



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — COLLEGE — WHEELCHAIR TENNIS

THE UNIVERSITY OF ALABAMA

Lauren Haneke-Hopps

Senior

Lauren has impressed me with her dedication as a student athlete from day one. She always brings a strong positive energy to the weight room and is the first person to positively motivate her teammates. Lauren appreciates that her performance is a result of multiple parameters and is always pushing herself to be the best in each area. Lauren's dedication to strength and conditioning goes beyond the court and into the classroom where she is on track to finish her bachelor's degree in Kinesiology in May 2020 with a 3.79 GPA. She also plans to pursue her Masters in Kinesiology directly after. Lauren has helped lead the Crimson Tide to three National Championships and has been a team captain two years in a row. She won a Bronze Medal at 2016 World Team Cup and is currently a member of Team USA Wheelchair Tennis. Overall, she is an incredibly selfless teammate and a remarkable leader. ~Will Wright