

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Rensselaer Polytechnic Institute

JT Kelly

Lacrosse, Football

Attack & Running Back

Senior

JT has been a consistent presence in his 4 year career at RPI. At the conclusion of his junior year he decided to become a 2 sport athlete and join the football team. Through his commitment to the weight room, he has added over 30 lbs since his freshman year and increased his production year to year. JT is an exemplary teammate, selfless, motivated and pushes those around him to better themselves. JT has been a consistent top 5 point producer and an all conference selection his sophomore and junior season. ~Sergio Merino

University of Wisconsin - Whitewater

Ashton Doll

Volleyball, Track & Field

Middle Hitter and High Jump

Junior

Ashton is a two sport athlete for the Warhawks excelling as a Middle Hitter with the Volleyball team and a High Jumper on the Track & Field team. In Volleyball she led the team to an NCAA regional semi-final and her tremendous work ethic helped her earn All-Region and All-WIAC accolades.

She is an outstanding student and manages to balance multiple sports with academics exceptionally. Her dedication to strength and conditioning has allowed her to excel as an athlete and we are looking forward to her having an outstanding senior season. ~Lee Munger

Wilkes University

Gabrielle Giordano

Basketball, Softball

Guard (WBB), Utility (SB)

Senior

Despite transferring to Wilkes the summer before her senior year, Gabrielle has made an immediate impact on both of her teams. In her first year, she received All-MAC (Middle Atlantic Conference) Honorable Mention honors. She led her team in rebounds, points per game, assists, steals and minutes played. She played a pivotal role in accomplishing the teams best conference record in the past 5 seasons. Along with being a great athlete, Gabrielle is the strongest athlete to ever be at Wilkes. Her dedication to improving herself not only on the court or field, but in the classroom is bar none. She is currently a volunteer intern at Wilkes University and hopes to open her own gym in the future. ~Zachary LeDuc