

## 2020 — COLLEGE — CROSS COUNTRY

### COLORADO COLLEGE

#### Claire Tobin

##### Senior

Claire is one of the hardest workers in the weight room and her positive attitude and energy are always a motivation for her teammates. Her dedication to the weight room and her sports paid big dividends helping the women's cross country team to its first Southern Collegiate Athletic Conference title since 2016. She personally assisted this title with a top-10 finish at the conference championship. ~Scott Caulfield

### FITCHBURG STATE UNIVERSITY

#### Olivia Mullins

##### Junior

Olivia Mullins is a two sport athlete participating in both Cross-country and Track and Field. Olivia never misses a scheduled team lifting session. Her fearless approach to training and willingness to expand her comfort zone has led to an exponential growth in her physical and mental strength. Olivia lives the Fitchburg State Strength and Conditioning core values of Focus, Effort, and Teamwork. She is a worthy recipient of this award. ~Jeff Godin

### FITCHBURG STATE

#### Tim Sheehy

##### Junior

Tim has been a consistent, high energy guy in the weight room since his freshmen year. Beyond his physical improvements and outstanding performance on the course, he has been a great leader for the team. He understands the importance of Strength training for distance runners and has been a great extension of our staff in terms of helping younger athletes on the team understand how the program can help them.

~Jim McGuire

### FLORIDA A&M UNIVERSITY

#### Brian Kiprop

##### Distance Runner

##### Junior

As a distance runner Brian excels in the Conditioning side of Strength & Conditioning, his personal record for 5 miles in Cross Country is just under 25 minutes. Over the last two years, Brian has embraced the challenge of resistance training as he strives for greatness on the Cross Country Course and in the long distance track events. Training in the weight room three to four times each week, he approaches every resistance training session with the same passion that he attacks his hill work and tempo runs. As an Exercise Science student and an aspiring coach, Brian is eager to explore the art and science behind his training programs. ~Dr. Brian Hickey

### HOBART AND WILLIAM SMITH COLLEGES

#### Josh Wasserman

##### Senior

Captain Josh Wasserman has been an outstanding leader since his arrival here on campus. A 3 time dean's list member holding a cumulative GPA of 3.60, he is beyond dedicated to pushing himself and the rest of the team in the weight room. Even though Josh competes in a primarily individual sport, he has made an impact across many. In lifting sessions where we have multiple teams in the weight room, he takes it upon himself to set the energy and pace for everyone in the session. He uses mixed training group opportunities to also support, encourage and spot other student athletes. Over his tenure at Hobart, he has constantly been a top 5 finisher. ~Chris Gray

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### SAN FRANCISCO STATE UNIVERSITY

#### Katya Candray

##### Freshman

Katya "Kat" Candray had an amazing start to her career at San Francisco State. Candray had a strong indoor track season for the nationally-ranked Gators and is poised for a strong outdoor season. Candray has emerged as one of the program's top runners and leaders. In the weight room, she has set the standard coming into each practice with a positive attitude. She has strived to improve her weight lifting technique and continues to set new personal bests. Candray is a Biology major and aspires to be an orthopedic doctor. ~Ryan Durk

### SAN FRANCISCO STATE UNIVERSITY

#### Joey Manahan

##### Freshman

Joey Manahan had a terrific cross country season as the team's fifth and final scoring harrier, a position which is crucial cross country team scoring. Coming off a redshirt season, Manahan's hard work has paid dividends during the cross country seasons and will continue to do during the outdoor track and field season. A quiet leader, Manahan has grown fast in his strength and conditioning journey. He consistently supports his teammates while ensuring that he pushes himself further. The San Bruno, California native has done all of this while working towards an undergraduate degree in Business and working at a local running specialty store, where he shares his passion for running with the local community. ~Ryan Durk

### UNIVERSITY OF DETROIT MERCY

#### Alan Nava

##### Junior

Alan's commitment to strength and conditioning has been incredibly visible throughout his career. With no training under his belt upon his arrival on campus, Alan worked immensely hard to increase his strength and mobility as a runner. His hard work in and out of the room has paid off, as Alan has blossomed into a top contender in the Horizon League in cross country and the middle distance track events. ~Ian Samuelson

### UNIVERSITY OF NOTRE DAME

#### Mikayla Schneider

##### Junior

Mikayla has shown great devotion to the betterment of herself and her teammates in the weight room. As an endurance athlete, I have never seen someone buy in and set weight room goals the way Mikayla does. It is reflected in her running achievements earning All ACC in the DMR. She sets the standard in the weight room for her teammates and is always helping and encouraging those around her. ~Colleen Looney