

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Catawba College

Joey Barber

Midfield

Senior

Joey is our strongest athlete and best leader in the weight room. He is coachable and always lifts with great intent. Each and every lift he is very focused and it always training with the end goal in mind. His passion and efforts in the weight room motivated his teammates both on and off the field. He is a captain and he takes that role seriously. Always setting a good and example for his teammates with his efforts and actions. He is well respected by his peers and coaches. ~Ben McConnell

Colgate University

John Donohue

Close Defenseman

Junior

After suffering a major injury to his leg his freshman year, John aka, "baby hue", has worked his way back to being a constant and consistent force on his team both on the field and in the weightroom. ~Liaaron White

Emerson College

Austin Franklin

Attack

Junior

Austin's dedication in the weight room and willingness to always be learning and improving shows every training session. He trains with effort, energy and intent. He is by far one of the most consistent athletes at Emerson and it shows by the big strength gains he's achieved in the past year. He understands the value of physical

preparation training and he has become a leader for his team in the weight room. ~Ronald Smithers

Fitchburg State University

Marguerite Belcher

GK

Senior

Marguerite is the definition of leading by example. Her consistent effort and energy in the weight room led the way for her team. Through two fall seasons of 6:00am voluntary sessions, she had 100% attendance and was always the hardest worker in the room. She has helped to lay the foundation for a culture of hard work, enthusiasm, and effort in Strength and Conditioning for our Women's Lacrosse team. ~Jim McGuire

Goucher College

Zephan Harnish

Attack

Senior

1 RM Hang Clean: 195
1 RM Backsquat: 315
1 RM Bench Press: 275

Zephan is a great athlete at Goucher with impeccable work ethic in the weight room. One of the most coachable athletes I have had the pleasure of working with. He's made great strides with his technique and has noticeably increased his maxes since the beginning of the year. On the field in 2018, he lead the team with 27 goals and plays a crucial role as a leader. Zephan is an economics major with a business minor and I look forward to hearing about all of the great things he will accomplish in his life outside of college ~Erika Moyer

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Goucher College

Alyssa Long

Midfield

Junior

Broad Jump: 6'10"

1 RM Backsquat: 205

1 RM Bench Press: 100

Max Push Ups: 30

Alyssa has played an integral role as a leader during our time in the weight room this year. Everyday she walks into the gym ready to work and push not only herself but her teammates to be better. She holds herself to a high standard to not only make the lift but to do it with great form and technique. On the field last year she was tied for first with 14 goals scored and started every game as a Sophomore. Alyssa is a biology major with a concentration in pre med. I look forward to working with her next year and can't wait to see how she progresses in her senior year. ~Erika Moyer

Haverford College

Rina Rosnow

Attack

Senior

Since the day she walked onto campus, Rina was a deeply committed member of both the Strength and Conditioning program and the Women's Lacrosse team. This commitment only grew after adversity struck her sophomore year. During the Fall season, Rina had an unfortunate knee injury that kept her out the entire year. She managed to turn this into a year-long opportunity to grow stronger, faster, and more fit, all while influencing others. Currently she is in the top three on her team

for deadlift, speed, change of direction, and vertical jump, plus has the best scores on the team's fitness assessment. The focus she demonstrates in the gym translates to success both on the field and in the classroom, as Rina was a Second-Team All-Region player her Junior year while maintaining high levels of academic success. Furthermore, as a three year member of the school's Strength and Conditioning Advisory Committee, Rina has helped shape the present and future of our program - a legacy that will last well past her graduation. ~Cory Walts

Lindenwood University

Brent Altieri

Midfielder

Junior

Brent is a hard worker and dedicated athlete both on and off the field. He shows leadership and work ethic day in and day out in the weight room. ~Boston Alverson

Lindenwood University

Meghan Rea

Defense

Freshman

Meghan has came in as a freshmen and silently lead others in the weight room by her work ethic and drive to get better. She makes those around her work harder and the team notices when she goes above and beyond. ~Boston Alverson

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Pace University

Bryce Clark

Midfield

Junior

Bryce Clark has continually pushed himself to improve his on-field performance by his efforts in strength and conditioning. Bryce holds max numbers of 460 pounds in the Box Squat and 340 pounds in the Bench Press. Bryce has also recorded a 31" Vertical Jump and 30 consecutive strict pull ups and 40 consecutive strict dips. Bryce has transformed his body and skill set in order from a young player not seeing significant playing time to earning a starting spot on a nationally ranked team this coming season.

~Troy Thompson

Pace University

Amanda Dickerson

Midfield

Senior

Amanda Dickerson has continually progressed and pushed herself to become better in every aspect of her sport. Amanda has been the leader of a senior class that has truly embraced the process of the offseason program. Amanda holds max numbers of 190 pounds in the Box Squat and 120 pounds in the Bench Press. On the field, Amanda played in all 19 games last season and started 18. She had nine goals, collected 19 ground balls and caused 11 turnovers. Amanda's work ethic on and off the field has helped her to be named captain on a nationally ranked team for this coming season. ~Philip Ryder

Pace University

Alexandra Maitland-Ward

Defense

Senior

Alexandra Maitland-Ward is one of the hardest working student-athletes at Pace University. Alex has been a part of a senior class that has truly embraced the process of getting better through strength and conditioning. Alex holds max numbers of 240 pounds in the Box Squat and 140 pounds in the Bench Press. On the field last season, Alex recorded 15 caused turnovers and collected 15 ground balls while playing in 15 games and starting 12. Alex's dedication to the strength and conditioning program has set the path for younger members of the team to see the value in the offseason program. ~Troy Thompson

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Rochester Institute of Technology

Katherine Cameron

Midfield/Attack

Junior

Kat, strong silent type, does not need to speak to make her presence felt. Always pushing herself, Kat is constantly striving for one more rep or a just a bit more on the bar. Despite balancing a heavy workload, Kat never missed an opportunity to train. Frequently, she would be the first athlete I would see that day, determined to get conditioning in before work. Kat, a Biomedical Engineering Major and American Sign Language minor, holds a GPA of 3.8. She was a Liberty League Academic All-American in 2018. Currently, Kat works with the University of Rochester Medical Center designing artificial organs with 3D printers. She also is involved with Love your Melon and the No Voice Zone. Kat has a Front Squat of 165#, a Bench Press of 120# and a Hang Power Clean of 115#. ~Ryan Kelly

Rochester Institute of Technology

Cam Isaac

Midfield

Senior

Cam approaches the weight room with precision and tenacity. He's an individual who truly loves the process. A selfless leader, Isaac has the capacity to make everyone around him better. He continues to set the standard that his teammates chase. Pound for pound-he is one of our strongest athletes with exceptional character. Cam is a Biomedical Science major with a 3.3 GPA and in 2018 was selected to the Google Cloud All-American Division III Men's At-

Large Team. Cam Front Squats 345# (190% of body weight); Bench Press 315# (175% of BW) and Hang Power Cleans 255# (140% of BW). ~Ryan Kelly

Sacred Heart University

Landon Kramer

Defense

Senior

Landon's work ethic and athletic ability are special and he has earned everything in his career through hard work. ~Chris Fee

Sacred Heart University

Olivia Millard

Midfield

Junior

Olivia's intensity and effort pushes her team all year in the weight room and field. ~Chris Fee

Trinity College

Ben MacShane

Middy

Senior

Ben is a student athlete that has taken extra workouts to a new level in his 4 years here. He is constantly in the weight room and has transformed his game and body with this work ethic. ~Bill DeLongis

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University of Bridgeport **Geovanna Ferreira**

Defense

Senior

Geo is one of the most committed athletes in our program. She has been instrumental in setting a higher level of expectation for her teammates through her dedication to training. Regardless of whether she is training in or out of season, Geo gives 100% effort on every rep and every exercise and frequently comes in for extra work. She is a two year captain, has placed first in numerous strength & conditioning challenge workouts, and has improved her strength, power and fitness levels every year. She was also a driving force on SAAC to advocate for a full-time strength coach at UB. ~Tristan McLaren

University of Lynchburg **Logan Adams**

Attack

Senior

Logan has been a process player for an already highly performing Lynchburg Lacrosse program. A skilled athlete on the field, Logan's frame forced him to buy into the process work harder than many others for the better part of his 4 years as a part of a successful attack unit. 1% Better Every Day is something Logan used to his advantage and didn't allow anything to get in his way to completing his goals in the weight room. His successes in the weight room, on campus, and on the field are unmatched by most. ~Ed Smith

University of Lynchburg **Allie O'Leary**

Defense

Senior

Allie has been a staple and cornerstone in the Women's Lacrosse Strength & Conditioning program here at Lynchburg. A double sports athlete as a freshman, Allie has pushed to become 1% Better Every Day in the weight room and continues to lead her team while being an enforcer on the field. Her work ethic has allowed her the opportunity to be recognized by the conference and help her team become a conference contender each of the last four years. ~Ed Smith

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University of New England

Samuel Sahl, NSCA-CPT

Face Off / Midfield

Senior

Sam is one of the hardest working athletes I have ever had the pleasure to coach. He is constantly seeking to maximize his abilities and has grown into one of the finest leaders in our weight room. Not only have Sam's strength numbers consistently improved over the past four years, his confidence has soared as well as his love for the field of Strength and Conditioning. Sam is a senior Men's Lacrosse athlete and has anchored his team in the weight room during his career as a Nor'easter. He has helped lead his team to 3 consecutive Nor'easter GRIT Strength & Conditioning Team of the Year awards with his enthusiasm, sense of humor, tremendous work ethic and willingness to embrace our Leave it Better philosophy. Sam is an Applied Exercise Science major who has been integrally involved in several academic research projects related to athletics and he has served as a Strength & Conditioning Intern for the duration of his senior year. He plans to pursue a career as a Strength Coach and has already earned his NSCA-CPT. ~Lyndie Kelley

Virginia Military Institute

Kyle Walsh

Defender

Senior

Kyle is a hard working and tough competitor and he lives these qualities on the field and in the way he trains. He is a great team leader that holds himself to a high standard and also his teammates. His consistency with training and on field performance is remarkable considering the toughness of the sport combined the rigorous academic schedule here at VMI. ~Dave Lawson

Wilkes University

JT Weitzel

Midfield

Senior

Being a leader in and out of the weight room is just the norm for JT. He is an incredibly hardworking and humble student-athlete; who, with a combination of his lacrosse skills, hard work, and commitment to the weight room brought him an all conference honorable mention as a sophomore and second team all conference as a junior. Along with that, JT also puts in a tremendous effort in the classroom with one of the highest GPAs on the lacrosse team as a mechanical engineering major.

~Kevin Zingaretti