

# 2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## **Kalinowski Performance Academy**

### **Sara Matson**

#### **Junior**

Sara has been training with me for the last 4yrs. She excels in the pool and on the lacrosse field for the George School. Sara continues to set new personal records (including setting pool records). Her dedication to training has lead to her significantly increased her strength and power, as well. I expect big things from Sara in the rest of her junior year at George School. ~John Kalinowski

## **Notre Dame Preparatory School**

### **Ellen Brooks**

#### **Junior**

I am Phil Tran and I was the Strength and Conditioning Coach for the Mariner Swim Club from 2017 to 2018 and I am also the NSCA Maryland State Director. During my time with the Mariner Swim Club, I had the opportunity to coach Ellen Brooks. Ellen Brooks is one of the top swimmers in the region thanks to her commitment to strength training and swim training along with her intense focus on her challenging academic studies. At the elite club level, Ellen was the 2017 Maryland Swimming Long Course State Champion in the 200 meter butterfly for the Mariner Swim Club. She has routinely qualified for sectional meets and has continued her success with her recent move to Loyola Blakefield Aquatics. Ellen's success in club swimming has transferred to her high school swim team. Swimming for Notre Dame Preparatory School, Ellen has helped her Varsity Swim Team win silver medals in 2017-2018 and 2018-2019 in the IAAM A Conference, the most competitive private school classification for girls' athletics in

Maryland. Ellen is a fierce competitor and she also brings joy to her teammates and coaches. She responds very well to coaching and is highly supportive of her teammates. As a coach, she is what you want in a student-athlete. On the basis of Ellen's athleticism, intellect, and integrity, I nominate Ellen Brooks for the National Strength and Conditioning Association's All-American Strength and Conditioning Athlete of the Year Award. ~Phil Tran

## **Tennessee Aquatics Club**

### **Coleman Kredich**

#### **Senior**

Coleman Kredich is a senior at West High School in Knoxville TN and a member of the Tennessee Aquatics club team. He is a natural leader both vocally and in his acts. Coleman has a great work ethic and his enthusiasm for life is contagious. Coleman in the Tennessee State champion in the 50 and 100 Freestyle events. He is also an excellent musician, very accomplished with the saxophone. He will be attending Duke University in the fall. ~Britton Leitch

## **Tennessee Aquatics Club**

### **Chase Lahr**

#### **Senior**

Chase Lahr is a senior at Farragut High school in Knoxville TN and a member of the Tennessee Aquatics club team. Chase has nearly perfect workout attendance, is very driven both in her training and academics. She is a fantastic piano player, student, role model, and person. Her best races are the 500 Free style and the 200 Backstroke. Chase will be attending Johns Hopkins in the fall. ~Britton Leitch

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## Tennessee Aquatics Club

### Melanie Moczadlo

#### Senior

Melanie Moczadlo is a senior at Farragut High school in Knoxville TN and a member of the Tennessee Aquatics club team. Melanie is a very thoughtful and inquisitive young lady, she is an excellent student both in the classroom and at the pool. She is very driven academically and athletically, and has achieved very high marks in both arenas. Her best events are 100 Fly and 200 Free. Melanie is in the process of choosing between Johns Hopkins, Carnegie Mellon, and the University of Tennessee.

~Britton Leitch

## Tennessee Aquatics Club

### Emily Pye

#### Senior

Emily Pye is a senior at the Maryville Christian School in Maryville TN and member of the Tennessee Aquatics club team. Emily has a very energetic personality, a huge smile, and is a friend to everyone. Emily rarely misses a workout in the water or the weight room, has achieved great things in the classroom, is a wonderful singer, and has set very high goals for herself. Emily's best races are the 100 and 200 Breaststroke. She will be attending LSU in the fall. ~Britton Leitch



STRENGTH AND CONDITIONING  
ATHLETE OF THE YEAR  
AWARD