



Avila University

J'mia Cheadle

Position: Dance

Junior

J'mia is an amazing athlete that has chosen to use her talents to perform for our competitive dance team. She is physically gifted with strength but can move her body artistically and gracefully. She is also a determined competitor and every physical challenge I have given her she has handled with ease. This recognition is also to symbolize the athletic capability and training requirement of our dance team that are not always widely recognized for its contributions to sports competitions. The entire dance team trains as hard as my football team and is just as committed to their goals. This award goes not only to J'mia, a specific example of excellence, but also to the entire team's efforts. -Brian Ciolek

Springfield College

Nicholas Cramer

Position: All-Around, Pommel Horse, and Rings

Sophomore

Nick Cramer is a sophomore Nutritional Sciences major at Springfield College in Springfield, MA. He is also a contributing member of the NCAA Men's Gymnastics team for the Springfield College Pride. During an intrasquad meet in October of 2017, Nick suffered 3rd degree sprained ankles while landing a difficult dismount during his floor routine. Through his commitment to Strength & Conditioning and the rehabilitation process, Nick successfully made the starting lineup for their opening meet against Army in West Point in early January of 2018. As a freshman, Nick qualified for NCAA Nationals and earned consensus All-American honors during as a gymnast. He has attributed his growth and success as a collegiate gymnast to excellent Strength & Conditioning and Athletic Training programs at Springfield College. DISCLOSURE: I am nominating Nick because of his story and his testimonial for the importance of Strength & Conditioning, but I am also his father, Joel Cramer, and I am a member of the NSCA Board of Directors until July of 2018. -Joel Cramer

University of Alaska Anchorage

Morgan Ross

Position: All Around

Senior

Morgan is one of the most dedicated and hard working athletes I have had the pleasure of training. When she first came to our university her freshman year I could tell she had the heart of a champion. While Morgan was unable to finish her senior year due to a torn ACL, following the completion of her rehab from a ruptured achilles her junior year, I have yet to experience an athlete with more mature resolve and dedicated work ethic. It has truly been a delight to work with Morgan and watch her grow, not only as an athlete, but as a wonderful young woman. I am excited to see her develop into an amazing contributor to our society. I have not doubt she will succeed in everything she does with a smile on her face and a fire in her heart.

-Adam Friese

