



**Baker University**  
**Stephanie Cardona**  
**Position: Utility**  
**College Senior**

Stephanie exemplifies hard work and dedication. Her work ethic on the softball field, in the classroom, and in the weight room is unparalleled. Through her years at Baker University Stephanie has gone through two surgeries on her right and left knee, but these seat backs haven't stopped her from being one of the best leaders in the weight room, classroom and on the field. In the weight room, Stephanie has been able to get her 20 yard sprint time down to a 2.93. In the classroom, she holds a 3.76 GPA. She is a two-time NFCA All-America Scholar athlete 2015-2017. A Daktronics-NAIA Scholar athlete 2017, and a KAHPERD Baker University, Student Major of the Year winner. On the field, Stephanie success continues. She is a 2-time 2nd Team All-Conference member 2015 and 2016 and 1st Team All-Conference member 2017. Stephanie is most deserving to be called an NSCA 2018- All American. It was an honor to coach Stephanie, and she will be greatly missed.  
-Matthew Jackson

**Baker University**  
**Alexis Korte**  
**Position: Pitcher**  
**College Senior**

Alexis is an All-American in my book. Alexis has been a great team leader, being the positive voice on the field, and leading by example off the field. Alexis holds a high standard for herself off the field as she holds a 3.97 GPA. in Psychology with a minor in Conflict Management. Alexis has numerous academic awards including An NFCA All-America Scholar-Athlete Award 2016-2017. New Comer in Prose Award winner from the Baker University English Department 2016. In the Weight room, Alexis has been able to drop her 20-yard Sprint time from a 3.00 to a 2.75 and continues to grow in the weight room. It has been an absolute privilege to work with such an amazing young lady. Alexis will be greatly missed.  
-Matthew Jackson

**Baker University**  
**Riley Swickard**  
**Position: Outfield**  
**College Sophomore**

Riley is a true All-American in every sense of the word. A leader among her teammates. Riley has succeeded on and off the field. In the weight room, Riley has been able to knock off 0.34 of her 20-yard sprint time and continues to make gains in the weight room. In the classroom, Riley is A 2016-2017 NFCA All-America Scholar-Athlete, Dean's List Fall 2016, Spring 2017, Fall 2017. With a GPA of 3.87. Riley has set the bar for her teammates and continues to move it. There is no doubt Riley will be successful at whatever she chooses to accomplish in life. Therefore, it is a honor to nominate Riley as an NSCA 2018 All-American. -Matthew Jackson

**Black Hills State University**  
**Katelyn Odle**  
**Position: Second Base**  
**College Junior**

KO, has the work ethic and motivation in the weight room that is contagious and makes everyone around her better. She is coming off her best year earning All-Conference accolades. The work and time KO has put in the weight room will set her up for another big year.  
-Aaron Siekmann

**East Central University**  
**Claresha Clemons**  
**Position: Utility**  
**College Senior**

"Resha has made great strides in her time here. She cam here with amazing strength and allowed herself to be taught new techniques coming out with the highest female squat number I have ever coached"  
-Scott O'Dell



## Emerson College

**Caroline Fortuna**

**Position: Second Base**

**College Junior**

Caroline has had perfect attendance for all pre-season workouts and has embraced the strength and conditioning program's new philosophy. This, combined with her constant positive attitude, has made her a leader to the rest of her team. Caroline has made strides in pull-ups, power lifts and Olympic variations. She routinely self-advocates for increased resistance and difficulty and even additional repetitions to better learn and understand a movement.

~Jennifer Boyden

## Eureka College

**Kali George**

**Position: Pitcher**

**College Senior**

She is one of the most well rounded student-athletes at Eureka College. Her dedication and commitment is unparalleled. In 2017, she was selected as a 1st team all-conference member and represented team USA in a tournament this past summer. In the fall of 2017, she was one of two student-athletes that broke the all-time women's back squat record with a 1 RM of 300 lbs. ~Matthew Friend

## Florida Atlantic University

**Madie Palmer**

**Position: Center Fielder**

**College Junior**

Madie's commitment to excellence and continuous improvement in the weight room and on the field of play serve as a catalyst to the forward progress of this Softball program. Regardless of fatigue, stress or emotion, her approach towards bettering herself and her teammates on the floor is what makes her so valuable to our strength and conditioning program. Her attitude and technical proficiency with the Olympic Weightlifting Variations as well as the other training modalities we utilize are what make her so deserving of this recognition.

~Jonathan Larson

## Georgia Gwinnett College

**Elyssa Melton**

**Position: Infield**

**College Junior**

Elyssa has taken to the weight room with a fury and ferocity like no other female at our institution. Her drive to succeed in the weight room has led to a very noticeable changes in not only her play on the field but also in her leadership off the field. Her dedication has helped her to grow both physically and emotionally and allowed her to develop as a leader on her team. ~Joseph Mosher

## Lyndon State College

**Hannah Choiniere**

**Position: Outfield**

**College Senior**

Hannah exemplifies what it means to be a collegiate student athlete. She is a solid student studying Exercise Science and has contributed positively to the softball team since she arrived on campus in the fall of 2015. Since her arrival, Hannah has been the most consistent athlete on any team when it comes to strength & conditioning. Over the past three years, Hannah has not missed a single training session that was scheduled and this dedication has resulted in her making tremendous strides in the weight-room. Her squat has improved by 110lbs. and her bench has gone up by 35lbs. Most importantly, Hannah has set a standard of enthusiasm and dedication to which she holds the rest of her teammates to. This has led to the other women on the softball team also making great strides in their training year after year. ~Zane Pfefferle

## North Carolina A&T State University

**Nathaly Pacheco**

**Position: Catcher**

**College Senior**

She is the type of athlete you want to have on every team. She leaves everything she has on the field and in the weight room. No matter the circumstances she will always give you 100%. Also, everything she does is with extreme intensity and purpose. This is what makes her great and separates her from others in her sport and life.

~Cameron Avery



## Radford University

**Marissa Gagliano**

**Position: Shortstop**

**College Senior**

Mo has shown exemplary leadership on and off the softball field. She suffered a shoulder labrum tear and went through surgery last year. In the time since her injury, she has come back better than ever. Her work ethic and determination are contagious. She is a driving force in the success of the program.

Back squat: 240 (187% BW)

Bench: 155 (121% BW)

~Scott Bennett

## Saint Anselm College

**Shannon Colson**

**Position: Second Base**

**College Sophomore**

Shannon is an example of someone who thrives in a competitive environment. Her innate and consistent ability to challenge herself elevates the performance of her teammates. She is pound for pound the strongest athlete on the Saint Anselm College campus. However, her most impressive feat is the degree in which she has improved over the last 18 months of training; most notably in the front squat where she increased her 1RM from 115 to 205 pounds (157% of body weight). She is highly coachable and constantly seeking out guidance to improve to become the best athlete possible. ~Corey Barboza

## Salisbury University

**Kristen Yanarella**

**Position: First Base**

**College Senior**

Kristen has displayed great leadership on the field and in the weightroom. As a senior she provides a strong example of a program built upon a foundation of work ethic, sacrifice, dependability, and pure love of the game. Her dedication to her own training and team training has solidified her nomination as a NSCA All-American. ~Dustin Dailey

## South Dakota State University

**Danielle Steffo**

**Position: Catcher**

**College Senior**

Danielle is an extraordinary leader and worker in the weight room and on the field. Our department has relative and absolute strength standards for athletes to meet. Only about 10% of athletes meet these requirements. Dani has met and surpassed these standards. Not only does she carry a blue-collar work ethic, but she makes it contagious. She encourages her teammates and player-coaches technique without hesitation. ~Samantha Modrick

## Stony Brook University

**Katelyn Corr**

**Position: Out Field**

**College Junior**

Katelyn Corr continually demonstrates that a great work ethic in the weight room and on the field will always lead to success. Corr comes into the weight room on a consistent bases with energy, enthusiasm and a willingness to work hard. Her work ethic allows her to elevate the efforts and abilities of the athletes around her. Corr's performance in all categories of the weight room including strength, speed, agility and conditioning have had a clear impact on her ability to perform on the field and help contribute to a successful season this year for the Seawolves. ~William Murtagh

## University of Bridgeport

**Yalitza Rodriguez**

**Position: Catcher**

**College Senior**

Yaya has been an exceptional leader by example, and her on field performance underscores what a dedicated athlete can achieve through strength training. She holds numerous women's UB weight room records, including a recent 315 back squat for a 1RM. ~Tristan McLaren



# SOFTBALL



## University of Detroit Mercy

### Savvy Ferstle

**Position: 3rd Baseman**

**Senior**

Throughout her career at the University of Detroit Mercy, Savvy Ferstle has been a true standout on the softball team. As a four-year starter, Savvy has accomplished many team and league honors including a 2014 freshman All-Conference selection, a 2017 All Horizon League Tournament selection, and is currently 4th in school history in home runs. Savvy has also impressed in the weight room, refusing to settle and continuing to push her boundaries as an athlete. Lastly, Savvy has conducted herself in an exemplary manner throughout her career, blossomed into an accomplished leader, and earned the respect of her coaches and teammates alike by serving as the lone captain for the past two seasons. Meanwhile, she has maintained a 3.86 GPA majoring in both Psychology and Business Administration. It is for these reasons and many others that I proudly nominate Savvy Ferstle for the NSCA All American Award for 2018. ~Ian Samuelson

## University of Michigan

### Katie Alexander

**Position: Catcher**

**Junior**

Katie is currently a junior catcher for the University of Michigan softball team and a member of the 2016 Big Ten Championship team. Katie's commitment to strength and conditioning over her career has helped her to achieve notable improvements on the field. In addition to significant gains in muscle mass, she has added 50lbs to her 1RM clean, 55lbs to her 1RM back squat, and 20lb to her 1RM bench press while decreasing her 20yd sprint by .28 seconds from her freshman to junior year. Katie's consistent and relentless pursuit of improvement goes far beyond strength and conditioning. She has grown tremendously as an on-field contributor throughout her career, from coming to Michigan as a walk-on freshman to earning the starting catching position her sophomore and junior years. She maintains a high standard of quality and excellence and continues to empower those around her. Outside of the competition field she has demonstrated a significant interest in the field of strength and conditioning, having successfully completed an internship with our department in the summer of 2017. I am fortunate to be able to work with Katie as a student-athlete and mentor her as an aspiring strength and conditioning coach. It is with great pleasure that I nominate her for this award. I anticipate an even greater commitment to growth and development as she completes her junior season and begins preparation for her senior year. I look forward to helping her reach her goals as a student-athlete and as a strength and conditioning professional. ~Lew Porchiazzo III



# SOFTBALL



## University of Tennessee at Martin

### Savannah Dodson

**Position: INF**

**Senior**

We are pleased to put forth Savannah's name as a NSCA All-American. Since arriving on campus, Savannah has consistently shown her willingness to put in extra work to develop her softball skillset and overall athleticism. In the weight room Savannah has posted personal bests this year with a 135lb. hang clean and a 250lb. squat. To date, Savannah has started 147 games and counting. This includes all 59 as a junior last year while batting .322 and ranking fifth in the OVC with 27 stolen bases. In addition, to being a staple in the lineup, Savannah holds a 3.63 GPA in Health and Human Performance.

~Chris Gillies

## Wayne State College

### Riley Vanderveen

**Position: Pitcher**

**Junior**

Riley is always ready to improve and get stronger. She is a leader in and out of the weightroom. Riley has a 135lb clean, 225lb squat, 305lb deadlift and 135lb bench press while pitching for WSC Softball.

~K Grant Darnell

## Webster University

### Chelsea Thornley

**Position: Pitcher**

**Senior**

Chelsea has been a joy to coach during her time at Webster University. She is a leader by example, always pushing the pace and intensity for each and every physical preparation session to not only benefit her but the softball program as well. Her presence, punctuality, and attentiveness define her as an optimal student-athlete and a hard worker. Her quest to increase power and durability is ever present in her training tactics as she continues to improve as a competitor. Chelsea exemplifies the true definition of a Webster University Student-Athlete. ~Matt Saitz

## Winthrop University

### Shayna Covington

**Position: Outfield**

**Senior**

Shayna is pursuing a Bachelor of Science degree in Exercise Science. She completed a internship with the Sports Performance Department at Winthrop University during the summer of 2017. Her area of focus was in the University's Varsity athletic weight-room. During her time as an intern, Shayne developed her knowledge of strength and conditioning and transferred it into leadership skills both in the weight room and on the softball field. This growth has allowed her to become a role model for Softball team training, lead to rapid development in the weight-room for both the new athlete and veteran athletes. ~Benjamin Abbott