

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Catawba College

Emily Corcoran

N/A

Senior

Emily's work ethic and determination have been unmatched. She has been a great leader for the program and continually pushes herself and her teammates. Emily is a great athlete who has seen success in the weight room, classroom, and on the court.

~Wayne Adams

Emily far exceeds all weight room abilities of most athletes. Her natural athleticism combined with her work ethic make her a strong competitor. In addition to her performance in the weight room, Emily is always encouraging her teammates to push themselves to get better in all aspects of training. She uses her full potential to push the limits at what she can accomplish.

~Ben McConnell

Emerson College

Thea Nagle

Freshman

Thea has jumped right into the weight room expectations for the tennis team as a freshman and has put up some of the best numbers on the team (both men's and women's combined). More importantly, she has worked independently on her program and always completes the assigned workouts, even jumping in with other teams to add to the culture. ~Jennifer Boyden

Lindenwood University

Tudor Ghenea

Senior

Tudor is an excellent example of hard work and dedication in the weight room. He is constantly challenging himself to be the best athlete he can possibly be. His positive attitude and grit set a standard for his team to follow. In his 2015-16 season, he was named to the ITA All-American team.

~Hunter Haralson

Lindenwood University

Fernanda Poblete

Freshman

Fernanda is a dedicated individual that is always seeking for more. She always goes the extra mile to continue to better herself, even when the odds are stacked against her. Even though she is only a freshman, she shows qualities of leader. We are excited to see how her first season as a lion begins.

~Hunter Haralson

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Stony Brook University

Elizabeth Pam

Sophomore

Elizabeth “Lizzy” Pam injured her wrist halfway through her freshman year and couldn’t play tennis for spring season or fall season of her sophomore year. The entire time, she was in the weight room doing anything she could to stay strong while supporting her teammates out on the court. She has been a true leader of the team for a year without playing any tennis. While focusing on what she was able to do, she improved her lower body strength and tested a back squat 1RM of 295lbs at the end of fall semester. This focus, combined with her dedication to her rehabilitation has earned back her spot in the starting lineup out on the court for this spring season. ~Valerie Cohen

University Missouri St. Louis

Marina Prediger

Junior

Marina shows amazing drive and motivation towards Strength and Conditioning. She understands how vital physical performance is to being successful on the court. She leads by example to her teammates and has the heart of a champion. She always has the drive to push herself to the limits and then some. ~Trenton Crain

University of Lynchburg

Lilli Altenburg

Senior

Lilli, the backbone of the Women's Tennis program here at Lynchburg. Through coaching transitions, Lilli continued to set the standard of what it means to come in and get 1% Better Every Day. Lilli's hardworking mentality has gained her personal recognition and helped lead Lynchburg Women's Tennis to become a contender within the ODAC. ~Ed Smith

University of Lynchburg

Nick Savino

Senior

Nick, the backbone of the Men's Tennis program here at Lynchburg. Through coaching transitions, Nick continued to set the standard of what it means to come in and get 1% Better Every Day. ~Ed Smith

University of Texas at San Antonio

Diya Menon

Junior

Diya has a relentless work ethic and makes the most out of every minute she is in the weight room. She is the type of athlete that will do what she's supposed to regardless of who is there watching. Diya's positive, ambitious attitude is contagious and she has developed into a strong, capable leader for her team. ~Lexi Beeson