

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Albany State University

Aryn McGowan

Pitcher

Senior

Aryn McGowan is a leader on and off the field. She is a tremendous worker in the weightroom. Her work in the weightroom shows in her play on the diamond.

~Troy Williams

Augustana University

Maggie Kadrlik

Catcher

Senior

Maggie's leadership, work ethic, and grit have led her to great things in the weight room and on the diamond. She has a tremendous ability to lead her team both vocally and by example. Her toughness and love for lifting has earned her team records in the clean, squat, bench press, deadlift, and vertical jump. ~Andrew Stocks

Black Hills State University

Samantha Schoen

Shortstop

Junior

Sammy has worked to become one of the strongest and fastest on the team. She puts in extra time on her own to make sure she stays healthy and keeps her strength up during the season. Her play on the field is a credit to her work ethic and commitment to become the best player she can be.

~Aaron Siekmann

Catawba College

Sydney Goertzen

Outfield

Sophomore

Sydney is an amazing athlete with an even better work ethic. Her desire to train and push herself has surely led to the success she has seen in the weight room, classroom, and on the field. She has been a great leader for the program and person the staff can always lean on to motivate and lead her teammates. ~Wayne Adams

Catawba College

Leah Huggins

Outfield

Senior

Leah has been a great leader for the program. She has been able to push herself and her teammates to success in the weight room, classroom, and on the field. She has an amazing work ethic, values all things training related, and has proven to be an extension of the coaching staff.

~Wayne Adams

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Clemson University

Ansley Gilstrap

Short Stop

Senior

Ansley Gilstrap has consistently dedicated relentless perseverance on the field and in the weight room. Ansley will attack every training session with full effort, high intensity and focus. As a senior transfer she has only trained with me for about a year and has already made tremendous strides physically by demonstrating a 275lb trap bar deadlift, 9 pull ups, and a 3.17 20 meter sprint. Aside from Ansley's physical capabilities, she has set an incredible example for her team as to what level of commitment is needed to be a successful softball team in the ACC conference and is a strong contributor to help build the culture of a new program.

~Jessica Prencipe

Denison University

Colleen Hoffman

Pitcher

Senior

Colleen was named to the All North Coast Athletic Conference second team as a junior with 15 starts with a 9-4 record and a 3.12 ERA. Threw a no hitter with six strikeouts against Hiram College. Colleen also hit .324 at the plate with a .316 on base percentage as a junior. Colleen is an economics major with a minor in Spanish. In addition to her accomplishments on the field, Colleen has been a student worker in the weight room for the past three years. Over the course of her career she has increased her squat max from 200 to 285 lbs, her bench press max from 120 to 185 lbs, her hang clean max from 110 to 165 lbs, her pull up max from 3 to 10, and added two inches on her vertical jump.

~Beau Scott

Emerson College

Micaela Dix

Shortstop

Junior

Micaela has been the foundation for softball in the weight room this year. With an incoming freshmen class of 9, she has provided guidance to help instill a culture of performance while consistently completing team-best lifts on bench press (100#) and deadlift (235#). ~Jennifer Boyden

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Emory & Henry College

Erin Anderson

Outfield

Senior

A natural fit as a 2018 captain on the Emory & Henry softball team, Erin Anderson brings great passion, enthusiasm, and positivity to her team. Since helping her team to its second NCAA tournament appearance in 2017, Erin has increased her drive to be a standout on the field and get her team back to the regional tournament. For the 2018 season Erin was selected for the Academic All-District Team by CoSIDA, the Conference Tournament All-Tournament Team, and was also named First Team All-Conference. She also led the team in batting average at .395, hits (51), triples (3), and stolen bases (16) in 2018. In addition to her athletic accolades, Erin is also the president of the Emory & Henry Alpha Beta Chi sorority. As a Health and Human Performance Major, with a focus in Physical Education, Erin has spent her senior year student-teaching while balancing all of her other academic, athletic, and Greek-life responsibilities. Despite her busy schedule, Erin's persistence to complete all of her strength and conditioning training has led to greatly improved athletic abilities. Her innate drive to success will undoubtedly benefit her and her team this season. ~Mike Caro

Haverford College

Julia Blake

Second Base

Senior

Julia has a unique zest for life that allows her to intently focus on excelling at every endeavor, all while having a smile on her

face throughout. She is a fierce worker who has a rare combination of strength (345 pound deadlift) and speed (school record in the sprint) which translates to athletic success. Julia is a three time All-Conference player, a two year captain, and the reigning Centennial Conference Batting Champion. But it's her diverse set of passions that make Julia special. She is committed to her Softball family, traveling the world with friends and family, school government, healthy eating, and learning the why's to all she does - from the technique of an Olympic lift to the influence she has on Haverford College as it's Students' Council Co-President. Julia has set a high standard for what being a Haverford College student-athlete is all about. ~Cory Walts

Humboldt State University

Illa Haley

Utility

Senior

Illa has been a force in the weight room since the day she arrived at HSU. She leads by example on and off the softball field by setting the benchmark for success. During her 2018 season, she was able to be one of her teams leaders in batting average and hits while playing through multiple injuries. These injuries did not stop her from becoming the strongest player on her team during that season either. Her success is the product of all of the hard work she puts in in the weight room and on the field. She is extremely deserving of this award. ~Anthony Ratto

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Huntingdon College

McKenzie Ridgway

Infielder

Senior

McKenzie has been very dedicated to training, and has been a positive impact on the culture of our softball program.

~Charlie Goodyear

Lindenwood University

Ceaira Perez

Outfield

Sophomore

Ceaira is a great example of how to lead by example. She holds herself accountable and does all the little things right. She is willing to push outside of her comfort zone. Ceaira's character and work ethic sets her apart from others. She has made huge strides on all three main lifts we have focused on throughout the semester.

~Maddie Bohr

Lipscomb University

Sarah Higgins

Catcher

Senior

Sarah is the epitome of a hard worker. She has done nothing other than work hard since stepping foot on campus. Some of her numbers in the weight room include: 285 LB back squat, 145 LB bench press, 132.5 KG Deadlift, and 80 KG power clean all for 3 rep maxes. She was tested this past fall season when she tore her ACL and had to put that work ethic and tenacity to use as she rehabbed from the injury. She never took a day off and got herself ready for her senior season only missing the opening weekend.

She continues to be a pivotal player on the team and leads by example through her work ethic and positive attitude. Her personality continues to make her one of the most influential players on the team.

~Clint Woods

Nova Southeastern University

Kayla Kight

Infielder

Senior

Kayla Kight has been described as the emotional leader on her team. Since joining the team as a transfer student, Kayla quickly established herself as an extreme competitor known to push herself to the limit in every training session. She consistently sets high expectations for herself and most importantly, motivates her teammates to rise to the highest level. Kayla has been instrumental in leading her team to new levels of strength, endurance, and toughness. If Kayla struggles with something, she will "bear down and grind" until she has found a way to show improvement. Additionally, Kayla is a leader in the classroom as well, carrying a 3.10 cumulative GPA majoring in Criminal Justice. ~Steven Orris

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Rochester Institute of Technology

Sarah Thayer

SS/3B

Senior

Sarah was one of the first athletes to introduce herself and has not left the weight room since. She truly loves training. Sarah brings a contagious and enthusiastic energy every time she walks through the doors. Outside of softball Sarah is a Packaging Science major and member of The Industry Packaging Professionals, and dedicates her time to the Athletics Department Home Events Management team. It has been a joy to work with her. I am confident that Sarah's personality and work ethic will bring her continued success in all endeavors after graduation. Sarah has a Hang Power Clean of 135#; Front Squats 185# and a Bench Press of 130#. ~Ryan Kellt

Sacred Heart University

Kristen McCann

Pitcher

Senior

Kristen has transformed her game through a great commitment to strength and conditioning ~Chris Fee

Saint Anselm College

Maggie Murphy

Outfield

Junior

Murph's innate ability to excel in competition is unmatched. In all aspects of training she is setting the tone for the rest of her teammates and peer female athletes at Saint Anselm College. Her success throughout her career has come from hard

work and dedication to her craft. Her most impressive accolades are her 20 yard sprint and pro agility times being at or near the top for all female athletes at the college.

~Corey Barboza

Stony Brook University

Katelyn Corr

Outfield

Senior

Kate Corr has begun her senior season as one of our fastest and strongest all-around female athletes. She continues to push her limits in the weight room, and is constantly looking for a new challenge to compete in. Kate has excelled in all aspects of strength and conditioning this year, making sure to set a great example for her teammates. She is always the first to cross the line in conditioning, and the first to cheer on her lifting partners during their sets. Her work ethic and commitment to improvement is unwavering. She continues to lead her team in attention to detail, effort and competitiveness each day. ~Kelly Cosgrove

University of Lynchburg

Mackenzie Chitwood

INF

Senior

Mackenzie (Chitwood) has been a four-year staple to the Softball Strength & Conditioning program here at Lynchburg. She continues to push herself and her teammates to become 1% Better Every Day. Chitwood's successes and hardworking mentality in the weight room have helped her grow and continue to be a key in the Lynchburg Softball line-up. ~Ed Smith

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University of Michigan

Mackenzie Nemitz

Third Base

Senior

Mackenzie is currently a senior third baseman for the University of Michigan softball team and a member of the 2016 and 2018 Big Ten Championship teams. Mackenzie's commitment to strength and conditioning over her career has helped her to achieve notable improvements on the field. Over the course of her career, she has added 15lbs to her 1RM clean, 35lbs to her 1RM back squat, and 25lb to her 1RM bench press while also decreasing her 20yd sprint by .23 seconds. Mackenzie's improvements certainly did not come easy. During the fall of her sophomore year, she suffered a season-ending knee injury. Throughout her rehab process, she had her share of struggles. She could have easily let the injury serve as an excuse to end her career, but instead, she found a new level of motivation and commitment. Over the last 2 years, she has made a concerted effort to improve her strength and overall fitness. To her credit, her growth goes beyond just her physical development, she has committed to improving on a personal level who she is for herself and others. I am fortunate to be able to work with Mackenzie as she works to contribute to the success of her team. Without question, Mackenzie is a student-athlete I will continue using as an example for years beyond her Michigan career. It is with great pleasure that I nominate her for this award. I look forward to helping her reach her goals as a student-athlete.

-Lew Porchiazzo III

University of New England

Avery Alberghini

Catcher

Senior

Avery is a gifted athlete who I have never seen outworked. She possess an extraordinary level of strength and quickness. Avery's lightning speed and plyometric prowess is second to none. She owns numerous Nor'easter Strength and Performance Testing records and although she is naturally talented, her work ethic and desire to reach her full potential has been something to behold. Her competitive fire has helped spark her team's emergence as a leader among the women's athletics teams in the weight room. Avery has been an impact player for the Softball program since stepping on campus and her growth trajectory has exploded exponentially over the past four years. Just when I think she has maximized her potential, she proves me wrong and box jumps her height! Avery is a power house behind the plate as a catcher and is a threat on the bases with her speed. Her impact on Nor'easter Strength & Conditioning will be felt for years to come and she will be leaving me a better Strength Coach. Avery is the ultimate competitor, both on the softball diamond and in the weight room. -Lyndie Kelley

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University of Wisconsin Whitewater

Caitlin Catino

Centerfield

Senior

Cait is a very hard working and excellent senior leader for the softball team in the weight room. Cait continuously puts up life numbers that are above and beyond expectations in the weight room. Cait's dedication to strength and conditioning has not only separated herself but also has motivated the rest of the team to push themselves in the weight room.

~Cory Chapp

Washburn University

Savannah Moore

Infield

Senior

In the three years I have worked with Savannah, she's been one of the most dedicated athletes I have ever worked with. The gains she has made in strength and speed has led her to break numerous offensive school records including most RBIs in a single season. With the numerous school records she has broken she has also received post-season accolades such as 1st team All Conference and All Region. Throughout her three years with the program she has helped lay the foundation for future student-athletes in showing them what they need to be successful not only on the field but in the classroom as well. As she continues with her senior season she is always encouraging and motivating the team to be more than what they believe and consistently the one to step up on field when it is needed. ~Trent Smith

Wayne State College

Raquell Penke

Catcher/Infield

Sophomore

Raquell is a hard worker that always brings a positive attitude to the weightroom. Her work has translated to on-field success.

~Sergey Sokolov

Wayne State College

Riley Vanderveen

Pitcher

Senior

Riley brings it everyday, even on her non training days still will come in and do extra work. She has been fun to coach and will be successful in the athletic performance field.

~K Grant Darnell

Webster University

Abby Burroughs

Infielder

Junior

Abby is one of the most consistent and hardest working athletes at Webster University. As a Biology major, her schedule is extremely busy with minimal free time. Abby makes it a point to stop in each and every day to work on the physical qualities necessary to both retain and improve performance on the field. Abby leads by example and has served a major role in the softball team's off-season physical preparation. Abby has twice been named to the SLIAC All-Conference Team, and has twice been recognized for her high achievement as a student being selected as an Easton/NFCA All-America Scholar Athlete. ~Matt Saitz