



Adams State University

Chad Hovasse

Position: Wide Receiver

Junior

Chad Hovasse is an example of someone who does everything right on and off the field. He is a perfect applicant for this award in relation to every aspect of what it stands for.

Accomplishments:

1. Harlon Hill Nominee
 2. 1st Team All-RMAC
 3. 1st Team Colorado - NFCAA
 4. RMAC Academic Player of The Year
 5. Adams State All-Time Receptions Record Holder
 6. Adams State All-Time Yards Record holder
 7. Adams State Single Game Receptions Record Holder (x2)
 8. Top 10 in all national receiving categories
 9. 300lb bench
 10. 520lb squat
 11. 600lb deadlift
 12. 125kg clean
- (All at a 205lb body weight)
~Brady Conner

Angelo State University

Connor Flanigan

Position: Kicker

Sophomore

Connor's work ethic in the weight room and on his craft is second to none. In the weight room, he motivates and keeps up weight wise with the wide receivers and defensive linemen that he lifts with. During team runs, Connor is always pushing himself to outrun skill players, and setting the bar high for the other kickers. He is a perfect example of a leader as he is always in the weight room and on the field in his free time working on his craft along with his mobility by getting extra stretching in. ~Joe Powell

Avila University

Wyatt Beebe

Position: Linebacker

Senior

Wyatt was apart of my first training groups when I became employed at Avila. He was already one of the stronger football players and had done a lot of self experimenting in regards to his own training regiment. What Wyatt was able to do was grow from his initial experiences. He opened up his mind to new concepts in training that conflicted with his previous way of thinking. He was always open to discussing training philosophies and wanted to gain a greater understanding even though it wasn't his field of study. He also developed from a shy quiet introvert to a dominant leader on the team that everyone respected based upon his performance on the field, efforts in the weight room, and smart decision making skills outside of football. His impact on the team and in the weight room will be greatly missed.
~Brian Ciolek

Azusa Pacific University

Adrian Shocks

Position: Linebacker

Junior

Adrian is a strength and conditioning freakshow, all-conference football player, academic scholar, and model citizen. Pound-for-pound his S&C numbers are the best I have ever trained!
His broad jump of 142" (11' 10") in summer of 2017 crushed the school record by 11 inches. Vert of 41.75" is also a school record.
At 6'1", 210 pounds he can squat 500 X 3, clean 365 X 3. L-Drill of 7.1. 5-10-5 of 4.2
Awarded All-Conference as a Linebacker, 3rd in the conference and 1st on the team in tackles.
Commuted 118 miles each day (nearly 60 one way) through Los Angeles traffic, and never was late or missed a workout!
Married his longtime girlfriend and mother of his 2-year-old daughter the weekend before reporting to 2017 training camp.
Was taking 24 units in the Fall 2017 semester and maintained a 3.0 GPA in Business Management!
~Gabriel Higerd



Black Hills State University

Phydell Paris

Position: Running Back

Senior

Phydell is a leader in the weight room and on the field. His hard work and dedication to the weight room has helped him set several records on the football field. He was one of the most durable and reliable players on the team.

~Aaron Siekmann

Claremont-Mudd-Scripps

Mackenzie Cooney

Position: Defensive Back

Junior

He overcame a broken right and right ankle in game 4 of his freshman year and a broken wrist in his sophomore year, to accomplish many things in the weight room, on the field and in the classroom. Mackenzie is an unquestioned leader on our roster. He has organized and motivates his teammates in our conditioning and lifting sessions.

Athletic

5'10 170

2 year starter

Team captain

22 tackles 2 pass breakups

Weight room

5'10 170

Bench 285 Squat 420

Clean 305 Vertical 40

40 4.5

Academic/other Economics and Finance Major with 3.2 G.P.A

Nixon Peabody - Private Wealth Group, Legal Intern

- Assist with \$10 million trust litigation and related case strategy

Claremont Accounting Association (CAA), Vice President of Social Events, Actively promote CAA through employer information sessions and social events.

Volunteer coach at local Autism center helping children with athletic activities

~Christopher Vicory

Clemson University

Clelin Ferrell

Position: Defensive End

Senior

Clelin has established himself as one of Clemson's hardest working in history. A self motivated athlete who's leadership characteristics sets the tone for his team daily. Clelin's efforts has led his Tigers to national championships and conference championships. His individual honors include defensive rookie-of-the-year, defensive MVP in the fiesta bowl, and first team All-American in 2017. 6'4.5", 262lbs., bench 365, sqt 440, pc 315

~Larry Greenlee

Clemson University

Mitch Hyatt

Position: OT

Senior

6'5.25

315

Bench 425

225 RM 24

Squat 505

Power Clean 335

Vertical 30"

Broad Jump 8'11

40yd 5.18 / 10yd 1.71

Pro Agility 4.56

L Drill 7.51

60yd shuttle 12.30

~Paul Hogan



Clemson University

Christian Wilkins

Position: Defensive Line

Junior

Christian Wilkins, a 6'4 305 lb. defensive lineman, is the bonafide leader of the Clemson Football team. On the field, Christian has helped lead our team to back-to-back-to-back ACC Championships, 3 straight College Football Playoff appearances, two National Championship game appearances, and the 2016 CFP National Championship. Christian is a two-time 1st team All-American, a two-time All-ACC performer, the Bill Willis National Defensive Lineman of the Year, and a finalist or semi-finalist for various other prestigious national awards. In the weight room, Christian has overcome multiple wrist injuries to bench press nearly 400 lbs., squat 535 lbs. with tremendous explosive power, and power clean 320 lbs. In addition, Christian runs the 40-yard dash under 4.9 seconds, and the pro agility (5-10-5) in 4.37, top-3 all-time for linemen at Clemson; both of which are outstanding marks for his size. He puts in the work both on and off the field. Christian captained the winning group of our team accountability challenge, was elected team captain (with the opportunity to be the only two-time captain at Clemson under Coach Swinney), and is a 3-time Academic All-ACC performer, with an opportunity this year to be only the second Clemson player ever to earn Academic All-ACC 4 times. Personal excellence matters to this young man. He has taken charge since the day he arrived on campus with a professional demeanor, a respectful attitude, a focused mindset for greatness, and a no-nonsense leadership approach. Christian Wilkins has earned NSCA Strength & Conditioning All-American honors in my opinion.

~Adam Smotherman

East Central University

Tre Harvey

Position: Tight End

Junior

"Tre's hard work and day to day intensity show in his numbers. He has been a leader from day one in the strength and conditioning program."

~Scott O'Dell

Eureka College

Ryan Barth

Position: Offensive Line

Junior

One of the best leaders of student-athletes on campus both on the field and in the class room. Over coming a shoulder surgery, his Back Squat increased to 550 lbs, Hang Clean 275 lbs, and Bench Press increased to 350 lbs. This past season, he was also a 1st team all UMAC conference selection, UMAC Lineman of the Year, and D3 Football 2nd team All-Region. ~Matthew Friend

Fort Hays State University

Luke Wright

Position: Defensive End

Senior

Luke Wright is a man with tremendous character and work ethic. During his career at Fort Hays State University, he has been an integral part of the most successful four years in FHSU football history. Luke committed and dedicated himself to be the best he could be and supplied leadership that demanded the same of his teammates. His growth in the weight room was surpassed only by his growth as a man and his ability to play football at the highest level. This reward became evident with an 11-0 MIAA conference championship, the first ever in FHSU football history! His willingness to sacrifice for his team and coaches, represents Luke's drive for success. ~Doug Boucher

George Fox Football

Nathan Corliss

Position: Center

Junior

Nathan is a Junior and was 1st team All-Conference Center. He Squatted 535, Power Cleaned 275, and completed 28 reps at 225 pounds on the Bench Press. Nathan is also an Engineering major and maintains a 2.9 GPA.

~Ken Ingram



Hope College

Justin Fairfield

Position: Guard (Offensive Line)

Senior

Justin arrived at Hope College in 2014 as an undersized Offensive Lineman who potentially may never see the field. Through his determination and relentless work ethic...Justin transformed himself physically and mentally into a 2x NCAA D3 All American Offensive Lineman. He improved his bench maxes by nearly 150lbs in 4 years and improved his squat max by nearly 200lbs in the course of his college career. Justin is not only an unbelievable athlete physically but he is one of the most well-rounded individuals I've had the privilege to have in my weightroom at Hope College. Justin Fairfield would be more than deserving to receive recognition as an All-American Strength & Conditioning Athlete.

-Dan Margritz

Humboldt State University

Alex Cappa

Position: Left Tackle

Senior

Alex Cappa is one of the most impressive young men to come through this program. Since coming to HSU, Alex has been a model of consistency and dedication to all aspects of the training process. He is also an exercise science major and a true student of the process. Alex came to HSU in the fall of 2013 as an undeveloped 6'7 240lbs left tackle who played baseball for his high school baseball team. Since then he has been a leader and anchor on the left side of one of the best offensive lines in all of college football for the last 4 years. He now leaves HSU at 305lbs as one of the most accomplished players in our programs history earning 4x GNAC offensive lineman of the year, a Reece's Senior Bowl Invitation, and an NFL Combine invitation. His dedication to the training process is only outdone by his character and giving nature. During his senior season he regularly attended the redshirt programs workouts and helped us as a coaching staff train freshman who are starting their college football journey in the same place he was. He deserves all the success that comes his way and it is with great enthusiasm that I submit this nomination for Alex. -Benjamin Servais

Humboldt State University

Carb Hanson

Position: Offensive Line

Senior

Carb was a four year starter on one of the best offensive lines in school history; he paved the way for Humboldt State's all-time leading rusher, and protected the all-time leading passer and receiver. Carb's work in the weight room provided the foundation for his on the field success as he developed from a 210 pound high school wrestler and sprinter, into a menacing 295 pound all-conference guard. Some of his impressive strength and conditioning measurables included a: 485 pound bench, 525 pound squat, 350 pound clean, 31 inch vertical, 2.9 20 yd. sprint and 33 reps at 225. A Kinesiology Graduate, with a great passion for, and knowledge of, exercise science and strength and conditioning, Carb has a very bright future ahead of him. -Andrew Petersen

Humboldt State University

Jared Layel

Position: Center

Senior

Jared Layel was one of the hardest working athletes we had the pleasure of working with. He showed up to lifts before any of his teammates and was ready to work every day. He held himself accountable and was a guy you knew was going to work hard and motivate others. He was a leader in the weight room holding the clean record for his weight class at HSU. Two devastating knee injuries couldn't keep him out of the weight room trying to get as ready as possible for the season while recovering from surgery. He was a leader on the field as well. He started at center for HSU on one of the best offensive lines in our program's history which was a testament to his hard work and dedication in the weight room and on the field. -Anthony Ratto



Huntingdon College

Anthony Wood

Position: Defensive Back

Senior

Anthony has overcome much adversity in route to receiving this award. He has displayed a level of mental and physical toughness that is rare. Anthony deserves this recognition not only for his achievements, but for the countless hours he volunteered toward the improvement of his fellow student-athletes. ~Charles Goodyear

Juniata College

Colton Craig

Position: Offensive Line

Senior

Colton is a great athlete to have in the weight room because he always pushes himself and leads his teammates to do the same. Even in the most adverse situations, Colton maintains his demeanor and positive attitude. He has the discipline, dedication, and attitude that makes him a great student-athlete and teammate. This season Colton was named to the Centennial All Conference First Team. ~Sarah Simeone

Lamar University

Blake McKenzie

Position: Quarterback

Senior

Blake McKenzie is an exceptional leader who has overcome adversity only to come back stronger. McKenzie was assigned several different training partners over his career and he took each one under his wing creating a mutual respect with each teammate. Blake suffered and overcame 2 ACL injuries in back-to-back seasons. He attacked his second rehabilitation leading to career bests in clean, squat and bench in addition to earning the starting role of Quarterback to conclude his playing career. His perseverance and positive outlook on life will lead to success in his future endeavors.

~Lane Trudo

Lamar University

Manasseh Miles

Position: DE

Senior

Manasseh Miles brings a contagious enthusiasm and competitive drive to the weight room and field daily. Miles integrity and accountability developed a respect from his teammates knowing that they could rely on him. Manasseh suffered an ACL injury in his junior season, which is where his competitive drive took over as he returned stronger than he was pre-injury. He posted his career best clean, squat, bench and vertical jump leading into his senior season. Manasseh is incredibly humble. You wouldn't know unless you talked to him that he is involved in several community service projects. I believe he will continue to succeed in anything he sets his sights on while making others around him better.

~Daniel Darcy

Lewis & Clark College

Remington Campbell

Position: Linebacker

Senior

Remington was a four year starter at linebacker for Lewis & Clark College and has been a leader in all aspects of the word. His work ethic in the weight room translated onto the field and culminated to him earning All-NWC Honorable Mention Team his senior year. Remington did not miss a game in his career, which attests to his commitment to his year round strength and conditioning program. He lead the team in tackles his Junior and Senior year.

~Andrew Traver



Pace University

Jah'Sheem Martin

Position: Defensive Line

Senior

Jah'Sheem Martin has continually developed himself through a truly dedicated, aggressive and intentional approach to the strength and conditioning program. He holds max numbers of 600 lbs in the Box Squat and 385 lbs in the Bench Press while attaining a body weight of 297 lbs and bringing his body fat composition down to 12.4%. On the field, he is a three-year starter at defensive tackle, accumulating 140 tackles, 23 tackles for loss, 5.5 sacks, two forced fumbles, two fumble recoveries, two blocked kicks and one interception. His dedication to his technique in the lifts and approach to training has helped to influence a culture of value in the strength and conditioning program at Pace University.

~Troy Thompson

Peru State College

Andrew Shackelford

Position: Defensive End

Senior

Andrew Shackelford is currently a senior at Peru State College majoring in Kinesiology. This past season he started at defensive end at 5' 11" and weighing 225 pounds. Pre-season testing recorded a 470-pound squat, a 340-pound bench press, a 31-inch vertical jump and a 4.37 second Pro Agility time. Academically, Andrew is on the Dean's list and maintains a 3.5 grade point average. Andrew currently interns with the strength & conditioning staff at Peru State College and desires to enter the field of strength & conditioning. ~Kyle Ryan

Sacred Heart University

Sean Merrill

Position: OL

Senior

WT: 295

HT 6'5''

Clean 290

Squat 500

Bench 375

Vertical 22.7

~Chris Fee

South Dakota State University

Caleb Lang

Position: Offensive Line

Senior

Caleb Lang has worked his tail off and has done whatever he was asked to do to help the team and improve. He stepped on campus as a 230lb defensive lineman and left as a 297lb offensive lineman. He pushed himself in every workout to get bigger and stronger. He always had a smile on his face and looked to help others as he pushed himself. He Power Cleaned 303lbs, Squatted 497lbs, and Bench Pressed 397lbs. He is a great example of hard work, determination, positive attitude and a team first mentality. These qualities will serve him well in his future endeavors. ~Andre McIntyre

South Dakota State University

Mason Leiseth

Position: Defensive End

Senior

Mason Leiseth has an unbelievable work ethic and toughness that allowed him to pursue his dream and overcome many difficulties. He entered college with a shoulder that needed to be repaired. After having hernia and shoulder surgery in his first year his second year ended early with an extreme knee injury. Mason's tireless work ethic and ability to push through very tough situations was an inspiration to me as a coach. He came back to Power Clean 275lbs less than a year after the knee injury. Mason fought to improve every day and eventually Power Cleaned 320lbs, Squatted 442lbs and Bench Pressed 370lbs. After finishing his eligibility in football, he is competing this spring as a thrower on our track and field team. Mason's ability to overcome adversity with a positive attitude and his work ethic will lead him to success in whatever path he chooses in the future. ~Adam Parsons



South Dakota State University

Jacob Ohnesorge

Position: Center

Senior

Jacob Ohnesorge has a tireless work ethic, extreme toughness, is very intelligent and has high character. He stepped on campus at SDSU five years ago and began a relentless pursuit of greatness. He pushed his body to the physical limits. His personal best Power Clean is 320lbs. and Bench Press is 387lbs. while his Squat of 601lbs is a school record. "Ohne" started every game of his 4-year career at center. He was team captain for three years and a two time All-American. He lead his team to four straight playoff appearances and the national semifinals his senior year. He did all this while majoring in mechanical engineering. His hard work, determination and toughness will allow him to be successful in his future endeavors. ~Nathan Moe

Southeastern University

Collin Thomas

Position: CB

Senior

Collin was a senior and captain at Southeastern University. He has been part of the football team since its inaugural season in 2014, and has started in every game in his career. Collin also maintained a 4.0 GPA throughout his career, and was a team leader in the weight room and in MAT Drills during the off-season months.

A true athlete deserving of this nomination.

~Anthony Mack

Southwest Minnesota State University

Alex Ney

Position: Linebacker

Junior

"I preach that effort is a choice and Alex has made a choice to provide enough effort to motivate the team, the coaches, and influence change in wherever he goes." ~Jason Zerbach

Springfield College

Christopher Hayden

Position: Offensive Line

Senior

While Christopher was an integral part of this year's success on the football field, he also served as a great example off the field in the weight room. The strength staff knew going into this season that Christopher was one of the captains that we could rely on to help set the tempo and atmosphere in the weight room. What we didn't know going into the 2017 season was that Chris was battling with knee problems that had recently been diagnosed that summer. Chris had a condition where a substantial portion of his patella tendon was damaged. This limited what he was able to do during lifts because of the increased volume on the field. However, when it came to lifts throughout the season there was never a time that Chris would shy away from lifts. If anything we had to hold him back. Even when we squatted he would not step aside. He would (with the help of his teammates) make sure that he did not go lower than parallel. Aside from overcoming this setback, Chris was a critical leader in the weight room where many members looked to him for leadership. If we had guys on the team that were not on board, us as a strength staff could talk to Chris and explain why we are doing things the way we are. Those problem athletes would then step in line after Chris was able to explain things to them. He was an integral member to have on the team and allowed us to have a culture of hard work and accountability that we currently have in the weight room. ~Cameron Ringstead



Stony Brook University

Noah McGinty

Position: Linebacker

Senior

It is my pleasure to nominate Noah McGinty, a senior captain of Stony Brook football. Throughout his career he has been the standard for his team in terms of effort, attention to detail, and consistency in the weight room. He is not only the vocal leader you look for in a program but strives to lead by example. Managing his was through a major shoulder injury Noah fought to start in every one of our 13 games this season. Ending the year 2nd on the team and 15th in the CAA with 95 tackles he refuses to take a play off on the field or in the weight room. Boasting a 3.7 GPA to add to his accolades, Noah's determination and resilience leaves no doubt that his success in college will translate to his future endeavors. ~Gonkeylah Yerry

The College of William and Mary

Connor Hilland

Position: Offensive Guard

Senior

Connor Hilland is one of the truly outstanding offensive linemen to play at the College of William and Mary in my tenure. He possesses a superior work ethic and self discipline in his preparation. Because of this he was able to overcome injuries to be a 4 year starter(39 starts)during his career. He was voted a team captain in 2017 and selected All-CAA 1st Team and Va. SID All-State 1st Team. In addition, to being selected to the East-West Shrine Game and Tropical Bowl. It has been a real pleasure coaching this young man the last 4 1/2 years.

~John Sauer, CSCS

Director Speed-Strength Training and Conditioning

The University of Maine

Jamil Demby

Position: Offensive Line

Senior

Jamil was a leader in the weight room and on the field. He lead by example as well as vocally. He worked daily to perfect his technique on the hang clean and back squat, which at 6'3" was very hard for him initially. Jamil demonstrated perseverance by squatting to depth with great body awareness. Jamil tested at 315lbs on his hang clean test, and 545lbs on his squat test. ~Jonathan Lynch

Towson University

Shane Simpson

Position: Running Back

Junior

Currently Redshirt Junior

2017 PRESEASON ALL-CAA KICK RETURNER

2016 STATS THIRD-TEAM ALL-AMERICAN KICK RETURNER

2016 HERO SPORTS FIRST-TEAM FRESHMAN ALL-AMERICAN

2016 ECAC OFFENSIVE ROOKIE OF THE YEAR

2016 CAA OFFENSIVE ROOKIE OF THE YEAR

2016 FIRST-TEAM ALL-CAA KICK RETURNER

Shane demonstrates great effort, attitude and enthusiasm towards his physical preparation daily.

~Joseph Alexander

Trinity College

Brandon Blaise

Position: Defensive End

Senior

Brandon is our strongest athlete at Trinity College with a front squat of 475, 435 bench press, 595 back squat, 600 deadlift and a 315 push jerk. He also is always coming in for extra work and leading the younger guys on his team.

~William DeLongis



FOOTBALL

University of Kansas

Joe Dineen

Position: Linebacker

Senior

He never stopped doing the right things even when faced against adversity! ~Ervin Young

University of Nevada Las Vegas

Joe Lang

Position: long snapper

Senior

I am nominating my son Joe for this award because he embodies what a true student athlete should represent. Joe started at Washington State in 2014 and started the last three games of his freshman year. A coaching change occurred and he then transferred to UNLV. While in college Joe excelled in training under 3 different strength coaches at 2 separate universities. He never dropped below a 3 pt GPA as a finance major. He not only excelled in his training he also worked in event management, as well as doing two internships with northwest mutual and also worked in the finance department at UNLV. His first two semesters at UNLV he worked in their writing lab. Joe will graduate in 4 years and has been the starter at UNLV for the past two years. Through injuries and other set backs he has not missed training and always been a great teammate. I have been at Washington State for almost 20 years and have been a strength coach for over 25 years. I understand nominating my son for this award not coaching him day to day in college is odd. I have worked with Joe since he was 15 years old and I know his work ethic. I understand the riggers of being a student athlete myself. Joe is a great candidate to represent this award. Thank you, David Lang

University of San Diego

Connor Spencer

Position: Defensive Tackle

Junior

Height: 6'3"	Weight: 279
Power Clean: 330	Back Squat: 588
Bench Press: 382	225 reps: 28
Vertical Jump: 29"	Broad Jump: 8'3.5"

Connor is one of the hardest working student-athletes at USD. His leadership both in the weight room and on the field drives him to be the best he can be while pushing others around him to also excel. His commitment to excellence during his training has helped him to excel both on the playing field and in the classroom, receiving honors on the PFL All-Academic and CoSIDA Academic All-District teams, along with All-PFL Honorable Mention accolades. ~Mark Lamoreaux

University of Sioux Falls

Logan Dykstra

Position: Linebacker

Junior

Logan truly exemplifies what you want in a leader. He is a man of high character and is somebody that anybody on the team can look up to. Being both a vocal and a lead-by-example leader, he is able to reach all athletes. He also excels in the weight room putting up great numbers and encouraging others at the same time. This reflects on the field as being a high performing player and somebody who is always a factor in the game. ~Gunnar Mach



FOOTBALL

University of Sioux Falls

Jesse Springer

Position: Offensive Line

Senior

Jesse was a 3 year starter on the offensive line for a very successful football program. He was one of the hardest workers that has ever come through our program, and his hard worked paid off by his performance on the field and post season honors. Jesse was one of the strongest people I have every met and along with that was a great leader for our team both on and off the field. ~Zach Mathers

University of Wisconsin-River Falls

Michael Diggins

Position: Running Back

Senior

Mike has been one of the best female athletes to work with at UW-River Falls. His dedication to the weightroom has brought him success in her athletic career and will in her young professional career in teaching and coaching. Between his responsibilities in the classroom, football, work, and socially he has made a dedicated effort to improve his physical attributes. This is the example that all coaches are looking for to show other athletes how to live up to the expectations of college sports. ~Carmen Pata

Wayne State College

John Bland

Position: Defensive End

Senior

John came to college at 220lbs and over his 4 years grew into a 270lb defensive end. He was a 2 year starter and leader in the weight room. He power cleaned 365lbs, squatted 575lbs and bench pressed 375lbs.

John will graduate from WSC this year and has improved academically over his time at WSC. He was a constant leader in the weight room and all other athletes looked up to him. His first 2 years at WSC he did not have a strength coach so he was a leader far beyond what most coaches expect.

~K Grant Darnell

Western State Colorado University

Jake Brown

Position: DB

Junior

Jake brings the focus and effort we desire every training session. He has maintained a blue collar work ethic throughout his career here at Western. Jake's persistence has helped him go from only playing major roles on Special Teams to starting 6 games on defense in 2017. In those 6 games he recorded 21 tackles, 1 TFL, 1 INT, and 1 Fumble Recovery. It's been a real treat watching Jake evolve as a player and a leader. It'll be exciting to see what level he can take it to as he enters his Senior season. ~Brandon Stephens