



## Augustana University

### Taylor Machacek

**Position: Goalkeeper**

**Senior**

Taylor's work ethic and leadership has allowed her to be successful, in the class room, in the weight room, and on the soccer field. Taylor holds multiple Augustana weight room records and has been named to multiple Academic All-NSIC, and All-NSIC teams. Taylor holds numerous Augustana soccer records including wins and shutouts. ~Andrew Stocks

## Black Hills State University

### Jamy Shassetz

**Position: Defense, Mid Field**

**Sophomore**

Jamy, pushes herself and her teammates to become better in the weight room and on the field. Our program is in it's second year and Jamy plays a huge role in developing the culture and setting the standard for years to come. ~Aaron Siekmann

## Buffalo State College

### Paige Bly

**Position: Defense**

**Junior**

Paige has shown great dedication to strength and conditioning to to the staff and most importantly her teammates. She is the Captain of the Women's Soccer team and has used Strength and Conditioning as a platform to strengthen her leadership role. With her work ethic and ability to remain humble, she represents our ideal athlete to have in the weight room. ~Kevin Phengthavone

## East Central University

### Kendall Cook

**Position: Middle**

**Junior**

"Kendall has put up some impressive strength and conditioning numbers through her daily work ethic. She has consistently worked hard and been an example of hard work for others to follow."

~Scott O'Dell

## Emerson College

### Parker Hughes

**Position: Back/Midfield**

**Sophomore**

Parker is the hardest working and most consistent in the weight room for the Men's Soccer Team. He understands the importance of getting stronger and improving his mobility to increase performance on the pitch. He hasn't missed a workout this academic year and has proven to be a team leader on and off the field. ~Ronald Smithers

## Ferris State University

### Carley Dubbert

**Position: Defender**

**Junior**

Carley is an exceptional athlete, both on and off the soccer field. Carley led the team in both goals (9) and points (21). But it is her attitude and leadership that makes the biggest difference. Carley constantly pushes her teammates in a positive way. Her hard work during strength training, along with her exceptional attitude make her a true leader in the weight room.

~David Cencer

## Florida State University

### Olivia Bergau

**Position: Defender/Midfielder**

**Junior**

On the comeback trail after a torn ACL, Olivia entered into FSU as a freshman playing in 11 games, from there she went on to start her sophomore year. As a junior she averaged 53 minutes of play, had 2 game tying goals and 1 go ahead go to lead the seminole defense. Olivia came back from a torn ACL to live her dream as an ACC soccer player who starts at one of the best Universities. Her dedication to her rehab, to herself and to her sport speaks volumes of who she is a person. She is a great soccer player but even better person. ~Brad Leshinske



## Fort Hays State University

**Jasmine Beaulieu**

**Position: Midfielder**

**Senior**

Jasmine Beaulieu is a young lady with outstanding heart and determination. Jasmine was a four year starter for the Fort Hays State University women's soccer team. Jasmine was one of the first players to commit to a year round training system which included extensive weight room work. She sacrificed her time in the summers and dedicated her work to be the best she could be for her team and coaches. She worked intensely at everything she was asked to do and accepted every challenge that was given to her. Her hard work paid off with being a four year starter, a career record of 49-24-10 and a trip to the regional tournament. Jasmine was a physical player and played nearly every minute of her senior year. Jasmine's attitude to work hard and play harder was not only inspiring but her willingness to come out of her comfort zone as a person and player was truly amazing. ~Doug Boucher

## Georgia Gwinnett College

**Bristol Countess**

**Position: Midfield**

**Senior**

Bristol has been a constant in the weigh room. She is a vocal and emotional leader for her team. She understands the how and why of training and does her best to motivate her teammates to do the same. She is a technician in the room and continually works to improve herself at everything she does.

~Joseph Mosher

## Georgia Gwinnett College

**Riley Wildeman**

**Position: Goalkeeper**

**Sophomore**

Riley is the epitome of not allowing anyone to out work him. He takes every rep, set, exercise and training session as a time to improve his craft. He pushes himself to be better everyday and in turn pushes his team to be better as well. He leads his team by example and its effect has not gone unnoticed by his teammates and coaching staff.

~Joseph Mosher

## Humboldt State University

**Jacquelyn Dompier**

**Position: Forward**

**Junior**

Jacqui has been a common face in the weight room since her freshman year at Humboldt State University. Before her freshman season began, she sought out the guidance of our head strength and conditioning coach because She wanted to be as ready as possible for her first college season. The hard work started that day, and it hasn't stopped since. Jacqui has consistently been the strongest or one of the strongest players on her team in every lift. She front squats and back squats the most on her team and has one of the strongest cleans as well. Whatever it may be, Jacqui puts hard work into and gets down to business. She is a leader in the weight room and on the field and is a great example for any athlete looking to make themselves better. ~Anthony Ratto

## Humboldt State University

**Jensen Smith**

**Position: Defender**

**Junior**

Jensen Smith may be one of the most humble and coachable athletes I have ever had the pleasure of working with. We usually try to only nominate seniors but Jensen because of Jensen has been so impressive that we decided to nominate her as junior for this award. Jensen came to HSU as a non-scholarship preferred walk-on. Before starting any formal training program she actually came and sought myself and the S&C staff out! She did not redshirt as a freshman but still took it upon herself to get-up early and come to the morning redshirt S&C program. Her effort, enthusiasm and dedication to the training process has resulted in one of the most dramatic transformations I have ever seen. She is now the best defender on the team, a captain, and has earned a scholarship. Jensen represents everything our program stands for and is a great role model for the younger athletes entering our program. I cannot think of anyone more deserving of this award and it is with great enthusiasm that I submit this nomination. ~Benjamin Servais



## Juniata College

### Kerry Leonard

**Position: Goal Keeper**

**Senior**

Kerry is an extremely determined and dedicated athlete which shows in the weight room, as well as, in her athletic and academic achievements.

From her first season, she made her mark. In her first season, she led the Landmark in saves, had five shutouts, which tied for second in conference, and had a 21-save performance in season finale at Catholic. She was two-time Landmark Defensive athlete of the week and ended the season as the first goalkeeper in Juniata history to be named to Landmark Conference Second Team.

What makes Kerry a special athlete to work with is that even though she came in with a strong start as a freshman, she was always hungry to better herself. Her coachability and ability to be perceptive to feedback, combined with her inquisitive spirit made her a great athlete to have in the weight room. I could always count on Kerry to be detail oriented and complete the task at hand to the level it was expected and to demand the same out of her teammates. Her willingness to push through the mentally and physically uncomfortable is what makes Kerry a great athlete and will undoubtedly help her be very successful in her endeavours after Juniata. ~Sarah Simeone

## Lipscomb University

### Jade Abarca

**Position: Mid-fielder**

**Senior**

Jade was a starter all 4 years at Lipscomb. She really had to battle through some injuries that cost her some games during her Sophomore and Junior Seasons. She bought in and worked hard in the weight room and conditioning throughout the spring and stayed over the summer, going into her senior season, to continue her development. She had an injury free season and played her best soccer of her career landing on first team all Atlantic Sun Conference as a mid fielder. Her dedication to the strength and conditioning program not only helped her, but the team this season. ~Sean Johnson

## Lyndon State College

### Liam Kelleher

**Position: Midfield**

**Senior**

Liam is the type of young man that coaches wish they could clone so that they always have at least one on every team every year. Liam exudes a quiet confidence and leadership, where his actions on and off the field influence his teammates and when he speaks the people around him pay close attention. The leadership that Liam shows day in and day out has driven him and the rest of the Men's soccer team to be one of the most consistent and hardest working teams at Lyndon State College. The young men on the Soccer team with Liam at the helm have all made significant improvements in their training since they began in the fall of 2015. In particular Liam has improved his squat by 55lbs. and his bench by 20lbs. Because of Liam's actions the Men's Soccer team has a solid foundation on which they can build on going into the future.

~Zane Pfefferle

## Menlo College

### Maya Mogensen

**Position: Forward**

**Senior**

Maya has been a great representative of our Sports Performance Program here at Menlo College over here 4 years. She played here as a goalkeeper for 3 years, she approached our staff at the end of her Junior year and wanted to make the transition to forward. Maya committed herself to in the spring summer and fall to additional conditioning, changed her lifting style and made great changes to her nutrition to change the composition of her body. She Started 14 of 18 games as a senior and was a critical part of our success in 2017.

Stats:

Front Squat - 205 lbs

Hexbar Deadlift - 315lbs

Hang Clean - 175lbs

~Victor Brankovich



**Pace University**  
**Drew Ribadeneyra**  
**Position: Defense**  
**Senior**

2016 NE-10 Defensive Player of the Year, 2016 & 2017 NE10 1st Team All-Conference, 2016 NSCAA Scholar All-American Second Team, 2017 United Soccer Coaches Scholar All-America Third Team, 2016 NE10 Sport Excellence Award winner. 2nd Most games started in program history. Box Squat Max of 315lb (230% of Body Mass), 150lb Bench Press, 14 pullups, 6:11 Mile time -Philip Ryder

**Saint Louis University**  
**Alli Klug**  
**Position: Defender**  
**Sophomore**

To become the second student-athlete in Saint Louis University women's soccer history to earn an All-America nod from the nation's coaches is an honor within itself. To accomplish this as a sophomore and be named first team All-Conference and Defensive Player of the Year is even more impressive. Alli Klug exemplifies what it truly means to be a student-athlete. She is a leader for her team on and off the field. The same goes for the weight room. If Alli isn't completing an exercise, she is motivating her teammates to get better also. Alli comes in each and every day, even if it is over winter or summer break, ready to attack each session with her hard work and discipline. Alli's leadership role as a sophomore will mold her into an even better upperclassman to her teammates in the years to come. -Alison Muenz-Winkler

**Stony Brook University**  
**Jordyn Klapper**  
**Position: Forward**  
**Junior**

Jordyn is a 20 year old D1 college soccer athlete attending Stonybrook University and is an integral part of the success that the team has seen this past year as 2018 America East Champions. Her ability to consistently put in the hard work in the weight room during the off-season allows her to play through the vigorous match schedule throughout the season. Jordyn has a tremendous work ethic and goes above and beyond to be the best at her sport. She has overcome some adversity throughout her life including losing her dad to cancer at age 11. She exemplifies the quote "Hard work beats talent when talent works hard." She is 5'1", weighs a little over 100 pounds and uses every bit of it on the field. It is her leadership, work ethic and character that makes her a standout! I have had the pleasure of being her Strength and Conditioning coach since her Junior year of high school. -Barbara Brenseke

**University of Detroit Mercy**  
**Adam Clauss**  
**Position: Central Midfielder**  
**Senior**

Adam's tenacity for training allowed him to step into a natural leadership role on and off the pitch including being named co-captain during his junior and senior years. He is one of the hardest working athletes I've worked with at Detroit Mercy, leading to having started 69 of the 74 games during his career and tallying 7 goals and 5 assists for 19 points. His hard work didn't stop on the pitch, being named to the Horizon League All-Academic Team for 2016 & 2017, Horizon League Fall and Spring Academic Honor Roll all 4 years, and the Detroit Mercy Athletic Director Honor Roll each semester eligible. He currently holds a 3.83 GPA, majoring in Business. It is with great pleasure that I nominate Adam for the NSCA All-American Strength and Conditioning Athletes of the Year Award. -Ian Samuelson





## University of Detroit Mercy

### Matt DeVries

**Position: Central Midfielder**

#### Senior

Matt is one of the most consistent athletes I've had the pleasure of working with during my time at Detroit Mercy. He recognizes the importance that strength training can have on his performance on the pitch. Dedicated to staying strong, his he was able to fight through some nagging injuries to play at a high level throughout his senior season. Being dedicated didn't stop at strength and conditioning or soccer, but has shown through academically as well. He earned the 2016 & 2017 Horizon League All-Academic Team, Horizon League Fall and Spring Academic Honor Roll for all semesters he was eligible, as well as the Detroit Mercy Athletic Director Honor Roll. He holds a 3.92 GPA while being enrolled in the 5-year MBA program here at Detroit Mercy. It is with great pleasure that I nominate Matt for the NSCA All-American Strength and Conditioning Athletes of the Year Award. -Trevor Klump

## University of Michigan

### Robbie Mertz

**Position: Midfielder**

#### Junior

Robbie is currently a junior Midfielder for the University of Michigan men's soccer team and a co-captain of the 2017 Big Ten Championship team. Robbie has demonstrated a commitment to excellence in strength and conditioning, and his overall preparation is evident in the volume of work he is able to sustain during the season. In the 2017 season he was the only player to start all 20 contests and logged the highest number of minutes in the process. Throughout his career at Michigan, Robbie has grown as a leader on and off the field, and earned the respect of his teammates and coaches along the way, myself included. Beyond his success on the pitch and in his physical preparation, Robbie has twice been named an Academic All-Big Ten Honoree and is working towards completing his Business Administration degree in the Ross School of Business. Additionally, he traveled to Vietnam in the spring of 2017 through a cultural immersion program with other student-athletes thanks to the the Michigan Leadership Development team. Robbie's work ethic and commitment to excellence help separate him from others, but his drive to elevate his teammates demonstrates a selfless, team first approach. It is with great pleasure that I nominate him for this award. I anticipate continued success as Robbie prepares for his senior year. I look forward to helping him continue to grow and work towards his goals as a student-athlete and beyond.

-Lew Porchiazzo III



## University of Nebraska-Omaha

**Lydia Holtmann**

**Position: Midfielder**

**Senior**

Lydia Holtmann showed a dedication to strength and conditioning throughout her four-year career. As one of our two senior captains, she played an integral role as a leader on our team. She didn't only lead with voice but led by example, this was often apparent in the weight room. Despite being one of our most talented players she continued to try to find ways to get better through training. She reached a new back squat max the summer before senior year and stuck around to train while most others went home. Lydia also consistently asked for ways to get better whether it be through nutrition or extra exercises for mobility and recovery. Lydia was an exemplary maverick for four years and is definitely an NSCA All-American. ~Zach Holka

## University of Nebraska-Omaha

**Natalie Johnson**

**Position: Forward**

**Senior**

Natalie Johnson was an outstanding senior for the UNO women's soccer team. She led our team in goals last season and was a leader for the team. There is no doubt this could be attributed to her dedication to strength and conditioning. Over her four-year career she showed improvement across the board in strength, fitness, speed, etc. During the summer when most of the team would leave to go home, she would stay in town and would always ask to come train. Natalie also always brought a positive attitude and energy to the team every day. She stayed committed to the team and training even though she was not starting at the beginning of the year. There is no doubt she is an NSCA All American. ~Nathan Williams

## University of South Carolina

**Peyton Ericson**

**Position: Defensive Midfielder**

**Junior**

High School: Named the 6A Freshman of the Year and to the 6A all-state team. Two-year team captain.

College: As a freshman gained placement on the Conference USA All-Freshman Team, Earned spots on the Conference USA Commissioner's and Southeastern Conference First-Year Academic Honor Rolls.

As a sophomore earned Third Team All-Conference USA honors, named to the C-USA and SEC Academic Honor Rolls for the second consecutive season.

Team nominated Captain as a junior and Has been on the AD honor roll, C-USA honor roll, and SEC honor every semester since his freshman year. Also been a member of SAAC since a freshman. The Gamecock Leadership Academy identified Peyton as an "Emerging Leader" his sophomore year and as a "Veteran Leader" so far as a junior. ~Steven Scruggs

## University of Tennessee at Martin

**Katelyn Colvin**

**Position: MF/F**

**Junior**

We are excited to nominate Katelyn as the first women's soccer NSCA All-American at UTM. Katelyn prides herself on developing her athleticism and fitness. As a result, she ranked near the top of the nation in assists for the 2017 year. In addition, she has started 53 out of 57 games thus far at UTM. Early in Katelyn's career, she provided the energy both on the field and in weight room. As she has developed, Katelyn has now taken a mentoring and leadership role while helping regain the high level of expectation. ~Chris Gillies



## University of Texas at San Antonio

**Kaja Skare**

**Position: Defender**

**Senior**

Kaja has consistently been a great leader for her team. She has always put in extra work in order to improve on and off the field. She has an incredible work ethic that led by example for her teammates. ~Lexi Beeson

## University of Wisconsin Whitewater

**Toney Anderson**

**Position: Goalkeeper**

**Sophomore**

Toney is a leader in the weight room and on the field despite being only being a Sophomore. In the weight room, Toney understands the importance of power, speed, strength, nutrition and recovery. Every single lifting sessions he gives 100%, and vocally demands it from his teammates. Since coming to whitewater Toney has made significant gains in overall fat free mass, and in all exercises. He is willing to come in extra for recovery and nutrition help and understands the process in the weight room. On the field, Toney worked hard and earned several starts this year over a returning started. In the next 2 years, Toney's potential on and off the field is exponentially high. ~Cory Chapp

## University of Wisconsin Whitewater

**Mackenzie Serbousek**

**Position: Midfielder**

**Junior**

Mackenzie comes in everyday ready to work hard and encourage her teammates to do the same. Over the last year, she has become the leader of the team and has done a fantastic job. She understands the importance of the weight room and what can be achieve and does a great job showing that to the younger athletes. She is willing to do extra work on her own time, to improve on her weakness. On the field, she has the potential to have a great season as one of the senior leaders and starting midfielder. ~Cory Chapp

## Virginia Military Institute

**Sam Franklin**

**Position: Midfielder**

**Sophomore**

Sam has an excellent work ethic and effort to improve each day. Sam challenges and pushes herself to improve while providing support and motivation to her teammates. Her daily effort, focus and intensity is a great example for those around her. She sets a great example in her approach to the strength training program. ~David Lawson

## Wayne State College

**Natalie Rech**

**Position: Midfield**

**Junior**

Natalie is a constant leader in everything she does Rech is involved in SAAC and carries a high GPA. In the weightroom she squats 275 and benches 145. She is also a multi year starter on the soccer team. ~Grant Darnell

## West Texas A&M University

**Troy Reeves**

**Position: Defender**

**Senior**

As the leader of the WT Men's Soccer team, Troy possesses a litany of admirable qualities which has made him an invaluable asset to both his team and the university. Troy has not only demonstrated significant improvements and impressive accomplishments and in areas of physical strength, but his strength of character is what truly separates him as both an athlete and a man. Troy has earned the respect of his teammates and coaches by embodying a leadership style that simultaneously exudes both confidence and humility. It is such a hard balance to achieve – being firm without being overbearing; being humble without being flimsy – but Troy inhabits this tension quite comfortably. As the cornerstone of a stifling defensive attack, Troy displays a tireless work ethic both on the pitch and in the weight room. His dedication to the tedious nature of physical training coupled with his contagious passion for the sport of soccer has resulted in an athlete who has matured and evolved into a true master of his craft. ~Nicholas Kuhlman



**William Woods University**

**Anthony Moscatello**

**Position: Forward**

**Senior**

Anthony is a perfect example of how hard work and dedication will pay off for a student-athlete. Each year he worked hard to follow the program and improve himself. Anthony gained strength, size, and speed to aid his game. By doing so he earned respect from both his teammates and coaches. He was the leader of our soccer team in the weight room and on the field.

His hard work eventual lead to earning NAIA Honorable Mention All-American this past season.

His Soccer Coach Nathan Mason said these things about Anthony. "No one will outwork him in the attack or defensively. He has continued to surprise me every season. He is a player with nothing but a winning attitude. Without him our season doesn't go the way it did."

As a strength and conditioning coach, you love to help a person like this develop, and achieve great things. -Robert Jones

**Winthrop University**

**Courtney McLeod**

**Position: Defense**

**Senior**

"Courtney's hard work and dedication to improving herself physically and athletically in the weight room helped her become a phenomonal women's soccer athlete. Her commitment to be great helped her become a great leader, a phenomonal teammate, and the total package student athlete. I wish her nothing but the best in her future endeavors." ~Andrew Parker