



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — EQUESTRIAN

Converse University

ANNA MALLEN

Senior

She is a leader during strength and conditioning sessions, is a regions qualifier, and very driven worker who has pushed through injuries to remain a very competitive rider. ~Kevin Darlington

Washington & Lee University

LYDIA BOWERSOX

Senior

Lydia Bowersox is a dedicated and high-character student-athlete who consistently demonstrates commitment to her physical preparation and competitive development. She approaches strength and conditioning with purpose and discipline, working hard to improve while setting a positive example for her teammates. Her leadership, integrity, and desire to be great make her an outstanding representative of the equestrian program. ~David Forman