

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

American International College

Luka Maver

Forward

Sophomore

Luka Maver has been a go-getter from day one. Every time he comes to lift he always asks "Coach how can I do this better" or "what do I need to work on". Maver is a perfectionist and does not settle for anything less. He is always going the extra mile to better himself in any way possible on and off the ice. I have never seen anyone more determined than Maver to have the best time in a preseason conditioning test. Luka Maver has a very bright athletic future.
~Rob Bouchey

Merrimack College

Jessie Kuhlman

Forward

Senior

"Jessica Kuhlman is a 4-year member of the Inaugural Women's Ice Hockey team at Merrimack. She has earned a Bachelor's Degree in Marketing and Management and is currently working on her Master's Degree. Jessie is a staple in the Merrimack College weight room holding multiple school records. Not only is Jessie one of the strongest athletes at Merrimack College, she is one of the loudest and most supportive. She can always be counted on to push others to be their best and to do one more even after she has lost her voice for the day."
~Michael Kamal

Saint Anselm College

Sean Verrier

Forward

Junior

From the start of last off-season Sean took his already extraordinary effort to another level. His work ethic, both on and off the ice paid dividends during his junior season as he almost tripled his career points total. Throughout the long season the dedication to off-ice training in the weight room was unprecedented. ~Corey Barboza

University of Michigan

William Lockwood

Forward

Junior

Will has represented everything our program stands for. He is diligent, relentless, organized and most of all, a true leader. He faced a season-ending injury last year and persevered through it; and continued to support his teammates through the rest of the season. Through his incredible work-ethic and commitment to training, Will has overcome this injury and returned to the lineup and is having a career best year. He has created an example for all of his teammates to follow. Will Lockwood is the definition of an NSCA All-American.
~Joseph Maher

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University of New England

Brady Fleurent

Forward

Senior

Brady is one of the most successful student-athletes in recent UNE Athletics history. Brady is a senior member of the Men's Ice Hockey team. He has garnered Commonwealth Coast Conference Player of the Year honors, been named the top New England NCAA DIII Player of the Year and been a finalist for the National NCAA DIII Player of the Year during his career. He has helped lead his team to top-ten national rankings as well as multiple conference championship games and NCAA appearances while leading the nation in points in '16-'17 and '17-'18. As impressive as Brady's individual accolades are, they are born of his determination in the weight room to maximize his abilities and the development of exceptional preparation habits. He has consistently gone above and beyond during his team lifts for four years, paying great attention to detail on everything from soft tissue work to warm ups to Olympic lifts while challenging his teammates to do the same. He is a true leader in the weight room and on the ice.

-Lyndie Kelley

University of Wisconsin-River Falls

Haley Nielsen

Defense

Senior

-Carmen Pata

Wilkes University

Laura Brezinski

Defense

Senior

Laura's major is earth and environmental science and minors in geology and studio art. She maintains a 2.88 GPA while challenging herself academically and physically with a demanding hockey schedule. Laura was the lone senior leader on the fledgling Wilkes University Women's Ice Hockey program. On a team of nine she played in every game and made every preseason and in-season workout. Laura exemplifies what it means to be a hard working, dedicated, female collegiate student-athlete. -Keith Klahold