

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

## **Colgate University**

### **Katie Anderson**

#### **Midfield**

#### **Sophomore**

Despite her small stature, Ms. Anderson looms large when it comes to working hard and pushing herself to the max. She is one of the hardest working athletes on campus and strives to push herself daily.

-Liaaron White

## **Drexel University**

### **Sydney Muntone**

#### **Forward**

#### **Senior**

Sydney has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Sydney's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. -Michael Rankin

## **Endicott College**

### **Kristen McCarthy**

#### **Forward**

#### **Junior**

Kristen McCarthy has been a driving force in our athletic performance center since she transferred to Endicott College. She clearly understands the transfer of strength, power, and movement within the APC and how it directly impacts her ability on the playing surface. Her commitment to strength & conditioning and her leadership has helped

create a culture within the field hockey team that led to a conference championship and an NCAA Tournament First Round victory in 2018. McCarthy was named Commonwealth Coast Conference Offensive Player of the Year and 1st-Team All Conference, as well as to 2 different All-American teams and Division III New England East Region. McCarthy is a Dean's List member at Endicott and was named to the NFHCA National Academic Squad for 2018. She finished the season ranked #3 in the nation for points per game, #7 in the nation for goals per game, and #11 in the nation for assists per game across all divisions. Clean: 110lbs Back Squat: 205lbs Hex DL: 245lbs. -James Daley

## **University of Lynchburg**

### **Kayla Copeman**

#### **Mid-Field**

#### **Senior**

Kayla has been the backbone of the Field Hockey Team's Strength & Conditioning participation during her time here at Lynchburg. She is a definition of the 1% Better Every Day mantra we strive to accomplish here at Lynchburg! In addition to her personal recognition on the field, Kayla's valued leadership helped the Lynchburg Field Hockey team return to the top of the ODAC Conference Championship and earn the automatic NCAA tournament bid. -Ed Smith