

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Catawba College

Mike Manoogian

3rd Base

Senior

Mike is one of the hardest working athletes on his team and on campus. He is constantly searching and inquiring for ways to get better and improve performance on the field and in the weight room. He is another athlete that comes to the weight room on non lifting days to work on his flexibility, mobility, and prehab, and is always seeking permission for an extra lift. He is an athlete that needs to be told to do less so he doesn't overtrain himself. He has a reputation for working hard and not being out worked. He is a stand-up guy that takes the time to talk to other athletes on campus and wish them well in their competitions. He is a great supported of all of our schools athletics. In addition, Mike aspires to be, and is working toward, joining our nations military as a Navy SEAL. ~Ben McConnell

Catawba College

Riley Myers

Pitcher

Senior

Riley is one of the hardest working athletes on his team and out of any athlete on campus. In addition to his work ethic during team lifts, Riley comes into the weight room during non-lifting days to do extra pre-hab, flexibility, and mobility work. He is constantly working on his craft to make sure he can always be at his best and be healthy. Riley not only works on preparing his own success but he encourages his teammates and holds them accountable for their efforts in order to make sure the team is ready to

compete at a high level. In addition to his weight room dedication, Riley has good grades and is pursuing graduate school. ~Ben McConnell

Dallas Baptist University

Jarod Bayless

Pitcher

Senior

In Jarod's two years at Dallas Baptist, he has shown an unwavering dedication to the process of physical preparation, understanding the all-important role that it plays on the the path to consistent execution. As a student in the Kinesiology program, Jarod's knowledge of the human body, its systems, and its processes has helped him immensely in understanding the why behind each part of the training process. His example in the weight room and on the field shows his dedication, competitiveness, attention to detail, and his work ethic. Jarod has a very bright future in the world of athletics and athletic development. ~Adam Ross

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Eastern Michigan University

Zach Owings

1st/3rd

Junior

Zach is a great candidate to be a NSCA All-American. He has excelled in the class room, weight room and field. He is a business administration major with special interests in strength and conditioning, currently holds a 3.6gpa. He is a weight room warrior and it shows on the field. Zach's weight room accomplishments are second to none. 6'3, 200#, Power Cleans 300, Front Squats 375, Bench 270, 6.5sec 60x. As a sophomore he lead the team in BA (.350), and stolen bases. He has volunteered all three years with our 2nd and 7 program here in Ypsilanti reading to children. Last summer he interned with our basketball strength coach assisting with both men's and women's basketball. Because of his blend of strength, power and speed he is getting serious attention from MLB scouts as a possible draft pick in this years draft. Once his playing days are over he plans to pursue a career in strength & conditioning. For these reasons I believe he would be a great choice for NSCA All-American. ~Aaron Short

Emerson College

Sam Knox

Pitcher

Junior

Sam has bought into the programming 100% and always asks questions to learn more about specific movements and the best way for his pitching to benefit from the workouts. Working with Sam is always a collaborative experience and he models hard work, purpose and intent to the underclassman pitchers on the staff. ~Jennifer Boyden

Fitchburg State University

Thomas Parsons

Pitcher

Senior

Tommy Parsons is the epitome of what we want our Strength and Conditioning program to represent. After battling back from Tommy John surgery in 2017, Tommy had a successful 2018 season on the mound. Going into his his 5th year season, he suffered a torn ACL in the October of 2018. Through a relentless effort in both rehab and the weight room, Tommy got himself back to throwing off of a mound in February, just 4 months after surgery. He is now primed to have a great season on the mound, which is a direct reflection of his commitment to his team, his work ethic, and his drive.

~Jim McGuire

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Haverford College

Tom Phillips

Pitcher, First Base

Senior

Tom has used strength and conditioning to elevate his game on the field and drive the continued success of the Baseball team. As a two-way player (pitcher and first baseman), Tom has had to prepare his body for a variety of requirements. By adding an impressive amount of strength (555 pound deadlift, good for second in school history) to his 214 lb frame, Tom has increased his vertical jump from 20.5 inches to over 32, while maintaining above average speed. Tom brings this focus with him to the classroom and the field, leading to two selections to the Centennial Conference Academic Honor Roll. As a senior captain, Tom also drives the ship for the Baseball team's strong culture surrounding strength and conditioning. He cares not only about making himself and his team better, but enhancing the entire athletic department, evident by his volunteer position on the Strength and Conditioning Advisory Committee for two consecutive years. Tom's intense drive and quiet thoughtfulness has made me a better coach and is something I will miss next year. ~Cory Walts

Huntingdon College

Will Cosby

Outfielder

Senior

Will has been a consistent performer, and leader, throughout his career. His dedication to training has been a great example to all of our athletes.

~Charlie Goodyear

Lindenwood University

Dominic Revetta

First Base

Junior

Great players are willing to put in the extra hours of work to improve themselves. However, great teammates and leaders go beyond that and bring other teammates with them in order to improve together. Dom has demonstrated this ability to positively influence the Lindenwood baseball team's culture and development on the field and in the weight room. In addition to his leadership skills, Dom has fully bought in to the team's strength and conditioning program after having dealt with injuries early in his college career and seeing the positive impact strength and conditioning has had on his performance on the field. As a result, I believe Dom is a great candidate for the NSCA's All-American Award. ~Michael Reese

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Nova Southeastern University

Kyle Kilbourne

RHP

Senior

Kyle Kilbourne
Sport: Baseball
Position: RHP
Redshirt Senior

Kyle Kilbourne is the epitome of a student-athlete. An extremely hard worker in the weight room and on the field, Kyle has shown improvement in every category of strength and conditioning. Over the course of his career, the baseball team has benefitted from Kyle's infectious positive attitude and his attention to detail. He consistently holds himself and his teammates accountable to the highest level of effort and commitment. As evidence of his service as a former SAAC president, Kyle is dedicated to increasing the welfare of everyone around him. Additionally, in the true essence of a well-rounded student-athlete, Kyle is carrying a 3.62 GPA in the National Security Affairs graduate program.

~Steven Orris

Pace University

Dan Wirchansky

Pitcher

Senior

Dan Wirchansky has done a tremendous job in his strength and conditioning development to help establish himself as one of the best pitchers in the country. He has a personal-best max on his Rear foot elevated Split Squat of 280lbs and Trap Bar deadlift of 405lbs. In 2018, Dan was the NCAA statistical champion for ERA with a mark of 0.71. He compiled a 63:5 K:BB ratio,

while holding opponents to a .140 batting average. He was named to the NE10 All-Conference First Team, as well as the D2CCA All-America Third Team.

~Philip Ryder

Radford University

Kyle Butler

Infield

Senior

Kyle came into our program with very high aspirations. He met every challenge in his path head on with a fierce attack and competitive spirit. He challenged himself as well as those around him while elevating the level of work around him. Kyle set goals on and off the field which fueled his passion for success. ~Scott Bennett

Rochester Institute of Technology

Kyle Terzini

3B/OF

Junior

Kyle has continues to demonstrate significant strength in the weight room and never misses an opportunity to get under a bar. His work ethic and enthusiasm has proven contagious amongst his teammates. Under his leadership, the R.I.T. Baseball team has become an exceptionally dedicated and hard working group of young men. Outside of the weight room, Kyle is a New Media Marketing major and works within the R.I.T. Athletics Equipment Room. Kyle has a broad jump of 9 feet and a vertical of 34.5 inches and Back Squats over twice his body weight with a current max of 415#.

~Ryan Kelly

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Stony Brook University

Mike Wilson

Outfield

Junior

Mike Wilson is the definition of a silent beast. He may not be the loudest or most vocal leader in the weight room but he consistently leads by example. I often find Mike staying after to get extra work in on his own. Over the off-season he was able to increase his Front Squat max 30 pounds and currently has the fastest Pro-Agility on his team with 4.09. His strength was proven in the first two series of the 2019 season as he leads the team in home runs with 3 over 6 games, all 3 coming in high pressure situations. I look forward to seeing what Mike will do over the rest of the season as well as his senior year. ~Kaitlyn Newell

Texas Lutheran University

Tyler Cauley

Outfield

Junior

Led nation in total bases...Third Team All-American as chosen by D3baseball.com and ABCA/Rawlings...First Team All-Region...First Team All-Conference...All-Tournament team at NCAA DIII World Series. One of the strongest athletes I have ever coached.

Fall testing numbers: Hex bar deadlift: 620 lb, vertical: 33.5 in, bench press: 385 lb, Pro agility :4.21, 60 yd: 6.76, Pullups: 29, Grip strength: 141.8 Kg (combined L/R)

~Greg Burnett

University of Arkansas at Little Rock

Ryan Benavidez

Outfield

Senior

Through incredible work ethic, dedication and attention to detail athlete improved all aspects of athletic performance, including strength in bench, squat, and dead lift, power in the clean high pull, times in 10 yard and 60 yard sprint, 5-10-5 pro agility shuttle, 300 yard shuttle, and height in the vertical jump. Has shown leadership and has elevated the physical performance of all those around him, while dedicating to improving his craft on the field of play, in the community and in the class room.

~John Lepo

University of Michigan

Jimmy Kerr

Infield

Senior

Jimmy Kerr is the type of student-athlete that makes your program go. He is one of the most selfless players I have ever coached. He is a third generation baseball player at the University of Michigan. His father and grandfather both played baseball at Michigan and Jimmy is the first in his family to be elected team captain by his teammates. He is the truest definition of a student-athlete. While being relentless in his baseball pursuit, he is also studying Industrial Operations Engineering. He holds himself to the highest of standards and is a role model and leader for his teammates. I am extremely proud to nominate Jimmy Kerr for NSCA All-American Strength and Conditioning Athlete of the Year.

~Jason Cole

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University of Southern Maine

Jake Dexter

Utility

Senior

Jake embraced strength training last year helping lead him to numerous post season honors including Division III All American. He made big gains during pre and in season continuing to train his Olympic and Core Strength exercises leading to effectiveness during the entire season. Jake is a leader on and off the field helping and encouraging teammates to continue to train during the season. He made improvements in mobility that allowed him to remain injury free throughout the season. ~James Giroux

US Army-Department of Human Performance/ plays baseball at Cal Lutheran University

Alexander Briggs

Shortstop

Freshman

Alexander exemplifies the qualities that strength coaches and sport coaches desire...he is a focused, driven machine in his never ending pursuit to be a better athlete, both in the weight room and on the field. He leads by example in the weight room always pushing himself to do better and looks forward to intense training sessions. It is hard to keep him out of the weight room and his disciplined, focused approach produces excellent results. He squats 405 lbs., benches 275 lbs. and deadlifts 405 lbs. His pro-agility time is 4.29 seconds and he turns a 6.8 second 60-yard dash. Alexander is 5'10" tall, weighs 187 lbs. and carries 7.3% bodyfat. He has proven himself again and again in the

Army Strong Strength & Conditioning Camps (ASSCC) every summer. ~Doug Briggs

Washington College

Luke D'Ostilio

Infielder, Second Base

Senior

Luke D'Ostilio has continued to improve from day one coming onto the Washington College campus. He has started since his freshmen year at second base. In his freshmen year his average was .258, sophomore year .290, followed by a stellar junior year batting .356 with a .431 on base percentage, and .522 slugging percentage. Luke's junior campaign earned him All-Centennial Conference first team, and All-sportsmanship team. Luke has also excelled in the weight room. He has constantly improved his numbers year after year, while being extremely technical, and demanding that of his teammates. He makes his teammates around him better and helps to instill the same lessons that garnered his improvements over 3 years. He also succeeds in the classroom holding a 3.4 overall GPA, graduating in the spring of 2019 with a B.S. in Biology. We expect great things out of him this spring, and he deserves the recognition of this award. ~Jonathan Jenkins

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Wayne State College

Brice Bisenius

Infield

Junior

Brice is clearly strong and is going above and beyond everyday. He is also hungry to learn more about strength and conditioning. His work ethic will take him a long way and clearly shows physically and on the field.

~K Grant Darnell

Wayne State College

Jake Lemar

Catcher

Junior

Jake is a relentless worker that always brings a positive attitude to the weightroom. His work has translated to on-field successes.

~Sergey Sokolov

Webster University

A.J. Smith

Outfield

Junior

A.J. has improved tremendously over the past four years as a baseball student-athlete

and competitor in the weight room. A.J is an athlete of high character, consistency, and dedication to his team and his training. Because of his efforts, A.J. set the new squat record at 415 pounds with ease. ~Matt Saitz

William Woods University

Zach Smith

1st, 3rd, Catcher

Senior

Zach is a perfect example of how hard work and dedication will pay off for a student-athlete. Each year he worked hard to follow the program and improve himself. He has gained strength, speed, and agility to aid 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 eventual lead to earning playing time at two positions that require more athleticism than the one he was recruited for. Zach came in as a first baseman with a good stick but not very mobile. He gained playing time his junior year as a catcher and then earned the starting 3rd base job his senior year.

~Bob Jones