



Clemson University

Marisa Messana

Position: Golfer

Senior

Marisa Messana is a senior that has shown tremendous work ethic, drive, and determination throughout her entire time at Clemson. She has passion about her development and incredible attention to detail that have served her well in her training. She is a tireless worker that always seeks out what more she can do to continue to improve, from extra sessions to improve strength and power, to mobility work, and learning more about sleep habits, nutrition, and even periodization, to better understand her own training. Her effort has shown in the weight room, winning the team's Grit Day competition back to back years, on the course, playing a key role in the team making the NCAA tournament last year and, most recently, the team's victory at The Dickson, in Houston, Texas, and in the class room, receiving the Weaver-James-Corrigan Scholarship. ~Thomas Evans

Clemson University

Doc Redman

Position: Golfer

Sophomore

Doc Redman has been hard working and determined in his approach to preparation since he arrived at Clemson. He attacks each session with intent and purpose, and takes the initiative to seek out what he can do to continue to improve, whether it's extra training sessions, mobility work, or better understanding of the resources available. His dedication has led to serious improvements in the weight room, and has without a doubt played a big role in the success he has had on the course, including his victory at the US Amateur this past summer and, most recently, his role in the team's second straight victory at The Puerto Rico Classic. He brings the same attitude to all facets of his preparation, including sleep, recovery, and nutrition. ~Thomas Evans

Duke University

Lisa Maguire

Position: Women's Golf

Senior

Seeing Lisa develop over the last four years has been a true pleasure. As a freshman I could see the drive and determination Lisa had to become a great athlete. Very few golfers push themselves to the limits that Lisa does with her training and I'm honored I have been able to witness her development, in the weight room, and on the golf course.

~Alexander Merrill

Menlo College

Colin Casey

Position: Men's

Sophomore

Colin is continually looking to improve in the weight room. His desire to become more knowledgeable and technical in his training is inspiring and shows in his strength gains and improvements on the golf course. ~Travis Patrick

Menlo College

Te Shu Kung

Position: Men's

Freshman

Sam has made tremendous improvement to his strength and mobility in his freshman year. He pays close attention to all instruction and is determined to perform all reps at a high level. ~Travis Patrick

Merrimack College

Alessandra Ricigliano

Position: Golf

Senior

"Alessandra has single handedly led the Merrimack College Golf program to uncharted heights and will forever go down in the annals as one of the most successful student - athletes to don the navy and gold. Excelling as a criminology major, her on the field accomplishments include All - Conference honors during all 4 years, an individual conference championship, to go along with 3 team conference titles. Her willingness to push herself physically and lead her team has, without a doubt, contributed to her competitive success." ~Michael Kamal



Texas Christian University

Tiffany Breitenwischer

Position: Golfer

Senior

Tiffany has gone above and beyond to utilize the weight room and S&C to increase her golfing capacity. ~Michael Wood

Texas Christian University

Emmy Martin

Position: Golfer

Senior

Emmy has gone above and beyond to increase the capacity of her golf game by working tirelessly in the weight room. ~Michael Wood

University of Sioux Falls

Emma Sweeney

Position: Golfer

Senior

Emma embodies what it truly means to be a dedicated student-athlete. Between juggling student teaching hours, a personal life, and golf practice, she still finds time to come in and work hard in the weight room. Always comes in with a great attitude, amazing work effort, and a smile on her face. Emma has truly made my experience as a strength coach better simply by being who she is in the weight room. ~Gunnar Mach

University of Texas at San Antonio (UTSA)

Nikki Long

Position: Team Member

Senior

Nikki is a dedicated hard working athlete who has seen success in the weight room in addition to on and off the course. Nikki has multiple Athlete of the Week and top five finishes. She was Women's Golf Coaches Assoc. All-American Scholar and C-USA Academic Medal recipient. Nikki is an officer in FCA and leads informative presentations to other athletes. She has been accepted to several universities to continue her education pursuing a law degree. ~Derrick Jenkins

University of Texas at San Antonio (UTSA)

Sean Meehan

Position: Team Member

Junior

Sean has made significant improvements in the weight room. Sean has been dedicated and consistent on getting his lifting in while dealing with the rigors of a full class load, golf and working through some injuries. Sean was able to correct some posture issues via his lifting, stretching and corrective exercises in addition to the increase muscle and strength he developed this year. ~Derrick Jenkins

University of Wisconsin - Whitewater

Ashley Hofmeister

Position: Number 1 or 2

Sophomore

Although only a Sophomore, Ashley has already received numerous accolades for her achievements on the course and in the classroom including leading her team to a WIAC Championship this past fall and earning WGCA Scholar All American Honors. Her hard work and dedication to strength and conditioning has allowed her to drop her scoring average from 82.4 as a freshman to 78.3 so far this year. Ashley is a tireless worker, rarely misses a workout and is a tremendous leader by example. She is everything I look for in a student-athlete and I am proud to nominate her for this award. ~Lee Munger

West Texas A&M University

Mattye Mason

Position: Senior

Senior

During her time at WT, Mattye has demonstrated a humble, yet relentless work ethic that has effectively elevated the standard for the rest of the Women's Golf program. Her dedication to the strength and conditioning program coupled with her unwavering drive to succeed on the golf course greatly contributed to a team performance that earned a fourth place finish at the 2016-2017 National Championship. Her passion for training has been passed on to her teammates a through her positive attitude, words of encouragement, and infectious personality. Mattye is truly the embodiment of what this award represents. ~Nicholas Kuhlman