



# HOCKEY

## Buffalo State College

**Vadim Vasjonkin**

**Position: Forward**

**Freshman**

Vasjonkin has met the elite standards in our program relating to vertical jump, front squat, long jump, hang clean, trap bar deadlift, pull ups and bench press. His beginnings as a Bengal has been nothing but discipline and hard work in the weight room and in the classroom. Most importantly his commitment to the program has separated him from the other candidates in our program. ~Kevin Phengthavone

## Central Maine Community College

**Jordy Knoren**

**Position: Forward**

**Senior**

Jordy is an outstanding role model for his teammates and peer student-athletes at Central Maine Community College. As a two-sport athlete in soccer and ice hockey, he served as team captain during the 2017-2018 season for the Mustangs Ice Hockey Team. His commitment to our strength and conditioning program led to observable improvements in performance. Additionally, the athletic training staff applauded his determination as he successfully returned to competition following a significant leg injury. Jordy will graduate from the Physical Fitness Specialist Program. ~Jim St. Pierre

## Endicott College

**Josh Bowes**

**Position: Forward**

**Junior**

In the 2017-2018 season Josh Bowes had his best year of his career dressing in all games for the Endicott College Gulls. Josh recorded over a point per game and is on pace to eclipse the career 100 point mark next season. Josh was a staple of the Endicott Power play and Penalty kill. He was also a leader in the weight room balancing his hockey schedule, a rigorous academic schedule and still never missing a team lift. Josh' hard work and dedication have lead to his success as a student athlete which is why he is deserving of being an NSCA All-American ~Jonathan Williams

## Endicott College

**Caroline Hughes**

**Position: Forward**

**Junior**

Caroline had her most productive year as an Endicott Gulls hockey player from a points standpoint. She also continues to be a leader in the weight room by significantly improving her 300 meter shuttle time and breaking the female school record in the vertical jump. In the summer she spent some time training at the same facility with some of the women's hockey players from Gold Medal Winning US Women's National Team. Caroline's hard work and dedication to strength and conditioning has lead to success on the ice with her and her teammates. ~Jonathan Williams

## Ferris State University

**Tyler Andrew**

**Position: Forward**

**Senior**

Tyler has been a hard working athlete throughout his career here at Ferris State. Tyler pushes his fellow athletes, on and off the ice. He is a leader in our off-ice strength training and conditioning. His efforts culminated in the fall of 2017 when he won our team's pre-season training competition. ~David Cencer

## Hobart & William Smith College

**Kiley Fewster**

**Position: Forward**

**Senior**

Kiley is extremely task orientated as she trains and competes every day at a high level, always striving to be her best. Her leadership abilities are displayed by example on a daily basis with her elite level of commitment and focus along with an impeccable work ethic. Kiley understands when a teammate needs to be held accountable while at the same time putting her arm around them displaying compassion and a caring attitude. Lifting Profile: Front Squat: 200, Bench: 120, Hang Clean: 135. ~Zachary Woodard



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## Hobart & William Smith College

### Ben Greiner

**Position: Forward**

**Senior**

Ben transferred to Hobart College from Bowling Green. From the moment he arrived on campus it was clear he was a tremendously hard worker. Voted captain his senior year, he has held both himself and his teammates to the highest standard of work ethic. His unrelenting pursuit to get better has led him directly into a leadership role both in the weight room and on the ice. He may not be the strongest on the team... but is tough as nails and his presence makes the team better. Lift Profile: Front Squat: 330, Bench: 225, Hang Clean: 205.

~Zachary Woodard

## Penn State University

### Erik Autio

**Position: Defenseman**

**Senior**

Erik Autio is one of our assistant captains and a starting D-man on our men's hockey team. I love working with Autio because he has the intangibles that strength coaches love; work ethic, punctuality, focus, detail oriented, consistent positive attitude, etc. Not only is he a good hockey player and athlete, he's also a "weight room guy," and has aptly earned his nickname, "Horse." He has done an outstanding job with in every facet, classroom included, and it's an honor to nominate Autio for this award. ~Cameron Davidson

## Sacred Heart University

### Mike Crocock

**Position: Defense**

**Junior**

Bench – 255    Front Squat – 295    Vert 32.8  
~Chris Fee

## Sacred Heart University

### Brittany Smith

**Position: F**

**Senior**

Bench – 115    Front Squat – 175    Vert 20.7  
~Chris Fee

## Trinity College

### Anthony Sabitsky

**Position: Forward**

**Senior**

Anthony is the captain of the Trinity College men's ice hockey team. His all time best lifts are a 335 pound front squat, 275 pound bench press, and a 555 pound trap bar deadlift. Anthony has been committed to the weightroom all year and consistently brings a positive attitude and energy, and a strong work ethic to every training session. ~Gregory Cox

## U of Vermont

### Kourtney Menches

**Position: Forward**

**Senior**

Kourtney is Senior Exercise & Movement Science major for the women's ice hockey team at the University of Vermont. She is an excellent student and a tremendous leader on and off the ice. She is one of the strongest female athletes that I have trained during my time at UVM. She holds team records in the Front Squat (270) and Bench Press (190) and Chin Ups (19). She also ranks high in team conditioning tests. Kourtney is planning on pursuing a career in strength and conditioning after graduation. ~Justin Smith

## University of Alaska Anchorage

### Olivier Mantha

**Position: Goalie**

**Senior**

Olivier is one of those athletes every coach dreams of having on their team. Not only does he offer astounding talent and work ethic, but he is also one of the most friendly and personable young men one could ever encounter. Olivier will do everything from leading his team to victory to giving an underclassman the shirt off his back. Not only does Olivier hold numerous records for our university as a hockey goalie, he is also an athlete who brings a smile to our face when he enters the weight room. Olivier is truly an amazing young man and I have no doubt he will be successful in his career as a professional hockey player and in his role as a young man contributing to our society. ~Adam Friese



## University of Connecticut

**Rebecca Lindblad**

**Position: Forward**

**Junior**

Becca has a tire-less work ethic. She is the definition of determination. She has risen in our team rankings from #18 to #3 overall in the last two years and has set the program record in our conditioning test in the process. In a highly demanding environment she pushes her limitations every day, and her teammates take notice. She embodies work ethic and grit in the weight room and is one of the toughest competitors that I have ever coached. ~Joel DeMarco

## University of Connecticut

**Derek Pratt**

**Position: Defensemen**

**Senior**

It is an honor to nominate Derek Pratt for the NSCA All-American. Derek embodies all of the qualities we look for in our student-athletes and has grown both as a person and an athlete over his four years with us. He comes to work everyday. He epitomizes the term "fail forward". He finds a way to continually improve in all areas and brings an intensity to every session that is infectious. Along with his physical development he has more importantly developed a confidence that has transformed him into an impactful leader. He is a two-time Iron Husky and has truly played a major role in developing our hockey program since joining the Hockey East. It has been a privilege to work with Derek. ~Maureen Butler

## University of Wisconsin-River Falls

**Carol Moran**

**Position: Forward**

**Senior**

Carol has been one of the best female athletes to work with at UW-River Falls. Her dedication to the weightroom has brought her success in her athletic career and will in her young professional career. She has been a part of the very best women's hockey teams in school history and has constantly pushed herself and her teammates to improve every year. I am confident that she will take what she has learned in the classroom and on the ice to succeed once she graduates. ~Carmen Pata