

## COLLEGE — EQUESTRIAN

### HOLLINS UNIVERSITY

#### AUSTIN GORE

##### Junior

Resiliency, perseverance, grit, toughness, and leadership are just a few of the characteristics that come to mind when describing Austin Gore. During the summer of 2021, Austin had a traumatic accident where she was thrown off a horse and suffered a broken pelvis and sacrum. Because of this, she had to return home to be on bed rest and heal instead of starting her Fall 2021 semester on campus and riding with her team. Instead of feeling sorry for herself, she committed to the rehabilitation process and has returned in November 2021, which is much faster than anyone anticipated. Her unshakable commitment to her own recovery and improvements, as well as her teams, is remarkable. She always brings a positive and inspiring energy and passion to the program that motivates her teammates to be better every single day. Her incredible work ethic has driven her to come back from a devastating injury to participate in the spring season. It is my honor as her strength coach to nominate her for this award. ~Leslie Williams

### SACRED HEART UNIVERSITY

#### ALYSSA KINNEY

##### Senior

Senior Captain, Alyssa Kinney, embodies the leadership and work ethic that is well deserved for the All-American Strength and Conditioning Athlete of the Year. Kinney does all of the little things right in and out of the weight room that allow her to get stronger and succeed while she is in the weight room. Her leadership and ability to demonstrate through action drives those around her to push themselves. ~Olivia Kibrick