

NSCA® NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

University of South Carolina Carly Schnieder

Sophomore

Won the AAU National Championship with Gamecock teammate Katie Smith in the summer of 2016 Also won the USA Beach Volleyball National Championship with Smith in the summer of '16. Deans List: Fall 2016, Spring 2017, Fall 2017 Athletics Director Honor Roll: Fall 2016, Spring 2017, Fall 2017 Active community service contributor with the following organizations: Pawmetto Lifeline Salvation Army Baton Rouge Flood Relief City Roots Tunnel to Towers 5K Transitions Ronald McDonald House American Red Cross Carolina Canned food drive Meals on Wheels Oak Pointe Elementary School Hand Middle School Hang Cleans 1.3 x BW Back Squats 1.875 x BW Sumo Deadlifts 2.28 x BW Nominated by teammates as "S&C Captain" ~Steven Scruggs