

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Albany State University

Miquail Harvey

Defensive Lineman

Sophomore

Miquail Harvey is a tireless worker, who never complains. He has steadily increased his strength numbers, in a short amount of time. He is productive on the football field, with 20 total tackles, 2.5 tackles for loss, 0.5 sacks, and one forced fumble. ~Troy Williams

Avila University

Lance Lewis

Safety

Senior

Lance came to Avila as a strong athlete already with good technique. He has always been coachable and has improved his physical abilities to move from a redshirt freshman to a starting safety during his senior year. The primary reason for his nomination for this recognition is his determination. I do not need to go into details but I have had many conversations regarding the obstacles Lance had in his path to pursuing his degree and collegiate athletic career. There are probably even more adversities he overcame that I am not aware of. What matters is that with all of the difficulties that many athletes would use as justification to quit, he did not. I am not sure I would have overcome many of his difficulties. His ability to navigate these obstacles and succeed is a shining example of determination and he has demonstrated his ability of strong will. He deserves this award not only for what he has accomplished but who he is and what he will be able to achieve later in life based upon what has already conquered.

~Brian Ciolek

Black Hills State University

Jarrell Ganaway

Defensive End

Junior

Jarrell came to Black Hills State as a LB and contributed early on. When he was asked to move to DE he accepted the challenge and worked to gain the size and strength that goes along with it. Jarrell's hard work and determination has put him in the position to be a even bigger threat at DE. He has the current vertical jump record and the top hang clean on the team.

~Aaron Siekmann

Buffalo State College

Justin Quinn

Defensive Line

Senior

Justin started out his career as a backup lineman and has been able to overcome injury to become a solid player for our D-Line this year. Proving that a great work ethic will pay off. ~Nathan Young

Catawba College

Kenneth Avent

Quarterback

Sophomore

Ken has been an amazing leader for our program. He is not only the strongest person on the team, but also the strongest leader. His work ethic and attitude have led to great success in the weight room, classroom, and on the field. ~Wayne Adams

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Clemson University

Austin Bryant

Defensive End

Senior

Austin Bryant, a 6'4 276 lb. defensive end, is a tremendous person, student-athlete, worker, and leader for our football team. On the field, Austin has helped lead our program to four straight ACC Championships, four straight College Football Playoff appearances, three national championship game appearances, and two national championship wins. Austin has been a 1st team All-American, two-time All-ACC performer, and was defensive MVP of the 2018 Goodyear Cotton Bowl College Football Playoff Semifinal game. Austin played the latter part of the 2018 season with a torn pectoral muscle, displaying tremendous toughness and leadership.

In the weight room, Austin overcame injuries to bench press 415 lbs., bench press 225 lbs. 27 times, squat 500 lbs., and power clean 320 lbs. In addition to his weight room and football accomplishments, Austin is a graduate of Clemson University. Austin puts in the work on and off the field. He displays personal excellence, respect, integrity, and tremendous work habits; all of which he has exhibited since arriving on campus. Austin Bryant has earned NSCA Strength & Conditioning All-American honors in my opinion. ~Joey Batson

Clemson University

Gage Cervenka

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Senior

Clean: 365, squat: 665, bench: 500, 225: 43
~Paul Hogan

Clemson University

Kendall Joseph

Linebacker

Senior

Kendall has lead his team to two national championships in three appearances. Kendall's drive to get better not only helped him, but was contagious to his teammates. No one is was more respected than this Student/Athlete. Some of his accomplishments include a 390lb bench and 520lb squat. On the field Kendall earned all conference honors as well as perminate team captain. ~Larry Greenlee

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Clemson University

Dexter Lawrence

Defensive Tackle

Junior

Dexter Lawrence, a 6'5 345 lb. defensive lineman, is a phenomenal student-athlete, but an even better person. On the field, Dexter has helped lead our football team to three straight ACC Championships, three straight College Football Playoff appearances, and two national championships in his three years on the squad. Dexter is a two-time 1st Team All-American, a three-time All-ACC performer, a semifinalist for the Bednarik Award, the 2016 ACC Defensive Rookie of the Year, and the 2016 National Defensive Rookie of the Year. In the weight room, Dexter overcame injuries to bench press 460 lbs., bench press 225 lbs. 40 times, squat 600 lbs., power clean 345 lbs., and run a 4.95-second 40-yard dash at nearly 350 lbs. body weight. Dexter puts in the work both on and off the field. Personal excellence is a key component of this young man's makeup. He has been a leader since the day he stepped on campus. Dexter's leadership, work habits, humble spirit, tremendous character, and on-field performance have distinguished him among his peers, and earned him the opportunity to forgo his senior year to enter the NFL Draft. Dexter Lawrence has earned NSCA Strength & Conditioning All-American honors in my opinion. ~Adam Smotherman

Colgate University

Nick Wheeler

Defensive Line

Senior

It is my honor to nominate Nick Wheeler for the NSCA All-American Award. Nick brings tremendous energy and enthusiasm to the weight room everyday. His continued desire to always better himself as a football player has earned the respect of both his teammates and coaches alike. Nick's accomplishments on the field include being honored as a 2018 AFCA First Team Selection which he is the first Defensive Lineman earning that distinction in the modern history of Colgate Football. Other awards include being named to the AP All-American Second Team and the Hero Sports Second Team All-American lists. ~Jasmine Johnson

Colgate University

Jovaun Woolford

Offensive Line

Senior

It is with great pride I nominate Jovaun Woolford for the NSCA All-American Award. Jovaun's great attitude and work ethic in the weight has led to him becoming a 2017 All-Patriot League First Team Selection (2017), as well as well-respected team leader both on the field and in the weight room. His 2018 season was cut tragically short as he sustained a serious knee injury on the first play of the first game, but it did not stop him from being a tremendous leader for his teammates during the course of the year. Jovaun is in the process of rehabbing that knee and working hard in the weight room every day to return for a season season that is extremely promising, for both him and the team as a whole. ~Paul Helsel

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Emory & Henry College

Josh Fleenor

Defensive Line

Senior

Josh Fleenor has stepped up to be a leader both on the field and in the weight room. Despite suffering an injury during the 2018 season, Josh used his position as team captain to push his teammates to improve themselves every day. In just two years at Emory & Henry Josh has been named All-Conference (2017), All-State First Team (2017), Third Team All-Region (2017), recorded 57 tackles and 2.5 sacks, with 13.5 tackles for a loss during the 2017 season. Aside from his player stats, Josh also holds two places on the Emory & Henry weight room All-Time Record Board in the bench press and back squat. In the weight room, Josh is constantly seeking ways to improve his physical abilities, including focusing on nutrition and recovery. During training sessions, his tenacity, positive attitude, and vocal presence bring inspiration and a will to improve to his teammates. Josh's major is Education with a focus in History.

~Mike Caro

Fort Hays State University

Wyatt Parker

Defensive Lineman

Senior

Wyatt Parker is the kind of athlete that every coach wants. He is hard working, technical, intelligent, focused and committed to be the best he could be. His desire to be the best was apparent throughout his career, by playing in 48 games and being the most successful games in school history. He recorded 187 total tackles, 22 for loss, 10 Sacks and 2 Interceptions. His commitment and dedication to the weight room improved his strength consistently, but also kept him on the field to make these kinds of contributions for his team. Wyatt Parker was an asset for his team, but even more he is a great young man. ~Doug Boucher

Humboldt State University

Connor Cox

Linebacker

Senior

Connor was a leader on and off the field in his four year career at HSU. As a senior Connor was one of his team's leaders in tackles and sacks. His weight room performance was just as impressive as his on-field performance. As a linebacker he was able to out-squat most of our offensive and defensive linemen. This feat is a testament the work ethic Connor exhibited on a daily basis. He lead by example and was a guy younger players could look up to. He is more than deserving of this award.

~Anthony Ratto

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Humboldt State University

Demetrick Watts

Linebacker

Sophomore

Demetrick came to HSU in 2016 as an already extremely physical and talented linebacker. Since he has arrived on campus he has completely bought in to our program and has displayed great humility, patience and dedication. Despite his talents, he was redshirted his first year and really led the charge during the redshirt developmental program and made his present felt in spring ball in 2017. As a redshirt freshman during the 2017 season, we were extremely deep at linebacker with plenty of upperclassmen but watts physicality and instincts were undeniable and his playing time increased as the went on. His commitment to his physical and technical development was so respected amongst his teammates that he was voted as a captain in spring 2018. Shortly afterwards we were hit with devastating news that our football program would be discontinued after the 2018 season. Despite many players getting their release and pursuing other opportunities, Watts decided to stay and play the final season of HSU lumberjack football. This is just one example of the loyalty and character of this exceptional young man. He went on to place 2nd in the conference in tackles and has been rewarded with a full ride to Akron University in the Fall. ~Benjamin Servais

Humboldt State University

Tariq Wright

Defensive Line

Sophomore

Tariq developed into one of the top Defensive linemen in the conference after

his true sophomore season. Although Tariq did not redshirt his freshman year, he still showed up every morning at 6am to participate in redshirt strength program. Tariq quickly became a leader in the weightroom and on the field, and won the respect of his coaches and upper class teammates. Tariq's true character was revealed during a tumultuous 2018 season when the university announced during the summer that the football program was going to be eliminated at the conclusion of the fall semester. As many of his teammates and coaches left the program, Tariq not only decided to stay, but took on a leadership role that helped to hold the struggling program together. Tariq was named the teams most valuable defensive lineman, First Team All Conference, and signed a letter of intent to finish his career at Division one bound Dixie State College. I look for Tariq Wright to be a force for the Trailblazers for the next two years. ~Andrew Petersen

Huntingdon College

Chase Young

Kicker

Senior

Chase is extremely dedicated to training, and his career performance has shown the results. As a strength intern, he has also selflessly volunteered countless hours investing in his fellow student-athletes. ~Charlie Goodyear

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Lamar University

Garrett Bowery

Offensive Line

Senior

Garrett Bowery brought a much needed fire and leadership to our Offensive Line when he transferred in 2 years ago. In Bowery's first summer he transformed his body to be leaner and more explosive. Through his consistent efforts Bowery earned the opportunity to lead his position group and become a team captain senior year. Bowery is the ultimate team player who wants to see every teammate succeed regardless of their position or role. His contagious passion and enthusiasm for the game is something that spills over into his off field life, which I believe will lead to success in his future endeavors. ~Lane Trudo

Lamar University

Dedrick Garner

Defensive End

Senior

Dedrick Garner was one of the most humble, selfless and hard-working student-athletes I have ever worked with in my 14 year career. He never took a rep off and always made those around him better through his lead by action approach. He excelled at all tasks regardless of their magnitude: from making a big time sack on 3rd down, to besting all of his lifetime maxes, to helping clean the locker room post-game. This first class approach to every aspect of his life is what makes Garner an All-American in the weight room and in life. ~Daniel Darcy

Merrimack College

Cody Demers

Wide Receiver

Senior

"Cody has maximized on his ability and transformed himself into a model student-athlete. His discipline, dedication, and commitment to himself as well as his teammates has garnered achievements and recognitions such as being named captain of the Merrimack College football team, first team all conference and all - district teams, and an invitation to The National Bowl All-Star Game as a wide receiver. All this occurring after a long, successful rehab after missing his sophomore year due to injury. He has set a standard of excellence for his teammates and classmates and is truly a testament to what is possible when passion meets purpose." ~Michael Kamal

Pace University

Jhalen Bien-Aime

Running Back

Senior

Jhalen Bien-Aime has been an integral part in the growth of a football and strength and conditioning program. He holds max numbers of 565 pounds in the Box Squat and 325 pounds in the Bench Press. Jhalen also has recorded a confirmed 4.50 40-Yard Dash and a 38.5" Vertical Jump. On the field, Jhalen is a two year captain and two time All-Conference performer. Jhalen holds the school record for career rushing yards (2,242 yards) and single-season rushing yards (1,040 yards). His dedication and intensity to the offseason program has helped to change the culture of the football and strength and conditioning programs at Pace University. ~Philip Ryder

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Pace University

Darius Jones

Wide Receiver

Junior

Darius Jones has continually improved his performance both in the offseason program and on the field. The junior wide out holds max numbers of 535 pounds in the Box Squat and 315 pounds in the Bench Press at a bodyweight of 165 pounds. He also boasts impressive numbers of a 40" Vertical Jump and a confirmed 4.39 40-Yard Dash. On the field, Darius has been one of the teams' leading receivers for the past two years. During the 2018 season, Darius ranked 2nd in the conference in both kick return and punt return average which helped him earn All-Conference recognition. Darius' work ethic and attention to detail in his technique has helped to influence the culture of strength and conditioning and the football program in a positive way. ~Troy Thompson

Peru State College

Luis Constantino

DL

Junior

Luis exemplifies hard work in all that he does as a student-athlete. As a result of his efforts, Luis has gone from weighing 214 pounds to 224.4 pounds, improved his vertical jump from 32.0 to 33.5 inches, his broad jump from 116 to 117 inches, his 10-yard dash from 1.77 to 1.67, his squat from 480 pounds to 490 pounds, and his bench press from 300 to 320 pounds. Luis further maintains a 3.51 grade point average as a double major in Kinesiology and Business Administration. In his limited spare time he further conducts group training and personal training activities in the Campus Activities Center. ~Kyle Ryan

Sacred Heart University

Kevin Duke

QB

Senior

Kevin's grit and toughness to strength and conditioning was amazing and something special. ~Chris Fee

Stony Brook University

Sam Kamara

Defensive Line

Junior

It is my pleasure to nominate Sam Kamara who was voted as a captain of Stony Brook Football. I've had the pleasure to work closely with Sam my first semester here helping him rehab from an injury and saw right away the type of person he was. He is a dedicated individual to the game of football, school, and to his community. He rarely leaves the football field and demands the most out of his peers when it comes to the weight room. Sam is a stand up individual who resembles what this reward is about. ~Vincent Cagliostro

Trinity College

Max Chipouras

RB

Senior

Chip is pound for pound the strongest athlete I have ever coached and was a monster in the weight room and on the field. ~Bill DeLongis

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University of Wisconsin-River Falls

Brandon McCarthy

Running Back

Senior

~Carmen Pata

University of Wisconsin - Whitewater

Quinn Meinerz

Offensive Line

Sophomore

Quinn was a force for the Warhawks this year on the offensive line starting all 14 games and leading the team to the Division III National Semi-Finals. His hard work and dedication in the wt. room helped him earn All-WIAC 1st team recognition. He is a tremendous leader with great character and will be relied on to lead the team through the off-season into next year.

~Lee Munger

Viking Performance Training

Jack Armstrong

Defensive Back

Senior

Jack is an individual who puts in the time and finds progress completely necessary. There is no clock for this guy and he creates his own success from the work he puts in the weightroom and on the field.

~Jonathan Yohman

Wayne State College

Xavier Graham

Defensive Tackle

Senior

Xavier was a team captain in football and a leader in the weightroom. His backsquat was 650lbs and bench press was 455lbs while deadlifting over 600 and cleaning 335lbs. He has a future as a strength and conditioning coach as well. ~K Grant Darnell

Wayne State College

Tyler Thomsen

Linebacker

Junior

Great leader on and off the field. First Team All-NSIC South Division D2CCA All-Super Region 4 Second Team selection

Third Team All-American on defense

~Sergey Sokolov

Western Colorado University

Robert Garlock

Linebacker

Sophomore

Strong, quick, and attentive to detail. That's Robert Garlock in a nut shell. He is a guy you want, need and enjoy in the weight room. Robert is beyond coachable and is emerging as a young leader. Because of his coachability, dedication and commitment to his training, Robert boasts one of the teams' biggest squats at 465 lbs., cleaned 313 lbs., jumped over 37 inches, and ran his pro-agility in 4.09 seconds as only a sophomore. His team-first mentality has lead him to be an All-Conference Honorable mention. I look forward to seeing him progress as a leader in the weight room and on the field. ~Brandon Stephens



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NSCA
ALL-AMERICAN

STRENGTH AND CONDITIONING

A stylized, light gray icon of a barbell is centered below the text "STRENGTH AND CONDITIONING". It consists of a horizontal bar with two vertical weights on each end.

ATHLETE OF THE YEAR
AWARD

[COLLEGE or HIGH SCHOOL] – [SPORT]