

COLLEGE — TENNIS

DUKE UNIVERSITY

Luca Keist

Senior

Luca is always working to be better. Not only does he do what is required, he goes above and beyond to work to be the best he can be. It has been a pleasure working with him, and the Men's Tennis program here at Duke has been elevated by having him here to lead by example. He is a great competitor, a hard worker, and an even better person. Luca is well deserving of this nomination. ~Jordan Bar

DUQUESNE UNIVERSITY

Meredith Lee

Singles/Doubles

Senior

Meredith is the standard when it comes to being a student-athlete. Meredith's work ethic and discipline are second to none as she balances academics, currently pursuing her Doctor in Pharmacy degree, and her athletic goals. Meredith strives to create a better version of herself every day. She leaves the stresses of life behind, comes in, gives her best, but also demands the best out of her teammates daily. Meredith is one of those people that I would love to coach forever, but I am more excited to see her accomplish all of her goals in life. ~Jeremy McCullough

LIPSCOMB UNIVERSITY

Liza Diachenko

Junior

Liza intentionally set aside time to continue bettering herself off the court. During available time off she requested additional training and completed any task given. As a result she broke through barriers she previously thought were impossible for strength. Furthermore, I've seen her confidence and ability to lead her teammates grow tremendously in the past year. Her personal transformation impacts beyond her own capabilities and affects those around her. I'm extremely proud to nominate Liza for her continued hard work in and out of sport. ~Trey Kilgore

STEPHEN F. AUSTIN STATE UNIVERSITY

Paula Cerda

Freshman

Paula is the embodiment what you look for in this award. She has that killer inner drive that pushes her to be the best she can possibly be. It is evident in how she treats each training session whether it's in the weight room or on the court. Being able to watch her and coach her, she always leaves the impression on me that she is on a mission to become the best. She is coachable to the highest meaning of the word and carries out everything I provide to her as if it the most important thing she can do to get better. This work ethic shows as she is the Team's #1 and was awarded "Player of the Week" for the Southland Conference. ~Jon-Paolo D'Este

STONY BROOK

Lizzie Pam

Senior

Lizzie is a leader by nature, in her freshman year she became assistant captain to the team, and by her her Junior year she became captain. Lizzie does not only lead by voice; she also leads by demonstration. Her hard work has led to a back-squat of 305lbs and a pro agility of 4.7s. She for the past 4 years she has been a positive presence in the weight room and on court, and is why I am proud to nominate her for All-American. ~Joseph Quattrone