

# 2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## **Eastern Michigan University**

### **Delaney Duncan**

#### **100/200 Breast Stroke**

##### **Senior**

I have had the pleasure of being Delaney's strength coach for 4 years. I have seen her grow from a pure swimmer doing dry-land, to 100% buying into the weight room. This dedication in the weight-room has led to not only weight-room PR's but NCAA accolades as well. In the weight-room she can now Squat 260#, Bench 135#, and Power Clean 145#. She is a leader and a voice in the weight-room, dedicating 4x a week to train with me. She has been a 3x Mac 100, 200 breast stroke champion, holds both school and MAC records. She has anchored winning relays at multiple MAC Championships. This conference success has continued on the national level as she is a 3x NCAA All-American, 4th place last year at NCAA's in the 100 breast, as well as competing at US Trials. She additionally excels in the classroom with a cumulative gpa of 3.75 while majoring in Marketing. Last summer she swam, lifted and handled at internships with Quicken Loans. She has dedicated herself fully to this sport and this team. For these reasons I believe she would be a great candidate for NSCA All-American. ~Aaron Short

## **Lewis & Clark College**

### **Kassie Kometani**

#### **Freestyle**

##### **Senior**

Kassie Kometani has been an essential piece for the Lewis & Clark Swimming Program. Her commitment to our coaching staff and programs have led Kass to become a Conference Champion her senior year. Kass has been a force in the water every year earning All-Northwest Conference First Team honors each year she's competed for the Pios. Her leadership, great work ethic, discipline, and attitude in the weight room and in the pool never went unnoticed. Kass epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Kass is determined to make herself and those around her better every day, and in every way. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas-Pleasant  
~Angela Dendas-Pleasant

## **Pace University**

### **JunWoo Moon**

#### **Free/Back/ Sprinter**

##### **Senior**

JunWoo Moon has shown growth and dedication in the weight room to further push his abilities in the water. Through focusing on his lower body power output, he has been able to establish himself in his sprinting capabilities in the pool. He holds the program record in the Front Squat at 300lbs and Hang Clean at 220lbs. He had several individual wins in the 100-back during dual meets this season, and was a member of three top-five relay teams at Conference finals. ~Philip Ryder



# 2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

NSCA  
ALL-AMERICAN

STRENGTH AND CONDITIONING



ATHLETE OF THE YEAR  
AWARD

[COLLEGE or HIGH SCHOOL] – [SPORT]