

2020 — COLLEGE — BASEBALL

ALBANY STATE UNIVERSITY

Travis Ray, Jr.

Infielder

Senior

Travis is an extremely hard worker, who comes in on his own to do extra work. His efforts are undeniable in his performance on the baseball diamond. Travis has worked his way to a 440 lb. back squat, and a 305 lb. hang clean.. ~Troy Williams

BRANDEIS UNIVERSITY

Greg Tobin

Pitcher

Senior

Greg is a machine in the weight room. In addition to being one of our most technically sound lifters, he is also one of our most athletic and strongest pound for pound. His excellence in the weight room is paralleled only by his excellence on the mound. ~Jay Mendoza

DALLAS BAPTIST UNIVERSITY

Kragen Kechely

Pitcher

Senior

Kragen has exemplified what it looks like to be a leader in our program. Aside from buying into the program, he has invested in those following his footsteps. He holds others and himself accountable. When Kragen had a setback in the summer of his 5th year (2019), he never needed anyone to stay on top of him with his rehab or the training he was able to participate in. He never needed anyone to baby-sit him and feed him modifications. He seizes every opportunity to set himself up for success, no matter how big or small. Kragen always makes training enjoyable and has left a long-lasting impression on our program. ~Alex Spencer

DUKE UNIVERSITY

Chase Cheek

Outfielder

Senior

Chase's dedication to improving himself as a player stems directly from his commitment to daily hard work and high effort in his physical development, mental performance, and recovery. He always does things the right way. He's become a starter, a team captain, and an important leader in our program through the examples he sets every day off the field and on it. Chase's athletic ability has been unmatched in many ways in Duke Baseball history; he's recorded speed and power numbers that we just haven't seen before. Over the four years that I've had the honor of coaching him, he has stood out daily amongst a group of outstanding people. ~Dan Perlmutter

FITCHBURG STATE

Brandon Lefebvre

INF

Senior

Brandon has been bought into the Strength and Conditioning program from day 1 and has been one of the hardest, most consistent workers in our entire department. He is someone who is constantly in the weight room, looking for extra work to do and searching for any way to put himself in a better position to succeed on the field. His first year in our program, his front squat max was 155lbs. Since then, Brandon has hit a 300lb split squat and 400lb trap bar deadlift at a bodyweight of 170lbs. ~Jim McGuire

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FITCHBURG STATE

Matt Pingitore

Catcher

Senior

Matt has always been one of the most hardworking athletes in his program and provided a great example to younger players through his actions. He has seen consistent improvement in his weight room performance over the past three years, largely due to his effort. This past fall, Matt's ability as a leader was put on full display. During a mid-semester coaching change, Matt stepped in and stepped up, providing leadership and guidance for a program in transition. He kept everyone together and on the same page, ensured the effort in the weight room remained high, and was a critical voice for the players to the administration during the coaching search.

~Jeff Godin

GEORGIA GWINNETT COLLEGE

Hunter Dollander

Pitcher

Senior

Hunter exemplifies what it means to be a student-athlete. An Exercise Science major and AD Honor Roll recipient, Hunter has been a staple in the weight room for the last 3 years. As one of the first student-athletes to commit to year round training, his hard work and dedication has paid off. He has the passion and desire to better himself every day. He is a leader on the field and in the weight room. His dedication to athletic performance is unequalled by many. ~James Williams

HOFSTRA UNIVERSITY

Justin Smith

Catcher

Senior

Justin Smith has been the definition of a lead by example student-athlete. No matter what day, time, or situation, Justin can always be counted on to selflessly lead his teammates throughout a workout. He is in the weight room 5 days per week year-round, no matter how many days are mandatory. He is always the last one in the weight room, checking the racks to make sure everything is where it should be. Justin has a Max Back Squat of 450 lbs but numbers come and go. His character and how he attacks each session is what we admire. He is a 4-Year contributor of our Division I baseball program, and our Head Baseball Coach can count on him to be the one setting up the field, taking care of the details on the diamond as well. He was a runner up for our Strength and Conditioning Athlete of the Year last year, and is on track to win it this year as well. Our culture in the Strength and Conditioning Department is what it is, in large part because of Justin Smith. I would like to give him my highest recommendation for NSCA All-American.

~Justin Bentivegna

HUNTINGDON COLLEGE

Brooks Freeman

Pitcher

Senior

Brooks has dedicated himself throughout his career to training. He has played a critical role in influencing the culture of training within our baseball program and pitching staff. Brooks always approaches his work as a professional, and expects the same from the others around him. ~Charlie Goodyear

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KENTUCKY STATE UNIVERSITY

Chance Egnor

Catcher

Senior

Chance is the definition of Hard Work, Toughness and Grit. He is a tremendous leader, who holds others responsible for their actions. He is an excellent role model for the younger athletes, a "Program Guy" who you want everyone to follow. ~Cory Minnie

KENTUCKY STATE UNIVERSITY

Aram Kumar

INF

Sophomore

Aram does a great job of mastering the technique of every lift. He is a former student intern within our Strength and Conditioning Department, who did an amazing job. He comes to work every day in the weight room. He has a bright future in the Strength and Conditioning field. ~Cory Minnie

LIPSCOMB UNIVERSITY

Haddon Adams

2nd Base

Senior

Haddon is one of the hardest working athletes on his team and is the epitome of what it means to be a Bison. He is always looking for ways to get better and improve his performance on the field and he loves to get after it in the weight room. He is another athlete that comes to the weight room on non-lifting days to work on his flexibility and mobility. As a captain, he has helped create a culture of a team that has high standards and pushes each other in the weight room. He has a reputation for working hard and not being out worked. He is a selfless guy that takes the time to help his teammates in whatever way that he can. He was the recipient of the Ken Dugan Award which is an award that honors a player for being a great teammate and person in the community. He is a great supporter of all of our

school's athletics and is well liked amongst all the other athletes.---Clint Woods ~Clint Woods

MENLO COLLEGE

Dylan Cole

Infield / 1B

Junior

Dylan's work ethic, willingness to learn and commitment to improvement embodies the core values of Menlo College Sports Performance. Dylan's immediate buy into the program has helped elevate him into a starting role along with being a team captain. His tireless work in the weight room during the off-season and in-season speaks volumes about his character and passion to not only improve himself but help elevate his teammates and Menlo College Baseball. ~Victor Brankovich

MERRIMACK COLLEGE

Riley Sorenson

Pitcher

Senior

"Riley's achievements as a student - athlete are unheralded. It can easily be correlated to his commitment and dedication to his physical development and leadership capabilities. Always willing to go the extra mile to do what is necessary and needed, Riley displays all the resounding qualities in a leader that you can hope for." ~Michael Kamal

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MIDAMERICA NAZARENE UNIVERSITY

Austin Healy

Shortstop

Senior

I chose Austin because he is an incredible athlete and is a great team player. He doesn't complain and works extra hard because he knows it is going to make him a better athlete as well as person because of his strong work ethic. At his JUCO he received the Golden Glove Award. Since arriving at MNU he starts every game and has over 100 assists. His fielding average is .953%, 73 Put Outs and has been a part of 20 Double Plays in 46 games. He is at his best on defense and is so quick when running the bases. He expects a lot from his teammates and keeps their standards and energy high every time they step into practice or a game. I'm excited to see how the rest of his Senior year turns out and how he steps into his role as a coach when he is done playing the sport he loves. ~Whitney Rodden

SALISBURY UNIVERSITY

Mike Hohlfeld

RHP

Sophomore

Mike Hohlfeld is an involved leader in the weight room who takes pride in doing things the right way and making others around him better. Mike is only a sophomore and his prior weight room experience is minimal. Yet he has found a passion for training and it shows on the field and in his character. He holds others accountable, shows initiative and desire to learn, and ultimately embodies the type of athlete a coach/team wants. ~Matt Nein

SAN FRANCISCO STATE UNIVERSITY

Jason Hare

Catcher

Senior

Jason Hare's career is a great example of how hard work, perseverance, and confidence in one's self can lead to great accomplishments. Hare was an undersized high school catcher and was passed over by four-year schools. Since transferring from junior college to SF State, Hare has become a team leader, where he has led the Gators to back-to-back postseason appearances. As a junior, he hit .300 with 10 doubles; 20 RBI; and just one error, the lowest of any catcher in the conference. Hare will graduate in the Spring with a Business degree with an emphasis on Economics and currently holds a 3.1 cumulative GPA. Additionally, Hare is a leader off the field. He volunteers for numerous community service events, including the team's work with the Vs. Cancer Foundation and UCSF Benioff Children's Hospital. His drive in all aspects of being a student-athlete is echoed by his pursuits in the weight room. Throughout the entire season he demonstrated key attributes to be successful at any endeavor: hard work, consistency, and focus leading him to continue to develop as an athlete. ~Ryan Durk

ST. MARY'S UNIVERSITY

Derek Mueller

OF

Senior

Derek has become a leader on his team by setting the standard of giving exceptional effort no matter what. He was intentional about making a goal and a plan this past year, and he stuck to it to achieve his goals in training and on the field. He is always working, even when it's optional, and when (he thinks) no one is watching. More importantly, he holds his teammates accountable to a similar standard, which has made everyone around him better. ~C.J. Richardson

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STEPHEN F. AUSTIN STATE UNIVERSITY

Skylar Black

Catcher

Senior

Skylar Black embodies the term student-athlete. He has a great understanding of what it truly takes to attain his goal not only on, but off the field as well. Every day, Skylar shows great consistency and intent in his actions while training with his teammates. Great attitude, effort, discipline and positive leadership are few of the many outstanding qualities that shine each day he enters the weight room. In his time at SFA, Skylar has developed numerous leadership qualities that allows him to help freshman and newcomers to the SFA baseball program. These attributes that Skylar possesses in the weight room has given Skylar the tools to have very productive seasons in his collegiate career. In his two seasons at SFA, Skylar has started 55 games and appearances in 80 games. Within those two seasons, Skylar amassed the following stats:

Hits: 50

Runs: 20

Doubles: 11

Triples: 1

Home Runs: 5

RBI: 25

Not only has his dedication to the weight room led to a successful career, Skylar has also used those same qualities in the classroom. Skylar graduated with his Bachelor's Degree in Health Science with a Minor in Psychology during the summer of 2019. In his final year of eligibility, Skylar will pursue a Master's Degree in Education. Through his dedication, work ethic, and character, Skylar has put himself in position to have another stellar year during his senior season. He has demonstrated his passion for excellence in both athletics and academics, which will lead him to great success in the future. Skylar Black is the heartbeat of the SFA baseball program. ~Dan Wenger

TEXAS LUTHERAN UNIVERSITY

Spencer Brandt

Catcher

Senior

Spencer has spent the last 4 years preparing his body for the rigors of catching at the collegiate level. He is one of the hardest working athletes in the weight room. He came in as a freshman weighing 217 pounds (on 6'2 frame) and ended up suffering through some arm injuries that caused him to red-shirt his first season. Since then, he has increased his body weight to over 230 pounds while improving his body composition. All of his testing numbers have dramatically improved, and, most impressively, he ran a sub-7.0 60 in December of 2018 at 230 pounds. He is a 4-year starter, an All-Conference player and earned a national Gold Glove Award during 2018 season. He is also a leader both on and off the field for Texas Lutheran Baseball. ~Greg Burnett

TRANSYLVANIA UNIVERSITY

Jake Schmidt

Pitcher

Junior

Jake made an investment into coming back from injury and showed an impressive determination to succeed

~Zachary Turner

TRINITY COLLEGE

Alex Rodriguez

Catcher

Senior

He is the hardest working athlete I have ever coached.

~Bill DeLongis

2020 — COLLEGE — BASEBALL

UNC-CHARLOTTE

Patrick Wheeler

Outfield

Senior

Patrick Wheeler strives for greatness in all he does. His dedication within the Weightroom, on the Playing Field and in the Classroom allows him to stand out among his peer and earn their respect as a Leader. His effort on a daily basis is unparalleled. The attribute mentioned as well as others, will assist him in what he has learned in the athletic realm and apply it to everyday life.

~John Patrick

UNION UNIVERSITY

Sam McMillin

Pitcher

Junior

Sam McMillin represents the Bulldog mentality on and off the field, proving his worth as an All-American athlete by his discipline and determination in the weight room, both in and out of season, his attention to academics, and his relentless pursuit of excellence. Standing 6'2" and weighing in at 220 lbs., Sam looks the part, and his effort matches his demeanor. With a 385lb. squat and an impressive 505 lb. deadlift, Sam out-lifts the entire athlete population on campus. His drive and focus extend beyond the weight room as well; Sam spent focused time during his summer off-season on his physical preparedness. He spent a week training with the professionals of Driveline in Washington and added several pounds to his frame, returning to school in the Fall Semester of 2019 stronger than ever. His persistence in training, excellence in performance, and dedication to continual improvement set him apart as a true All-American. ~Jonathan Wilson

UNIVERSITY OF CONNECTICUT

Chris Winkel

CF/1B

Senior

Chris is an exceptional athlete and leader for our baseball program. He has a tireless work ethic and a passion for improving his skills both on and off the field. Chris was in the top 10% of our testing protocol since his arrival on campus as a freshman but his consistent approach and hard work have kept him in the top echelon of our performance standards for 4 years. He exemplifies all of the personal attributes that we strive for in the strength and conditioning profession. He was named team captain as a junior and has set the standard very high for our baseball program.

38.5" VJ, 545lb Back Squat, 300lb Bench Press, 10'9" Broad Jump, 1.45 10 Yard Sprint, 6.48 60 Yard Sprint

~Joel DeMarco

UNIVERSITY OF DELAWARE

Kyle Baker

Outfield

Senior

Kyle has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to recover from injury and expand his abilities on the field and at bat. Baker missed last season due to an injury, but in 2018 he led the CAA in batting average, hitting .354 and led the team in batting average (.354), hits (75), triples (5), RBI (39), and slugging percentage (.481). He was nominated as a 1st Team All-CAA in 2018 and was selected to the ABCA/Rawlings All-East Region First Team. As a senior he understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways as he comes back this season after an injury. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Stefano Pietrobono

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UNIVERSITY OF LYNCHBURG

Noah Winslow

Pitcher

Senior

A weight room warrior for our Baseball program. Noah can be found in the weight room almost every day training whether it's a scheduled or an additional session working on getting himself better but more importantly trying to pass down his knowledge and work ethic to his teammates ~Ed Smith

UNIVERSITY OF MICHIGAN

Benjamin Keizer

Pitcher

Senior

Ben is the type of athlete/student/person that I hope every coach gets to have in his/her program at least once in their career. As an athlete he has earned everything he has achieved. After red-shirting his freshman year he worked his way to being a key piece of our pitching staff. While serving as a team captain this year, he set a program record for appearances en route to recording the final out securing a trip to Omaha and the College World Series. As a student, he completed his undergraduate degree in four years and will leave with a Master's Degree from the Ross School of Business. His work ethic, infectious personality and devotion to his teammates is unmatched. It is with great pride that I nominate Benjamin Keizer for this prestigious honor. ~Jason Cole

UNIVERSITY OF MISSOURI-ST. LOUIS

Jarrett O'Brien

Outfielder

Senior

Jarrett (OB) is someone who enjoys the weight room and will bring his best everyday. One of my favorite things about OB is his intensity. OB has battled some injuries over the course of his four years but has always kept a good attitude and come back stronger. ~Josh McMillian

UNIVERSITY OF SOUTHERN MAINE

Dylan Hapworth

Utility

Senior

Dylan used strength and conditioning to come back from a devastating back injury 2 years ago. He continues to lead team and set example by employing all aspects of performance training to improve. He was named to the D3 Regional All American team in 2019. ~James Giroux

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

Andy Atwood

Infielder

Senior

Andy is one of the most consistent hard working athletes out there. He's a leader for our baseball program on the field and in the weight room. He has been impressive in the weight room with a squat of 390 for 3 and a bench press of 275 for 3 at a body weight around 175. ~Lucas Monroe

UNIVERSITY OF WISCONSIN - WHITEWATER

Noah Jensen

Outfield

Senior

Noah burst onto the scene as a Junior earning All-Region and All-Conference honors while leading the team to a conference title. He has been a terrific leader both on the field and in the weight room and his efforts have allowed him to earn some wonderful individual and team accolades. He has worked very hard to get to this point and is looking forward to a great senior season. ~Lee Munger

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VASSAR COLLEGE

Patrick Fitzgerald

Pitcher

Junior

Pat Fitzgerald is self-motivated and committed. He has developed a combination of strength and power which makes him one of the most physically talented student athletes on campus. Pat is steady and strong in all he does in the weight room and leads by example for his teammates and others with focused intensity.

~Alice Read

VICTORY SPORTS PERFORMANCE

Paul Gugliuzzo

Center Field

Freshman

As I was wrapping up my day, Paul was chatting with me. I asked him how he wants to be remembered. He said he wants to be remembered by being the hardest working athlete in the gym. Anyone who knows Paul knows he is a very hard working guy and one of the most respectful. He is the type of athlete that will forever be a friend and I would trust with anything. The world would be a much better place with more people like Paul.

~Anthony Vernice

WASHINGTON COLLEGE

Dylan Nepert

Infielder, 1st Basemen

Senior

Dylan transferred from Chesapeake College (Junior College) the fall of his junior year and immediately became a leader on the field and in the weight room. Dylan was made Captain following the fall of his junior year, and continues to be a positive influence on his team's continual strength development. Dylan finished third on the team in home runs (four) and also scored 12 runs and drove in 16 while slugging .430 in 2019. He will look to improve on those numbers in the spring of 2020. Dylan also holds several of our weight room records deadlifting over 600 lbs, and squatting in the mid-400s.

~Jonathan Jenkins

WAYNE STATE COLLEGE

Bryce Bisenius

Senior

Bryce loves the weight room and is planning to get into the field. He is a great leader and our strongest baseball player. ~Dakota Coon

WAYNE STATE COLLEGE

CJ Nieumann

Senior

CJ is a constant leader and holds his teammates accountable. He will be missed next year!

~Taylor Feenstra

WAYNE STATE COLLEGE

Hunter Wienhoff

Senior

Hunter has been a consistent competitor and hard worker his entire career at WSC. His extra work and work ethic have really paid off and helped him physically.

~Grant Darnell

2020 — COLLEGE — BASEBALL

WEST TEXAS A&M UNIVERSITY

Cade Engle

Outfield

Senior

Cade is a quiet hardworking athlete that shows up everyday. He leads by example and is always ready for a competition. At just over 170 pounds he nails the 2.5 body weight squat at 430 pounds, pulls 460 in the dead lift while showing his explosiveness with a 35.5 inch vertical jump. He has been a mainstay in the Buff Baseball lineup and makes incredible catches in the outfield. ~Sarah Ramey

WILLIAM WOODS UNIVERSITY

Trevor Garriott

Outfielder

Senior

Trevor Garriott has demonstrated the type of work ethic and passion to improve you wish all student-athletes possessed. He has been diligent with our training program and improved every year. This is displayed in his starting 29 games while playing in 33 as a junior and starting every game so far as a senior. This is in contrast to the total of 14 games he played in his first two years. Trevor has developed his baseball talents as well as his ability to lead. He is clearly our leader in all things baseball. He will be missed but his mark will be left on his teammates that will be returning. ~Benito Cecenas

WILLIAM WOODS UNIVERSITY

Triston Steffens

Pitcher

Senior

Triston is a prime example of how hard work and dedication will pay off for a student-athlete. Each year he worked hard to follow his training program and improve himself. He has gained strength, flexibility, and arm speed to improve his game. By doing so he earned respect from both his teammates and coaches. He is a leader in the weight room and on the field. His hard work has led to him being one of our weekend starters. This exceeds the expectations that the coaches had envisioned for Triston. His freshman year saw him pitch only 16 innings with his sophomore and junior years being 27 and 28 innings. I have enjoyed working with Triston and am very proud of his accomplishments.

~Bob Jones