

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

## **Albany State University**

### **Tyrell Williams**

#### **Forward**

#### **Senior**

Tyrell Williams is a phenomenal athlete. He uses his size and strength very well on the court, making the game tough on opponents. He is also a leader on and off of the court. He averages 13.8 points per game and 7.6 rebounds per game, while averaging 32.3 minutes played per game.

~Troy Williams

## **American International College**

### **Aylssa Guyon**

#### **Guard**

#### **Senior**

Alyssa Guyon consistently goes above and beyond when she steps in the weight room and when she is on the court. In my time here at AIC, Guyon always loved to train especially on testing days. She was continuously looking to push it to the next level with her training. Alyssa is someone who you want on your team to drive those who surround her be the best that they can. I wish her the best in her next adventure!

~Rob Bouchey

## **Black Hills State University**

### **Makaleb McClinnis**

#### **Guard**

#### **Senior**

Makaleb is a leader on and off the court. He has a great work ethic and is constantly pushing himself and his teammates to get better. Mak has committed himself the weight room and has seen great results. He set the record for the basketball program

with a 400 lb squat. Also, his dedication to making himself better has kept him healthy throughout the season and given him the ability to play at a high level game after game. ~Aaron Siekmann

## **Brigham Young University**

### **McKay Cannon**

#### **Guard**

#### **Senior**

McKay's strong work ethic has proven to be a catalyst for success in many areas of the Brigham Young University's basketball program. McKay is a "lead by example" teammate and sets the tone for everyone to follow. McKay has made some of the most significant physical improvements on the team. His vertical jump increased four inches while his lateral agility improved to top of the team at 3.91 sec. Over the past year his strength numbers improved 30 pounds on the back squat to 360 pounds, 50 pounds on the Power Clean to 275 pounds, and 15 pounds on the bench press to 240 pounds. With the endorsement of his teammates and coaches, McKay went from walk-on status to earning a scholarship for his senior year. McKay's effort was evident on the court as well. He nearly doubled his steals from his first year at BYU and secured a regular spot in the starting line-up. McKay's contagious energy sets the stage for his team to have an extremely positive, hardworking atmosphere in the weight room and on the court.

~Erick Schork

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## **Catawba College**

### **Jordan Barber**

#### **Guard**

#### **Senior**

Jordan has proven to be a great leader and teammate for the program. He has always shown up with a positive attitude and work ethic, which has led to the success he has seen in the weight room as well as on the court. ~Wayne Adams

## **Central Maine Community College**

### **Brooke Reynolds**

#### **Forward**

#### **Senior**

Brooke is a senior nursing major. Her commitment to our strength and conditioning program complemented her tenacious brand of basketball. Her name appears repeatedly in our top ten strength and conditioning performance rankings. Well recognized for her basketball accomplishments, she is a 3-time USCAA DII 1st-Team All-American and was named Tournament MVP on the Mustangs run to the 2017 USCAA DII National Championship. ~Jim St. Pierre

## **Central Maine Community College**

### **Freddy Webb**

#### **Guard**

#### **Senior**

As a second-year player and captain, Freddy provided steady guidance and leadership on and off the court. Heading into his senior season, Freddy expressed and accomplished a goal of inspiring people around him. He is an exceptional leader by example for his teammates in our strength

and conditioning program. His name appears repeatedly in our top ten strength and conditioning performance rankings. His academic curiosity is infectious for his fellow classmates and instructors in the Physical Fitness Specialist major. Understanding and applying the science of exercise has inspired him to pursue a career in the strength and conditioning profession. ~Jim St. Pierre

## **Denison University**

### **Valesha Province**

#### **Guard**

#### **Senior**

As a senior, Valesha started all 27 games for the Big Red. During her senior season, she was named to the All North Coast Athletic Conference second team. A four year regular, Valesha averaged 7 points a game while shooting 81% from the free throw line. Valesha has also been a student worker in the weight room for the past three years. She also completed a summer internship at Coastal Carolina University, working as a strength and conditioning coach. Over the course of her career in the weight room she has increased her squat max from 125 to 195 lbs, her pull up total from 3 to 15, and her vertical jump nearly two inches. Valesha is a Health, Exercise, and Sport Studies major, with a minor in Biology. She is pursuing a career in the strength and conditioning field. ~Beau Scott

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## Eastern Michigan University

### Jalen King

#### F/C

#### Sophomore

In his second year of the program, Jalen King has continued to mature and grow into a model Strength & Conditioning athlete that embodies all facets of physical development and the team culture. Jalen embraced our training and nutrition protocols, and was eager to learn the why behind our training load and recovery analytics. In return, he was able to build his body up from 190 lbs to 215 lbs, which increased his confidence and performance on the court throughout his sophomore season. ~Sean Conaty

## Emerson College

### Trevor McLean

#### Guard

#### Freshman

Trevor is a hardworking and driven student athlete. He understood early on the importance of strength and conditioning as a tool to help himself and his teammates on the court. His consistency in the weight room was fantastic throughout his freshman season as he continued to improve. He established himself as a leader in the weight room making sure his teammates were putting in the time and as well during the season. Trevor is incredibly coachable and this year is but a small glimpse into what will be a fantastic college career.

~Ronald Smithers

## Fort Hays State University

### Tatyana Legette

#### Forward

#### Senior

Tatyana Legette was a four year player, starting every game in her last three years. She is a 3 time all conference and 4 time academic all conference honoree. Tatyana was a driving force for her team, not only on the court, but also in the weight room. She would spend her summers committed to the weight room to not only improve her strength, but to maximize her explosiveness to build on her game on the court. She has a tremendous work ethic and desire to be her best at all that she does. Tatyana is an awesome athlete, but even more a tremendous young lady.

~Doug Boucher

## Huntingdon College

### Scotty Chadwick

#### Forward

#### Senior

Scotty has been a tremendous leader for our basketball program. His dedication to training has left a lasting impact on our program. ~Charlie Goodyear

## Huntingdon College

### T.I. Duncan

#### Guard

#### Senior

T.I. has provided invaluable leadership, and a phenomenal mindset for our program. She has been extremely dedicated and reliable throughout her career.

~Charlie Goodyear

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## **Ithaca College**

### **Meghan Mazzella**

#### **Guard**

#### **Senior**

Meghan is a great standard for teamwork, discipline (i.e. attention to detail), perseverance and leadership. She is a committed teammate and credible leader by example of hard work. She has proven to be assiduous and persistent through the process. Named to the Liberty League All – Academic Team, Meghan is a leader in the classroom and on the court as a key contributor on three NCAA Tournament Teams. ~Victor Brown

## **Lindenwood University**

### **Dominique Dobbs**

#### **Forward**

#### **Junior**

When Dominique first stepped on campus as a freshman, he had very little experience in the weight room. He was long, lanky, and lacked quite a bit of body control. He was the weakest on the team and struggled with the most basic movement patterns. However, fast forward to today, and Dominique has made leaps and bounds since then. He has put on a solid 20-25 lbs, become one of the strongest athletes on the team, and, most importantly, he has become the team leader in the weight room. As a result, I would like to nominate Dominique Dobbs for the NSCA's All-American Athlete Award. ~Michael Reese

## **Lipscomb University**

### **Rob Marberry**

#### **Center**

#### **Senior**

Rob consistently led both by example in the weight room and vocally. He would set the tone and bring energy to our team workouts. He transformed his body over the course of his career by dropping 20 pounds and losing 5 percent body fat while increasing his numbers in the weight room and his production on the court. His pound for pound strength went from 2.82 to 4.29 (squat 205-355 lb., hang clean 100-115 kg., bench 225-305 lb.) His vertical went from 35" - 38", and his lane agility went from 12.25-11.97. Each of these numbers and his work ethic paid dividends on the court which translated to him being one of the few individuals considered for the player of the year candidate for the Atlantic Sun conference during his junior and senior years. ~John Hudy

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## **Rochester Institute of Technology**

### **Jaymee Rosser**

#### **F/G**

#### **Senior**

Jaymee is a hardworking and dedicated young man. A senior and 2nd year captain of the Men's Basketball team, he is an individual I could count on day in and day out. If something needs to get done, I could trust Jaymee handle the task. He is a leader by example, always the first one ready for every training session with unwavering focus and determination. Outside of the weight room, Jaymee is a New Media Design Major with a minor in Management and holds a 3.0 GPA. Jaymee has a Front Squat of 285#, Bench Press of 200# and Hang Power Clean of 230# with a 28 inch vertical jump.

~Ryan Kellt

## **Stony Brook University**

### **Jerell Matthews**

#### **Guard**

#### **Senior**

I am nominating Jerell Matthews for NSCA All American of the year, she has been a part of the Stony Brook Women's Basketball program for all four years of her collegiate career. She has become a dominant player on the court averaging 16 points a game and having a season total of 303 points to bring her career total to 787 points. She also boasts a career total of 100 steals and 251 total rebounds. She has managed to attain these totals while sustaining a broken hand during the middle portion of her senior season. Along with her prowess on the court, she has become just as successful in the weight room with a broad jump of 7'9" and vertical jump of 26". With all of these

accomplishments she is able to take on a leadership role on and off the court for her younger teammates. ~Joseph Quattrone

## **The University of Texas at San Antonio**

### **Nick Allen**

#### **Senior**

Over his entire career Nick has always given great effort each day in all aspects of his strength and conditioning training. While always been the teams best leader.

~Charles Dudley

## **Trinity College**

### **Meghan Collins**

#### **Guard**

#### **Senior**

Meg is a lifelong lifter who intends on becoming a college strength coach after graduation. She has interned for me and at Mike Boyle's S&C where she did a phenomenal job. ~Bill DeLongis

## **Trinity University**

### **Danny Rivara**

#### **Forward**

#### **Senior**

Danny has commit himself to working hard to benefit his performance on the court and in this way has been a great example for his team. His team's season has not come together the way we would have liked, but Danny has continued to work hard to overcome the challenges he has run into along the way. This kind of grit will benefit him beyond the basketball court for years to come. ~Daniel Martinez

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## **Troy University** **Amahni Upshaw**

**Forward**  
**Senior**

Amahni has overcome both shoulder surgery in high school and ankle reconstruction as a sophomore. She is a senior in Exercise Science with a GPA of 3.377. She was part of the Sunbelt Championship for both (15-16) and (16-17). She's part of Troy Athletics 3.0 club, Sunbelt Honor Roll (3.0-3.49) for (15-16) and (17-18). She also was on the Commissioners list (3.5+ GPA) for (16-17). Her lifts are Bench-140, Squat-255, Clean pull-205, vert-22.  
~Richard Shaughnessy

## **University of Lynchburg** **Molly Shephard**

**Forward**  
**Senior**

Molly has been a consistent leader for the Women's Basketball Strength & Conditioning program during her four years. Her 1% Better Every Day mentality in the weightroom has helped her become a 1000 point scorer and a program recognized player within the conference. ~Ed Smith

## **University of Lynchburg** **Austin Wrighten**

**Guard/Forward**  
**Senior**

Austin (Chief) has been a self-made weight room warrior through his four years here at Lynchburg. The athletic Wrighten continued to push himself and his teammates to become 1% Better Every Day. Chief grew into a force in the ODAC and was

recognized personal while leading the Lynchburg Men's Basketball team to their highest national ranking in program history.  
~Ed Smith

## **University of Missouri** **Lauren Aldridge**

**Guard**  
**Senior**

Lauren provides exemplary leadership on and off the court in all aspects of her life. Balancing Law School with all the demands that accompany performing at a high level on a Division 1 Women's Basketball team is something very few are capable of. Lauren achieves excellence in her physical performance through her attention to detail, work ethic, and focus on the complete process. One of the strongest athletes in the weight room, Lauren's achievements are a highlight of where relentless and consistent effort over time can take you. ~Jacob Linn

## **University of Missouri-St. Louis**

**Eric Dust**  
**Forward/Center**  
**Senior**

Eric has done a great job putting forth a strong two years at the University of Missouri-St. Louis. Eric spent the previous summer staying on campus improving his overall strength. He leads by example, and has been a big reason for his team's success this year. ~Josh McMillian

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## **University of North Carolina at Charlotte**

### **Cooper Robb**

#### **Guard**

#### **Freshman**

Cooper exemplifies an individual who works hard off the court to improve his game. He is an outstanding role model for his teammates and has quickly assumed a leadership role in his freshman year. His dedication to physical development is apparent on the court, as seen through both his mental and physical toughness. Cooper takes pride in all the intangibles that do not show up in the box score, and our team is continually inspired by his voice, work ethic, and overall character. ~Blake Bender

## **Washburn University**

### **Alexis McAfee**

#### **Guard**

#### **Junior**

Alexis is force to be reckoned with in the weight room. She is constantly pushing weight around and motivating her teammates to become better versions of themselves. This dedication to the weight room has helped her immensely as she is one of the top athletes on the team when it comes to Minutes Per Game, Scoring, and Assists. She has made tremendous gains between her sophomore and junior seasons and I am very excited to see the hard work she will put in leading up to her senior season. She is the epitome of what it means to be dedicated to the weight room.

~Trent Smith

## **Washburn University**

### **David Salach**

#### **Forward**

#### **Senior**

David has made huge improvements going from his junior year into his senior year. Not only did he add size and strength to his frame, one of the biggest things a person would notice about him is the increase in his confidence, especially on the court. The moment the previous season had ended he took the initiative in stepping up to become a leader and has helped many of the younger kids realize their potential with hard work and dedication. Every minute in the weight room and on the court has lead Dave to have a career season as he is one of the top players leading the conference in defensive statistics. David has most certainly left his mark on the Washburn Basketball program. ~Trent Smith

## **Wayne State College**

### **Nosa Iyagbaye**

#### **Center**

#### **Sophomore**

Nosa has transformed himself in his two years in Wayne; he has put on 35lbs of muscle! His hard work has not gone unnoticed and he will have another tough offseason coming up where we will continue to put on some more size and strength to his 6'9 frame.

~K Grant Darnell

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## Wayne State College

### Kendall Jacks

#### Guard

#### Senior

Kendall has put on over 20lbs of muscle and his vertical has increased over 6 inches over the last two years. A naturally gifted basketball player he also has a tremendous work ethic, which helps him excel in all that he does. ~Sergey Sokolov

## Wayne State College

### Andrea Larson

#### Forward

#### Senior

Andrea is a two time winner of this award. She comes to work everyday and always pushes herself to be better as well as lead her teammates. She will be missed next year. ~K Grant Darnell

## Wayne State College

### Erin Norling

#### Forward

#### Sophomore

Erin is a relentless worker that always brings a positive attitude to the weightroom. Her work has translated to on-court successes. ~Sergey Sokolov

## Webster University

### Josh Johnson

#### Guard

#### Junior

Josh may be the hardest working athlete at Webster University. His willingness to train with intricate detail both on the court and in the weight room has provided him with a strong foundation as a leader by example. Josh's efforts earned him SLIAC First Team All-Conference Honors as a guard. ~Matt Saitz

## Webster University

### Jaysea Morgan

#### Guard

#### Junior

Jaysea is an exemplary student-athlete, always making time for extra work. She is very attentive to the training process and works extremely hard to ensure she is prepared for, and remains strong throughout, the competitive season. Jaysea serves as a catalyst in the weight room with her aggressive approach to training, whiling serving as a great support system and leader for her team. Jaysea's hard work earned her SLIAC All-Conference honors this year. ~Matt Saitz



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## **Western Colorado University**

### **Chandler Willis**

#### **Guard**

#### **Senior**

Chandler is a walking definition of a lead by example player. She does everything right both on and off the court as well as in the weight room. She may not be the strongest when it comes to lifting, but her effort, will and drive will tell you otherwise. She's a true competitor and has blossomed into a fantastic leader which has helped her team reach the post-season for the first time since 2011-2012. Chandler Willis has been a blast to coach over the past few years and will be missed once her time at Western is complete. ~Brandon Stephens

## **Wilkes University**

### **Connor Evans**

#### **Guard**

#### **Senior**

Connor is a sport management major with a 3.25 GPA. He has shown tremendous tenacity, dedication, and love for the game. Connor is by far one of the most determined athletes I have ever met. Connor sustained an ACL tear prior to his freshmen year and then another opposite leg ACL his Junior year in college. He has pushed himself mentally and physically to comeback to lead his team as the starting point guard. Connor has amassed the following awards All MAC Freedom Honorable Mention (2016-2017), 2017 Winter Academic All MAC Team, MAC Freedom POTW. As well as the following career statistics with more games coming up, 875 points, 267 assists, 100 steals. Connor is the epitome of what it means to be Colonel student-athlete. ~Keith Klahold

STRENGTH AND CONDITIONING  
ATHLETE OF THE YEAR  
AWARD