

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Avila University

Taylor Cossairt

Defender

Senior

Taylor is being nominated for her ability to focus on what matters most. She was a DII athlete who made the best decision for herself and her family to transfer to an NAIA school closer to home so that should be with her father who was ill. She has made sacrifices and overcome adversity to continue to pursue the career path and sport she loves while still remembering that her family is her greatest priority. Taylor was a quiet leader in the weight room who always lead by example to her teammates while giving her best. I appreciate all her hard work and wish her the best of luck in the future. ~Brian Ciolek

Black Hills State University

Rose Miller

Midfielder

Junior

Rose has been dedicated to making herself the best soccer player she can be since she arrived on campus. It has shown on the field with her strong play, by her team as she was selected a captain, and in the weight room by increasing her strength, speed, quickness, and conditioning. Rose has not missed a game in her career and despite all the minutes played she continues to improve throughout the season. ~Aaron Siekmann

California Lutheran University

Zandra Stewart

Defender

Junior

Zandra ("Z") is the ultimate student-athlete. As a three-time member of Cal Lutheran's Scholar Athlete Society and an All-West Region and All-Conference selection, she has achieved excellence on and off the field. Over the past three years, she has spearheaded a defense that is ranked among the Nation's best in shots-on-goal and goals allowed. Z's success is the result of her outstanding work ethic, unwavering persistence, and genuine commitment to the Regals Soccer program.

~Patrick Holmberg

Catawba College

Shelby Thompson

Goalie

Senior

Shelby is extremely dedicated to her own success as well as her team's success. She is a great leader that takes time to help the growth of each athlete on the team. In the weight room, Shelby is by far the strongest female athlete we have. She is stronger than a lot of the male athletes as well. Her dedication to pushing maximum weight and maximum efficiency in the weight room is unmatched. In an effort to "fill her shoes" in the weight room after she graduates I instituted the "Shelby Rack" and put 3 athletes with her that have the potential to take over her leadership in the weight room. Shelby was tasked with teaching, coaching, and motivating these athletes to push themselves to new levels in order to help the team to succeed after she is gone.

~Ben McConnell

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Clemson University

Nolan Lennon

Goalkeeper

Senior

Nolan Lennon

Nolan Lennon has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman four years ago. Nolan has demonstrated tremendous resilience during his career, coming back from 3 ACL surgeries to earn his first varsity letter last season. He has spent countless hours in the weight room during his career, bringing his knee back up to strength while attacking all other areas he was able to train while being injured. His hard work and dedication towards building the Clemson men's soccer culture has not gone unnoticed; this spring he was named a team captain for the upcoming fall season. Nolan is one of the strongest guys on the team and is among the tops on the team in bench press, split squat. Lennon also is tops on the team in vertical jump and among the team leaders in 30 meter sprint. ~Rick Franzblau

Endicott College

Kadrianna Letts

Defense

Sophomore

Kadrianna Letts epitomizes the ideals you would ask for in a complete student-athlete. Letts is a dedicated student first and works extremely hard in perfecting her athletic abilities. In addition to her leadership and dedication to strength & conditioning, she was named Commonwealth Coast Conference Defensive Player of the Year and 1st-Team All-Conference. She helped to anchor a defense that allowed only 164 shots total over 18 games, leading to the 1st ranked team in conference in shutouts for and shots against. Clean: 115lbs. Back Squat: 205lbs. Bench: 105 lbs. Hex DL: 245lbs. ~James Daley

Eastern Michigan Univeristy

Kristin Nason

M/F

Senior

Kristin Nason's leadership has been a catalyst to raise the standard of Eastern Michigan Soccer both on and off the field. The team's game day performance, fitness, and overall culture have changed dramatically due to Kristin's work ethic and ability to show others what is possible when a team fully commits to one another and their goals. ~Sean Conaty

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Humboldt State University

Haley Miller

Midfielder

Senior

Haley came to HSU in 2015 as a freshman coming off an ACL. In her first game she suffered the same injury in the same knee. That entire season she dedicated herself to strength training with us to be as strong as possible before going in to her surgery around. By the time she got to her surgery she was probably the strongest woman on the team even without an ACL. After her surgery her dedication throughout the entire offseason program was apparent and she completely transformed herself as an athlete only to get to the season and develop knee instability. Upon further examination the ACL reconstruction did not take! After all that, Haley went through another ACL reconstruction and had to take another medical redshirt. Most people would have quit after 3 ACL surgeries or accept that they will not be the same player they used to be, but Haley did no such thing. Haley committed herself to the process of rebuilding herself as she had done already twice before and by the time she got to her senior year was a true leader in the weightroom and one of the most skilled and physical players on the soccer field. I am excited to submit my nomination for Haley Miller do to her tireless work ethic, commitment and resilience.

~Benjamin Servais

Lindenwood University

Cole Luby

Goalie

Junior

Cole has been a leader on the field and in the weight room for the Lindenwood Men's Soccer team ever since he stepped foot on campus. While his playing time has been limited, Cole hasn't let that deter him. He continues to push himself and his teammates to better themselves both on the field and in the weight room all while exhibiting positive leadership qualities. As a result, I believe Cole would be a great candidate for the NSCA's All-American Athlete Award. ~Michael Reese

Radford University

Claire Dundon

Defender

Senior

Claire put in a tremendous amount of work in preparation for her competitive seasons. If the saying "It is what you do when no one is watching" has any merit, Claire certainly proved it. She was a tireless worker with her team as well as training alone when her team was out of sight. Her drive and example helped contribute to a Big South Conference Championship. ~Scott Bennett

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Stony Brook University

Julie Johnstonbaugh

Forward

Senior

I only had the pleasure to work with Julie during her Junior and Senior year but in that short time her work ethic and leadership in the weight room was unwavering. Her hard work and dedication throughout the off-season helped her and her team to win the America East Regular Season Title. Julie was able to stay healthy her whole senior season scoring 9 goals and starting in every game. As a retired athlete she is still in my office once a week asking for workouts. Her leadership and never quit mentality will be missed in our athletic department.

~Kaitlyn Newell

University of Bridgeport

Lucas Santos

Midfield

Junior

Lucas has taken advantage of every opportunity to get better from the first day he stepped on campus. He is frequently putting in extra hours on the field and in the weight room and it has helped him perform consistently at a high level. He has embraced strength training as part of his routine has transformed into a more explosive athlete as a result. He dropped 5% body fat while adding lean muscle mass, back squats 305 lbs, bench presses 215 and hit a 94 inch broad jump. His leadership as a captain has been invaluable at developing a hard working culture amongst his teammates in the weight room.

~Tristan McLaren

University of Lynchburg

Dylan McLaurin

Goalkeeper

Senior

Dylan was a consistent weight room warrior over his four years at Lynchburg. His 1% Better Every Day mentality allowed him to become the strongest player in Men's Soccer history at Lynchburg. In addition to his success in the weight room, Dylan was recognized as one of the best GK in the conference and the country. ~Ed Smith

University of Lynchburg

Kara Rombough

Mid-Field

Senior

Kara continued to grow the culture of the already very successful Lynchburg Women's Soccer team. Kara's 1% Better Every Day mentality in the weight room allowed her to grow into a force in the mid-field and was highly recognized for during her time as a starter. ~Ed Smith

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University of Wisconsin-Milwaukee

Erin Corrigan

Defender

Senior

Erin was hurt during the 2016 season with her second ACL injury. Throughout her career at Milwaukee Erin was always a hard worker during Strength and Conditioning training. The off-season before her redshirt senior year Erin displayed even higher level of determination and strength of character. Though with her injury, Erin had obstacles to overcome she worked hard, lead her teammates and fought to achieve high levels of physical preparation. Erin helped to lead her team to be Horizon League Champions and received the following accolades:

Second-Team All-Horizon League
Google Cloud Academic All-District Soccer
First Team
Soccer Scholar All-North/Central Region
Second Team
6th in the nation in Assists per game (.63)
~Matthew Holt

University of Wisconsin Whitewater

Kyle Clancy

Midfielder

Senior

Kyle has always been a very hard and dedicated athlete in and out of the weight room. After suffering ACL injury his sophomore year, Kyle worked exceptionally hard on rehab to make his way back to the weight room. Once he was cleared, he worked everyday to get bigger, faster and stronger. Once he returned for his senior season, he was a great senior leader in the weigh room, showing the younger athletes

what you can achieve to become a better soccer player. ~Cory Chapp

Washburn University

Mackenzie Heiman

Midfielder

Senior

Since her freshman year, Mackenzie has lived in the weight room. During her time at Washburn, she has spent it improving not only herself, but dedicating her time to making the team better physically and mentally. Being named team captain for her Junior and Senior seasons only motivated her more to lead the team to success. She put in extra work in the weight room and on the field individually but also motivated other members of the soccer team to put in the extra work. While leading the team she was also completing Nursing School while holding a 4.0 and collecting post-season All-Conference accolades. Future career success for Mackenzie is imminent ~Trent Smith

Wayne State College

Alexis Strothers

Def

Senior

Strong is an understatement for Alexis- her near 400lb deadlift and 275lb back squat are impressive feats of strength. Even with her senior season of soccer completed Alexis is still training hard, Training is apart of her healthy lifestyle and will be with her for a long time. ~K Grant Darnell

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Wayne State College

Rachel Grisham

Goalkeeper

Junior

Rachel is a relentless worker that always brings a positive attitude to the weightroom. Her work has translated to on-field successes
~Sergey Sokolov

Webster University

Lilly Brauer

Defenseman

Junior

Lilly is an extremely talented soccer athlete and works even harder physically preparing herself for competition. Even after undergoing her 3rd ACL surgery, Lilly has shown her relentless drive to ensure she is optimally prepared to compete in her final season. Her strength and power expressed in the weight room and on the field is unmatched. Lilly was named the SLIAC Conference Defensive Player of the Year and was also named a United Soccer Coaches Women's Scholar All-Region Selection. ~Matt Saitz

Webster University

Justin Schmidt

Defenseman

Junior

Justin is a joy to both coach and watch compete as an athlete. Justin is punctual, precise, and attentive in all of his pursuits. He is a selfless leader, prioritizing the needs of the team over his own. Justin constantly seeks to improve the interactive and competitive dynamic of the team. Justin earned SLIAC Conference Defensive Player of the Year honors, All-Region honors, and was named to the NCAA Division III United Soccer Coaches Scholar All-America Team.
~Matt Saitz

Western Colorado University

Jessie Jacobsen

Forward

Sophomore

Jessie brings an intensity to the weight room that sparks a competitive nature amongst the team. Although young, she is emerging as one of the team's leaders. Jessie's dedication and commitment to her training is unmatched as she is currently the pound-for-pound strongest female athlete at Western and is consistently finding ways to do extra drills to master her craft. Jessie has been a joy to work with so far and I look forward to seeing her grow as a leader on a young soccer team. ~Brandon Stephens