

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Central Washington University

Suiluana A'au

Center

Junior

Sui has been awesome for me in the weight room at Central Washington. She displays a great attention to detail, as well as being a hard worker and self starter. She has great Leadership skills and always pushes everyone to be their best. Sui has made continuous strength gains throughout the course of her career at Central. These skills has turned her into an All-American as well as being selected to the 2019 USA Women's Rugby Eagles Performance Squad.

~Brock Behrndt

Lindenwood University

Ayden Hurst

Flanker

Sophomore

Consistently demonstrates a strong work ethic, positive attitude, focus, technical execution, leadership, and the motivation to keep improving above his fellow Lions.

~Michael Cullen

Lindenwood University

Penina Tuilaepa

Tight Head Prop

Sophomore

Consistently demonstrates a strong work ethic, focus, technical execution, leadership, and the motivation to keep improving above his/her fellow Lions.

~Michael Cullen

Sacred Heart University

Allie Rinaldi

Scum-Half/Fly-Half

Junior

Allie has transformed herself and pushes the people around her to be better.

~Chris Fee



ATHLETE OF THE YEAR
AWARD