

## COLLEGE — WATER POLO

### Fresno Pacific University

#### MAGGIE COOK

##### Guard

##### Junior

Maggie Cook's continued development over the past three seasons reflects a rare combination of physical progression, competitive consistency, and leadership within the Sunbird program. After posting 25 goals on a .284 shooting percentage in 2024, she nearly doubled her production in 2025 with 50 goals, 68 total points, and an efficient .459 shooting percentage, while adding 16 steals and strong defensive contributions. Her upward trajectory has continued into 2026, where she has already recorded 19 goals and 15 assists through 12 games, including an explosive 8-point performance against Redlands. Beyond her statistical growth, Maggie has been a driving force in the weight room consistently pushing load, intensity, and standard while elevating those around her. Her year-over-year improvement reflects a direct translation of strength development into in game power, durability, and impact. Maggie exemplifies sustained commitment to performance preparation and competitive excellence. ~Whitney Leyva

### Fresno Pacific University

#### SAMUEL RAMOS

##### Utility

##### Senior

Sam Ramos has demonstrated exceptional development and leadership throughout his career at Fresno Pacific University, culminating in an outstanding senior season in 2025. Appearing in 24 games, Ramos scored nine goals, dished out 32 assists, recorded 18 steals, and totaled 41 points while adding 10 field blocks. He led the team in assists and field blocks, ranked fourth in the conference in assists per game (1.7), fifth overall in assists, and seventh in field blocks. His steady progression is evident across four seasons: from nine total points as a freshman to 41 as a senior, consistently increasing his impact as a playmaker and defensive presence. Ramos' growth reflects his dedication to strength, conditioning, and skill development, translating improved power, endurance, and in-water explosiveness into measurable performance gains. A team-first athlete, he has embraced leadership while maintaining a high competitive standard. His commitment to both athletic excellence and academic success as a Biology major embodies the holistic student-athlete model the NSCA seeks to recognize, making him a strong candidate for All-American Athlete of the Year consideration. ~Whitney Leyva