat book. How hard he works every day, how selfless he is, and the leadership he brings on and off the court. He leads by example in the weight room and during all conditioning sessions. He has a cumulative GPA of 3.53 as an accounting major. Isaac has been a member of the Peachbelt All Academic Team, PBC Freshman of the Year, Top 10 in Rebounds in our program history. He is the epitome of what defines the "Student Athlete". -Mike Martino

Huntingdon College

Juliette Harp

Position: Forward

Senior

Juliette is very deserving of this award. Her continual improvement throughout her career impacted not only her, but her teammates and program as well. -Charles Goodyear

Juniata College

Marcus Lee

Position: Forward

Senior

Major: Engineering

6"6"

Weight 212lbs.

Forward

Squat 400

Bench 300

Clean 235

20 Shuttle 4.0

40 yd Sprint 4.5

Vert. Jump 38"

Marcus is Juniata Basketball team's leader on and off the field. His work ethic has translated into conference recognition as one of the most physical defense players along with productive offensive scoring threats. His roll as team captain and his example of work ethic and attention to detail in the strength and conditioning program has gone far in assuring success not only for Marcus, but also for our Men's Basketball Program. -Douglas Smith



Juniata College

Brianna Wasser

Position: Guard

Senior

Bri's work ethic and dedication has been a major factor in her reaching her athletic goals and her the respect of her teammates and coaches along with setting a standard of intensity and work principles for her fellow team members in the Sports of Women's Basketball and Golf.

Bri has been a pleasure to work with, her attention to detail, dedication and willing to motivate and teach others has not only enhanced her own athletic abilities, but has also contributed positively to those her around her. ~Douglas Smith

Lewis & Clark College

Miyah Leith

Position: G

Senior

From freshman year to senior, Miyah demonstrated great work ethic, discipline, and attitude, all of which epitomize what the Lewis & Clark Strength and Conditioning Program is all about. Her hard work and dedication to becoming a better athlete has earned her All-Northwest Conference First Team accolades. Miyah finished her final regular season ranked first in the NWC in field-goals made, second in total points, free-throw attempts and field-goal attempts and third in free-throws made, and finished the regular season ranked fourth in the NWC in scoring per game, steals and steals per game. Miyah's leadership in the weight room and on the court with her teammates never went unnoticed, resulting in holding a captain's position for multiple seasons. It has been a privilege to work with such an outstanding young woman.

~Angela Dendas-Pleasant

Lewis & Clark College

Lauren Wood

Position: Forward

Senior

Lauren has played an integral part in the turn around of the Lewis & Clark Women's basketball program. Three seasons ago, the team posted a record of 3-22 and finished last in the conference standings. The past two seasons they have made the conference playoffs. During her senior campaign, Lauren averaged a double-double (10.5 pts/game, 10 rebounds/game) and was named All-NWC Honorable mention.

A side from being a force on the court, Lauren has also actively given back to her community by volunteering with Specialty Athletic Training, a Portland based company provides personal training services exclusively for individuals with special needs. ~Ryan Lockard

Lewis University

Jessica Kelliher

Position: Forward

Junior

Jess is an outstanding student athlete who is so modest. She has won Great Lakes Valley Conference Player of the Week 4 times this year and also NATIONAL player of the week twice this month!!!! Could not be prouder of such a great person! :) ~Becky Eggers

Menlo College

Mikey Eggleton

Position: Guard

Senior

Mikey's accomplishments do not show on the stat sheet. Mikey is an excellent example of what a student-athlete should be. Tough, selfless, and disciplined reflect his finest attributes. Mikey went from playing a significant amount of minutes his first 2 years, to not playing very much. But his attitude did not change. He took younger teammates under his wing and guided them through. Whenever he got in, he gave his all for the time that he was needed. His teammates respect him so much as a leader and worker. Mikey spent countless hours in the weight room and the gym, working to be the best that he can be every day. Mikey's work will not be on paper, but remembered by teammates and coaches.

~Karl Reyes



Occidental College

Triana Anderson

Position: Guard

Senior

Triana is an exceptional leader for our women's basketball program and athletic department, and is pound for pound one of the strongest female athletes at our school. She was tabbed as 2nd team all conference last year, and is on her way to a 1st team all conference award this year. Triana is dedicated and motivated to work hard in the weight room all year long, despite competing at a division where off season workouts are optional. She has dramatically increased her strength, conditioning, and overall athleticism since she first set foot on campus. Triana is the ultimate example of hard work paying off, as her performance on the basketball court has improved every year. She has already put up multiple 20pt games this year, with a recent 30pt outing in our last conference game. Triana is the ultimate competitor and strength coach's dream. She is dominating on the court and in the classroom as she is a few months away from graduating with honors with a degree in Physics. Triana is the epitome of an all-American athlete and deserves this recognition for all her years of hard work and leadership. ~Amanda Mills

Radford University

Randy Phillips

Position: Center

Senior

Randy brings an incredible work ethic and amazing spirit to every workout. He is very driven, and most certainly raises the work ethic of the team mates around him. He knows how to set goals, then does everything in his power to achieve them. He has made a lasting impact on our program. He has a bench press of 365. He had wrist issues and could not back squat nor front squat, so we did Zercher squats with him, his max was 425. ~Scott Bennett

Sacred Heart University

Katherine Haines

Position: Forward

Senior

Clean – 185	Squat – 225
Bench – 155	Vert 27
6'2	185lbs
~Chris Fee	

Sacred Heart University

Mario Matasovic

Position: Forward

Senior

Clean – 275	Squat – 365
Bench – 300	Vert - 37.5
6'8	220lbs
~Chris Fee	

Santa Clara University

Morgan McGwire

Position: Center

Senior

During her four years at Santa Clara, Morgan has set the school record for most games played, a testament to her attention to detail in training. She has scored over 1,000 points in her career, ranks 2nd in school history in blocks and 3rd in rebounds. This season, she is the team's leading rebounding at 9.4/game, ranking her 2nd in the WCC and she leads the team in double-doubles. ~Jeremy Golden

South Dakota State University

Reed Tellinghuisen

Position: Guard

Senior

Reed has helped maximize his ability on the court by maximizing his time in Strength & Conditioning. Since being on campus Reed has gained 45 lbs and completely transformed his body. From his freshman year he has added 30kg to his clean, 75 lbs to his bench and 70 lbs to his squat. He earned Iron Jack status this past offseason for attaining the necessary requirement for his Vertical Jump, Squat, Clean and Bench Numbers. ~Eric Adolph



Springfield College

Molly Altholz

Position: Forward

Junior

Molly Altholz is that player that works tirelessly to get better, brings the energy to every team session both on the court and in the weight room, and is a natural leader for the entire team. You can count on Molly to always work hard, and to push her teammates to do the same. Molly is well-rounded on campus as she strives for academic success, puts in work everyday on the court or in the weight room, and is involved in numerous other on-campus activities.

This season, Molly has done extra pool sessions to get back from a foot injury that in prior years was a season-ending injury. During practice she carried a bike and bands up everyday to make sure she was working to get back to being able to practice with the team as soon as possible. Molly is that player that will ask what she can do to work harder and get better everyday. She put in the work daily to get back onto the court, and this season she was able to return to play.

In every strength and conditioning session she is the loudest one in the room and her energy is contagious. On the court she leads the team with her energy. Around campus she is always excited to see everyone and greets everyone with a big wave and excitement.

Molly Altholz is an athlete that continually strives for success in all aspects of her life. As a Physical Therapy major she has an understanding of the importance of the Strength and Conditioning field and uses that to her advantage to get better athletically everyday. She is that person that will get up early for a pool session before class, followed by classes, practice, lift, and rehabilitation in the athletic training room. After a full day you can still find her in the Student Union studying and preparing for success for the next day.

Molly understands how much work she needs to put in to be successful and she is willing to surpass that everyday. Her energy, leadership, and work ethic in the weight room, on the court, and in the classroom are all valuable components contributing to the team's overall success this year. ~Simone Morin

Stony Brook University

Jakub Petras

Position: Center

Senior

Jakub Petras made one of the biggest transformations that I've seen in my career working with collegiate athletes. His year-round effort and intensity in the weight room was recognized by his teammates and he served as another set of eyes for me and role model for his younger teammates in the gym. In a year he dropped 30lbs, significantly improving his conditioning and at 6'10 has an impressive 365lb back squat and 270lb bench press. ~George Greene

Trinity College

Emily Llerena

Position: Center

Senior

Emily has had incredible results in the weight room that has translated to her overall athleticism. She squats 215, benches 115, has a broad jump of 89" and has added 3 inches to her vertical jump. She trains year round and is constantly coming in for extra workouts. ~William DeLongis

Troy University

Jaroslav Moravek

Position: Post

Senior

Jaro overcame multiple injuries and still found a way to stay positive. He is a very hard worker, always on time, never complains, always follows instructions and helps his teammates when ever he can. Jaro is also very strong academically, receiving his undergraduate degree in Global business with a GPA of 3.62. Graduating with honors (Magna Cum Laude) He is presently finishing his MBA in International Business with a GPA of 3.66.

~Richard Shaughnessy



University at Buffalo

Davonta Jordan

Position: Point Guard

Sophomore

Great attitude, blue collar work ethic, and willingness to push himself and teammates to give their best effort every day. This is what comes to mind when describing Davonta and what makes him worthy of this award and an asset to our program.

~Michael Snowden

University at Buffalo

Stephanie Reid

Position: Point Guard

Senior

Stephanie is one of the hardest working student-athletes I've ever been around. She committed to the process of getting better during the off season and the results have paid off with her performance on the basketball court. She's reached multiple personal and team milestones this year while establishing herself as a leader within the program and is very deserving of this award.

~Michael Snowden

University of Delaware

Nicole Enabosi

Position: Forward

Junior

Nicole is a very special student athlete, she is extremely skilled both technically and tactically in the sport of Basketball. However, her performance in the S&C program has forced her teammates to rise to her level of hard work. Nicole takes the lead in conditioning sessions and has made an area she struggled in become an area she excels in. Through her hard work and dedication, she has become a tough, durable, well conditioned great player. She is a true example to others of how working on your all around game can get you to the next level.

~Ted Perlak

University of Kansas

Devonte Graham

Position: Guard

Senior

Devonte' Graham, a senior point guard for The University of Kansas Basketball Team, has received a multitude of awards throughout his career: All-Big 12 [2016 Honorable Mention, 2017 Second Team], Big 12 Championship Most Outstanding Player [2016], Big 12 Championship All-Tournament Team [2016], CBE Hall of Fame Classic All-Tournament Team [2016], Big 12 All-Defensive Team [2016], Big 12 Player of the Week [2/15/2016], Jerry West Shooting Guard of the Year Award Watch List [2016-17], 1,000+ career points. This success began with his dedication in the weightroom. A three-year starter, Devonte' is a perfect model for consistency both on and off the court. He is a hard-working, friendly person who constantly gives great effort. As high character man, there is never any question as to who you will get when it's time to go to work. Devonte' always brings a positive attitude and does everything you ask of him to his fullest capability. He is always striving to get better and not only pushes himself but his teammates as well. He is everything you want from your senior leader. Devonte's ability to play up to 40 minutes a game speaks volumes about the quality of work he has put in and how he handles himself day in and day out. Averaging over 37 minutes per game this season and leading the Big 12 Conference in games played over the past three years is a perfect example of this. Although not a highly recruited player out of high school (originally committed to play at Appalachian State), he has worked extremely hard to become the player he is today and is now widely regarded as one of the nation's top players. Most recently, he was named to the Naismith Player of the Year Trophy Final 20 list for the 2018 season. ~Andrea Hudy



University of Michigan

Jillian Dunston

Position: Forward

Senior

Senior leader Jillian Dunston is an all around high level athlete. Dunston came into this season as her teams strongest, fastest, and most conditioned player. She had an incredible off-season which led to her setting personal records and team records in the squat, bench press, power clean, 3/4 court sprint, lane agility, and celtic fitness tests. She is the pulse of her team and a tremendous leader on and off the court. Jillian was also just named to the Big Ten All-Defensive team for the 2017-2018 season.
~Jamie Preiss

University of Missouri

Jordan Frericks

Position: Forward

Senior

Jordan has utilized performance enhancement through strength training and conditioning for over 10 years and has taken her game to ever higher levels each year. Last year, she fought through a season ending injury sustained on the court and utilized her attention to detail and work ethic in the weight room to bounce back. She is stronger and more explosive than ever.
~Jacob Linn

University of Nebraska Omaha

Alex Allbery

Position: Guard

Senior

Alex has displayed great passion for strength and conditioning during his basketball career at UNO. He has constantly been a tremendous leader and motivator in the weight room and on the basketball court, which has led to great successes in both categories.

Alex's attitude towards strength and conditioning has motivated him to be prepared physically and mentally each and every season. Continually pushing himself, as well as his teammates, has allowed him to peak not only his strength numbers but also display an impressive fitness level. Alex holds personal records in Power Clean (215 lbs), Back Squat (375 lbs), Bench Press (225 lbs), and Vertical Jump (27.5 in).

Alex embodies the "Lead by example" expression. His character and work ethic has led to his valuable contributions in the weight room, on the basketball court, in the community, and in the classroom making him a perfect candidate for this award.
~Logan Ogden



University of New England

Gavin Dibble

Position: Shooting Guard

Senior

Gavin Dibble is a dedicated, hardworking individual that puts 100% into everything he does. I have great respect for his work ethic and commitment to excellence. Gavin took ownership in the Nor'easter Strength and Conditioning program and has established a criterion as a leader and ambassador for injury prevention and performance enhancement. Gavin is an exceptional student in UNE's Applied Exercise Science program and recently earned his NSCA-CPT certification. He serves as a Student Fitness Specialist and volunteers his time to assist me with other teams in the weight room. Gavin helped lead his team to four consecutive Commonwealth Coast Conference tournament appearances and amassed 864 points in his career. His weight room statistics are exemplary as well; 3RM Back Squat 375lb and 1RM Bench Press 255lb. ~Lyndie Kelley

University of New England

Samantha MacDonald

Position: Point Guard / Shooting Guard

Senior

Sam has been an incredible leader both in the weight room and on the court over the past four years. She consistently sets the standard of work for not only her teammates, but other student-athletes at UNE. Her enthusiastic approach to the weight room is second to none. Sam exemplifies what we refer to as Nor'easter G.R.I.T – Greatness, Resilience, Integrity and Tenacity in everything she does. She is an outstanding student in UNE's Elementary Education program and mentors young children and athletes whenever she gets the chance. Sam has been part of an unprecedented run of success as a four-year contributing member of UNE's regionally and nationally respected women's basketball program. Over her four years, her teams won four Commonwealth Coast Conference Championships in a row, resulting in several regional and national rankings and four trips to the NCAA National Tournament. Her teams' record over four years was 95 wins and only 22 losses. Sam is pound for pound, one of the strongest female athletes at UNE. Her 1RM Bench Press was 140lb, her Broad Jump is 7'6" and her Vertical Jump was 24".

~Lyndie Kelley

University of Wisconsin-Parkside

Hayley Maystead

Position: Forward

Senior

Hayley is a fearless competitor in the weight room and on the basketball court. She has done everything asked of her, without hesitation. Her attitude and work ethic in the weight room are contagious, as she brings all-out effort and a positive attitude to every workout. Her training has helped her stay injury free this season, while playing the most minutes of her career. ~Jon Verdegan

Wayne State College

Kendall Jacks

Position: Guard

Junior

Kendall was all conference last season and has really improved in the weightroom this season. Through out the inseason he is cleaning 225 consistently and squatting over 335 multiple weeks. Kendall has gained 10lbs this year and will continue to gain both size and strength. ~Grant Darnell

Wayne State College

Andrea Larson

Position: Forward

Junior

Andrea always comes to the weightroom ready to work. She hand cleans 155lbs and squats 225lbs. She provides energy constantly and generally stays and does extra through out the year. ~Grant Darnell

Webster University

Michael Dunn

Position: Guard/Forward

Senior

Mike is an athlete of high character, consistency, and dedication to his team and his training. Mike is an exciting player to watch and expresses a high level of athleticism and power both on and off the court. His contagious positivity, drive, and focused effort serve as a model for success in educating and developing our younger athletes. Mike exemplifies the true definition of a Webster University Student-Athlete. ~Matt Saitz



West Texas A&M University

Madison Parker

Position: Forward

Senior

Madison's work ethic is second to none. She puts in the time on the court, in the weight room and in the class room to be the best she can be. Each season Madison reaches new heights and leads her team both by example and positive vocal encouragement. She wrapped up her final pre-season by hitting new PR's on several lifts (130lb Incline, 175lb Hang Clean, 240lb Front Squat, 160lb Bench) and is leading the Lady Buff Basketball team to another 20+ win season. ~Matt Segura

West Texas A&M University

Ryan Quaid

Position: Guard

Junior

Ryan is an exceptional leader to his teammates not only on the court but off the court as well. He has grown tremendously from a freshman because of his hard work and dedication not only at practice but also in the weight room as well. He used that determination following the summer plan and came back the strongest and most explosive he has been during his time here. This year he is averaging a double-double, has been named LSC Defensive player of the week a league-best four times, and was named United States Basketball Writers Association national player of the week earlier this season. He is very deserving of this award and it is my pleasure to nominate him. ~Matt Segura

Western State Colorado University

Carra Jackson-Brown

Position: Guard

Senior

Team Captain, 4-Year Letterman, Officer in Black Student Alliance, Homecoming Royalty, Double Major in Biology and Exercise and Sport Science...I forgot to mention she does all of this while Cleaning 154 lbs, Squatting 250 lbs, Benching 125 lbs, and Sumo Dead-lifting 302 lbs at a body weight of 155 lbs. Carra has been hands down one of my favorite athletes I've had the pleasure of coaching. Her commitment and dedication is second-to-none and it is reflected on and off the court. I'm going to miss her in the weight room next year. ~Brandon Stephens

Wilkes University

Mason Gross

Position: Forward

Senior

One area that Mason truly committed himself to was his strength training and conditioning in the off-season. Mason has made a great impact on his team this year as a leader and player. Mason because of his work ethic and determination in the weight room has gone from playing in 31 games his first 2 seasons to 49 his last 2 seasons. Mason is a biology major and a tremendous student-athlete. ~Keith Klahold

Winston-Salem State University

Tiana Edwards

Position: Guard

Senior

Tiana is one of the better workers we have at Winston-Salem State University. Some of her personal best numbers are a 7 foot broad jump, a 315 pound squat a 120 pound bench and a 165 pound clean. On the court she became the all time WSSU leader in 3 point made. She is also an Exercise Science Major with above a 3.5 GPA. ~Marc Heinecke

Winthrop University

Anders Broman

Position: Shooting Guard

Senior

"Anders is one of the hardest working, most committed, and passionate athletes that I have ever had the privilege to work with. His commitment in the weight room has helped elevate his performance since arriving at Winthrop. He will go on to do great things in his life and wish him nothing but the very best." ~Andrew Parker