



Claremont McKenna College

Corie Hack

Position: Midfield

Junior

Corie is a junior at Claremont McKenna College. She is pursuing a degree in Science Management with a Biotechnology focus. During her first two years at CMC, Corie made the Athletic Director's Honor Roll, twice, and the Conference All-Academic team.

Despite a rigorous academic environment and participation on the lacrosse team, Corie serves as a founding member of the college's first, first-generation student organization, and a First-Year Guide for incoming students.

Corie's dedication to the strength and conditioning program reflects her success on the field. During her freshman year, she was awarded the Conference Newcomer of the Year and CMS Freshman Athlete of the Year. She has also earned All-Conference 1st team and All-Region 2nd team. Corie's focused, but lighthearted attitude in the weight room creates a positive setting for the team to train.

~Andrew Jones

Colgate University

Colin Orr

Position: Faceoff Specialist

Senior

Colin Orr is the kid every strength coach hopes to get. You spend more time trying to run him out of your weight-room or convincing him that he has done enough work than you do trying to get him to work. If I am an hour early to set up to lift, Colin is an hour and 1 minute early. Colin is the guy that every one of his teammates measure themselves against.

~Liaaron White

Colgate University

Natalie Washuta

Position: Midfielder

Senior

No one understand the work that must be done and the standard that must be set than Natalie Washuta.

~Liaaron White

College of the Holy Cross

Julia Gasbarre

Position: Defender

Freshman

Julia is the epitome of a student-athlete. She is a hard worker, in the classroom, on the field of play, and in the gym. Julia never misses a workout and is committed to self-improvement. Her work ethic and positive attitude serve as a great example for others.

~Brian Lebo

Emerson College

Joe Meyers

Position: Attack

Freshman

Joe is a tireless worker. He takes great pride in improving in the weight room as he knows it will pay off on the field. From September to January his bench press went up 40lbs and his Front Squat went up 50lbs. His work ethic, positive attitude and commitment to his academics (3.6 GPA) and Lacrosse make him a true all-american.

~Ron Smithers

Emerson College

Dan Okin

Position: Singles/Doubles Player

Junior

Dan is one of the most dedicated athletes on-campus. He strives to improve in the weight room in order to enhance his performance on the court. His consistency and work ethic are impressive and it will certainly show during matches this season.

~Ronald Smithers



Marist College

Nick Nye

Position: Long-Stick Midfield

Senior

Nick has an unparalleled work ethic that has taken him to tremendous accomplishments as a member of the Men's Lacrosse Team at Marist College. Nick is a 2 time Captain and leads by example, always giving his all no matter what the situation. His drive is infectious and has had a direct impact on the rest of the team. His on-field accomplishments include picking up 38 ground balls in each of the last 2 seasons and forcing 18 combined turnovers. In the classroom Nick has over a 3.00 GPA, and also dedicates countless hours to volunteering at the local children's home in Poughkeepsie as well as many other community service volunteering experiences. It has been my pleasure to coach Nick for the past 3 years and he will be just as successful in life as he has been at Marist.

-Aaron Suma, MA, CSCS, RSCC, USAW
Head Strength and Conditioning Coach

Millersville University

Sara Burney

Position: Mid/Attack

Sophomore

Sara is a very self-motivated, dedicated competitor that does everything that she can to ensure her success on the lacrosse field. Sara continues to significantly increase her strength, power, and speed to give her and her team an edge on the competition. She loves to be challenged and leads by example. -John Kalinowski

Pace University

Angela Kelly

Position: Midfield

Senior

Angela Kelly has truly embraced the strength and conditioning program and has seen tremendous growth in a short amount of time. Her approach to training has allowed her max numbers to increase from 175 lbs to 225 lbs in the Box Squat and 95 lbs to 125 lbs in the Bench Press. She has boasted strong on-field numbers in her career with 55 goals, 15 assists, 60 ground balls and 25 caused turnovers. Her work ethic on and off the field has made this young woman a four-time captain of a start-up program that gained a national ranking in less than three seasons of existence. -Troy Thompson

Pace University

Mike Pappalardo

Position: Midfield

Senior

Mike Pappalardo has been a truly driven and competitive athlete at Pace University. He is constantly looking to improve himself and his teammates. He has achieved max numbers of 370 lbs in the Box Squat and 320 lbs in the Bench Press, as well as boasting a 32" vertical jump and 9' 1.5" broad jump. He is a highly competitive athlete, who always wins when put into a competitive atmosphere and tirelessly works at his craft. His dedication has led him to be named captain for his senior season and become one of the best two-way midfielders in the competitive Northeast-10 Conference. He holds career on-field numbers of 12 goals, 42 caused turnovers and 62 ground balls and he has helped a program develop into the 4th ranked team in the country. -Troy Thompson

Sacred Heart University

Dominique Anselmin

Position: Defense

Senior

Clean 125	Squat 180	Bench 100
WT 120	HT 5'8"	

-Chris Fee

Sacred Heart University

Landon Kramer

Position: Midfield

Junior

Clean 270	Squat 395	Bench 335
VJ 29.9	WT 210	HT 6'4"

-Chris Fee

Saint Anselm College

Anthony Busconi

Position: Attack

Junior

Anthony provides nothing short of maximal effort in all his training endeavors. He has proven himself a self-motivated student athlete and a positive influence on his teammates. His training results reflect his efforts as he has increased his 1RM in front squat from 275 to 340 pounds and clean from 230 to 275 pounds over the past 15 months. In addition to these improvements he has also added 5 inches to his vertical. -Corey Barboza



Salisbury University

Nick Yancey

Position: Defense

Senior

Nick has been one the hardest working and most dedicated athletes at Salisbury. His passion for the weight room, conditioning, and playing the game of lacrosse is amazingly high. Nick not only brings a passionate mindset but also a fabulous personality. His teams really rally around him which has enabled him to be named as a team captain for 2018. It is a true honor to coach such a great person and passionate athlete. ~Matt Nein

Springfield College

Jake Reynolds

Position: Goalie

Senior

Jake Reynolds is a senior captain on the men's lacrosse team, leading from between the pipes as their all-American standout goalie. Jake is extremely motivated, driven, respectful, and always hungry for more. His desire to progress as an individual, pushes everyone around him, contributing to the betterment of the entire team. Jake is a captain and a leader both on, and off the field. In the weight room, his voice is always the one that can be heard over the crowd, focusing the guys in or encouraging those around him. He is one of the greatest sources of energy in the weight room, and his desire to see everyone improve is a massive motivator for anyone lifting with him. Jake constantly pushes and encourages his teammates; whether during a lift, conditioning session or speed work, and always keeps the development of the team and his teammates at the front of his mind. Great leaders don't just lead with their words, they also lead with their actions, and Jake does exactly that. He holds himself to a high standard, making sure he always gives 110% and inspires and motivates his teammates to do the same. His drive and enthusiasm always shows through during testing and conditioning sessions. When he hits a new PR, individuals in the next building can hear his celebratory yells. When Jake was injured this past fall, he was constantly asking for more exercises or extra conditioning he could do, just to make sure he never fell behind his teammates. Jake also understands that the success of the team resides in the development of everyone on it. He gets more

excited when someone else sets a new PR than when he does himself. His focus on the team is most evident in his philosophy that everyone finishes, and no one gets left behind. Even if that means he runs extra laps during conditioning so a teammate doesn't have to finish alone, or regularly attending his teammate's early morning rehab sessions to support those guys who may be going through tough times. Anyone who has ever spent time at just one practice or one lift, where Jake is present, can see that his desire to see his teammates get better always comes first. Jake demonstrates the strong morals and high values that any team would want their leader to display. He holds the team accountable, and isn't afraid to let guys know when they could be giving more. When a mistake is made, he's always there to lead push-ups during team punishments, whether it was his fault or not. During lifts he's always there to cheer on a teammate, whether it's a senior struggling on their last pull-up or a freshman grinding for a new squat PR. Jake is also one of the nicest people you will meet. He is the first person to say hello when you see him around campus, and always wants to know how you're doing. That's just the kind of person Jake is, he cares about you over himself and finds happiness in other's success. Over the last four years Jake has developed into an amazing lacrosse player, phenomenal leader, but most of all the kind of person, that anyone would be proud to call their captain, teammate, classmate or friend. It has been a pleasure being Jake's strength and conditioning coach. I cannot think of any other athlete that deserves this award more than he does.

~Robin Amylon

Stony Brook University

Sam DiSalvo

Position: Midfield

Senior

Sam has been one of the most motivated athletes I've ever worked with. Her tireless commitment to bettering her athleticism and lacrosse skills has helped her become a consistent leader on the field and in the weight room. She is an incredible example for the underclassman to follow, and has been a big reason why this team continues to break through to the next level. ~Patrick Cummings



Towson University

Tianna Wallpher

Position: Defense

Senior

Tianna has been a great leader both in the weight room and on the field. It is awesome to see her attack every training session with the highest level of intensity and dedication. She is the most well rounded on the team in terms of strength, speed, and fitness. She not only pushed herself but also pushed her teammates to be great as well.

~Justin Houng

University of Detroit Mercy

Brittany Fenney

Position: Defense/Midfield

Senior

Brittany has been a pleasure to work with during my time here at Detroit Mercy. She has continued to make strides not only in the weight room but on the field as well. She's put in the work necessary to earn a starting role in each of the last 2 seasons, making a huge impact on the team. She is dedicated and enthusiastic about training, not only during strength training, but during our speed and conditioning sessions as well. She doesn't know how NOT to work hard. Continually asking for extra work or extra reps has propelled her into the position she is in currently, and is still not satisfied. She is able to motivate and hold her teammates accountable because of that drive to improve. Her drive doesn't stop on the field. She is currently enrolled in the Nursing program which she holds a 3.76 GPA and battling a hectic class and clinical schedule, continues to make progress. She was the recipient of the Larry Bleach Strength and Conditioning Award last season, as well as IWLCA Academic Honor Roll following the 2017 season and Detroit Mercy Athletic Director Honor Roll in each year she was eligible. It is with great pleasure that I nominate Brittany for the NSCA All-American Strength and Conditioning Athlete of the Year Award. ~Trevor Klump

University of Detroit Mercy

Emma Mucci

Position: Defense

Senior

Emma has been a pleasure to work with simply because she is eager to learn and never settles for good enough. She takes that approach with her teammates as well, pushing them to bring their best out. This has led her to being named co-captain for the last 2 years, as well as a host of athletic achievements. She was named Second Team All ASUN Conference in 2017, voted Preseason All-SoCon this year, is second all-time at Detroit Mercy in draw controls with 65, and holds the single-game school record for draw controls with 10. Additionally, she was named to the IWLCA Academic Honor Roll as well as holding a 3.53 GPA, majoring in English. It is with great pleasure that I nominate Emma for the NSCA All-American Strength and Conditioning Athletes of the Year Award. ~Allen Son

University of New England

Jolena Lampron

Position: Mid-field

Senior

Jolena is a fierce competitor. She brings a passion that is hard to replicate to the weight room on a daily basis and has done so for four years. She constantly challenges me to challenge her! Jo always has a question regarding "why are we doing this?", "why that drill?" or "how does this help us?" and I appreciate her zeal for learning the nuts and bolts of strength and conditioning. She has made me a better Strength & Conditioning Coach. Jo has had a stellar career on the lacrosse field and has earned All-Conference honors each year in her career as a Nor'easter and was a First-Team selection last season. She was honored with All-New England regional accolades last season, during which she led her squad in both ground balls and caused turnovers. Jo is tenacious. She is dedicated and her effort is indicative of her heart in the weight room. Her teams have reached the Commonwealth Coast Conference Semifinals the last two seasons and the Quarterfinals during her first season. She has her team poised to push for a conference championship this season. In the classroom, Jo studies Political Science and is as much an academic force as she is an athletic one. She has always walked the walk in the weight room and has been a two-year captain for her team. ~Lyndie Kelley



Virginia Military Institute

Wesley Sanders

Position: Attacker

Senior

Wes is a very focused and highly competitive student-athlete. He is a tireless worker in the weight room and on the field while earning a spot on the Dean's List and Honor Roll at VMI in Mechanical Engineering. Wes is a team leader and an All-Southern Conference performer. After suffering a season ending knee injury in 2017, he has trained 4-5 days a week while recovering from his "set-back" and played in the team's first game this spring. He sets the standard with his grit, intensity and leadership which pushes those around him reach higher levels of performance. ~David Lawson

Wilkes University

Kylie Bedwell

Position: Defender

Senior

Great Team Leader, always pushes her teammates to be better, work harder, and be a team player. ~Jeffrey Gear