

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Wayne State College Mason Gooch Junior

I have known Mason for many years. His lifting numbers and size are impressive but this is a byproduct of the hard work he puts in. Mason lives the life of a champion and his hard work will pay off. ~K Grant Darnell

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ATHLETE OF THE YEAR Award

COLLEGE – OLYMPIC WEIGHTLIFTING