



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — CHEERLEADING

WEST VIRGINIA UNIVERSITY

KAITLIN NUTTER

Freshman

I first came to know Kaitlin during her senior year in high school when she committed to the weight room for her cheerleading and high jump performance. After a successful high school career I've been blessed to continue Kaitlin's Strength & Conditioning during the start of her career as a college cheerleader as a member of WVU Cheer! Kaitlin's work in the weight room has certainly paid off as she's remained healthy, continues to get stronger, and is one of the highest performers on her team... even continuing to surprise and impress her teammates with her strength and explosiveness! Kaitlin is a joy to work with and a young woman with a very bright future. ~Jerry Handley