

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

## **Albany State University**

### **Ashley Harrell**

#### **Thrower**

#### **Junior**

#1 discuss in the SIAC, #5 hammer thrower in the SIAC. She is also does the javelin and shotput. Conference champion in discuss in 2017. She is a hard worker in the weightroom, and the strongest thrower on the team.

~Troy Williams

## **Augustana University**

### **Paul Meloche**

#### **Hurdles**

#### **Senior**

Paul's determination, work ethic, and love for lifting have propelled him to great heights in the weight room and on the track. He holds team records in the clean, squat, bench press, and deadlift. Paul's PR of 8.02 seconds in the 60 meter qualified him for the 2019 DII Indoor National Championships.

~Andrew Stocks

## **Augustana University**

### **Ashley Solano**

#### **Hurdles**

#### **Senior**

Ashley has dedicated herself to the weight room year round throughout her career at Augustana. She holds team records in the bench press and deadlift including an impressive 2.72 body weight coefficient for the latter. Ashley's consistent hard work has been a model for all Augustana student-athletes. ~Andrew Stocks

## **Aurora University**

### **Jocelyn Ocon**

#### **Weight Throw, Shot Put, Hammer Throw**

#### **Senior**

Jocelyn's determination to improve our student-athletes while maintaining academic prominence is a great model for all of our Spartans. She consistently met or surpassed all weekly facility and program tasks, which included program design, facility maintenance, and volunteering in the local community. Of particular value to me as the Director of Strength & Conditioning was her team player mind-set, enthusiastic embrace of change, ability to work with minimal supervision and unwavering commitment to exceeding expectations. I regularly received unsolicited praise from coaches commending her outstanding professionalism, knowledge, and capacity for learning. ~Chad Trudo

## **Buffalo State College**

### **Ronni Kordrupel**

#### **Cross-country/Mid Distance**

#### **Senior**

Ronni has been dedicated to her running and lifting since her freshman year. Every year she continues to improve and has become one of our school best runners in history! ~Nathan Young

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## California Lutheran University

### Obasi Dees

#### Defensive Back and Sprinter

##### Junior

Obasi is a three-year starter and All-American defensive back for the Kingsmen Football team. He is also an All-Conference 100m, 200m, and 4 x 100m sprinter for the Kingsmen Track and Field program. From day one, Obasi has demonstrated tremendous character, integrity, and work ethic on and off the field/track. His commitment to physical preparation is noteworthy. Without question, Obasi is the epitome of what so many Cal Lutheran student-athletes represent.

~Patrick Holmberg

## Clemson University

### Janell Fullerton

#### Throws

##### Sophomore

Since coming to Clemson in the Spring of 2018, Janell Fullerton has placed an enormous emphasis on her physical preparation. She has trained consistently throughout the spring as well as on her own throughout the summer to prepare herself for her first year of competition. Her hard work and consistency has established her as one of the strongest females in the weight room, demonstrated by her 445 pound trap bar deadlift, 330 pound back squat, and 215 pound bench press. Janell's efforts in the weight room have translated to the circle with a 2nd place finish in shot put at her first ever ACC Indoor Track and Field Championship. ~Andy Earp

## Clemson University

### Grant Voeks

#### Throws

##### Junior

Grant Voeks has made tremendous improvement over the past two years in the weight room as well as in the circle. Through his dedication to training as well as his nutrition he has been able to add 40 pounds of bodyweight over the past year and has become one of the strongest members of the throws squad, demonstrated by his 670 pound trap bar deadlift. His strength has translated to the circle with a 3rd place finish in shot put during the 2019 ACC Indoor Track and Field Championship. Grant has become a leader amongst the group and promotes a culture of hard work and attention to detail. ~Andy Earp

## Colgate University

### Oliver Moe

#### Sprinter

##### Senior

All this kid knows is to work hard. Even, when school was out, oliver never missed a chance to get better attending early morning lifting and sprint workouts.

~Liaaron White

## Lindenwood Univeristy

### Miya Dorsey

#### 400m Hurdles, 400m, 4x400m Relay

##### Senior

Miya comes to the weight room, focused and ready to work. She pushes herself and others to get the best of out of their training session and is an example of never being complacent. ~Matthew Matau

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## **Lindenwood University**

### **Jerod Broadbooks**

#### **Cross Country**

##### **Senior**

Jerod brings the juice. His constant energy feeds to the rest of the team. His positive attitude pushes others and gets them excited for training. Jerod is a rock for the cross country team on and off of the track.

~Maddie Bohr

## **Lindenwood University**

### **Kayli Brower**

#### **Cross Country**

##### **Junior**

Kayli is a phenomenal athlete who has natural talent. Compounded with that natural talent, she works hard day in and day out to make sure she does the extra work. Whether it is extra recovery, workouts, nutritional suggestions, she is always looking for that extra push. Kayli has great character and is a role model for her teammates.

~Maddie Bohr

## **Ox Strength**

### **Thomas Bojalad**

#### **Throws**

##### **Sophomore**

Tom has excelled as a shot putter and discus thrower beyond belief in only a year. This is very largely attributed to his hard work and dedication in the weight room. As a thrower, Tom focusses strongly on the Olympic lifts and has increased his clean, jerk and snatch by roughly 100 pounds in the off season alone. Besides him gaining obvious strength, this athlete has progressed technically in all of his lifts, which translate directly into his

sport. There is no doubt in my mind that Tom can keep growing as a thrower and weight lifter with the work ethic and coachable traits that he possesses. ~Jonathan Yohman

## **Peru State College**

### **Julia Zurek**

#### **Cross Country**

##### **Junior**

Julia Zurek led the team in every race she competed in the Fall of 2018, recording her best time of 22:21 in a 5K. She was a Daktronics-NAIA Scholar-Athlete and carries a grade point average of 4.00. Julia was recently named the recipient of the Heart of America Athletic Conference Larry Lady Academic Scholarship and currently serves as the President of the Kinesiology Honor Society Phi Epsilon Kappa at Peru State College. ~Kyle Ryan

## **Shawnee State University**

### **Hunter Ashton**

#### **Multi Event**

##### **Sophomore**

Presidents list for two semesters. As an athlete placed in the Mid-South Conference 2018 Indoor Season High Jump 5th place, Triple Jump 8th place. 2018 Outdoor Season 4th place Decathlon, 5th place Long Jump, 5th place Pole Vault, 6th place High Jump. 2019 Indoor Season 7th place High Jump. Hunter is a hard worker in the weight room and the class room. Hunter has made a lot of strength gains since coming to Shawnee State increasing his bench press by 80lbs., squat by over 100lbs., and his cleans by 80lbs. He has a lot of potential to grow not only as an athlete but also a leader as well these next few years. ~Blaike Smith

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## **Shawnee State University**

### **Dylan Haynes**

#### **Long Jump/Triple Jump/Javelin**

##### **Junior**

Presidents list for one semester, Deans list for three semesters, Academic All-Conference 2017 and 2018. She is part of the Environmental Club, Shawnee Ambassador, Community Standards Board, and was also a supplemental instructor for the bridge program which helps incoming freshmen get college ready. As an athlete Dylan has placed in the Mid-South Conference, 2017 Outdoor Season 5th place in Javelin, 6th place in the 4x100m relay. 2018 Indoor Season 8th place Triple Jump, 2018 Outdoor Season 8th place Javelin, 8th place Triple Jump. Dylan has a great work ethic and is a great teammate who leads by example by coming in and working hard while also encouraging her fellow teammates. She is not only a great leader on the track or weight room but also out in the community and class room. Dylan has made tremendous gains in the weight since coming to Shawnee by improving her bench by 30lbs., squat by 59lbs. and cleans by 40lbs. ~Blaike Smith

## **Troy University**

### **Michael Alvernaz**

#### **Hammer thrower/ 35lb weight throw**

##### **Senior**

Michael is a two time East regional NCAA 1st round qualifier in the hammer throw. Two time indoor USA national championships qualifier in the 35lb weight. He is the school record holder in the hammer and 35lb throws. Michael is a senior getting his BS degree in Economics with a 3.146 GPA.

Michaels lifts are Snatch-285, Clean-335, Back squat-425, Front squat-355, Bench-300, vert-33.5. ~Richard Shaughnessy

## **University of Southern Maine**

### **Emily Close**

#### **Hepthalon**

##### **Senior**

Emily used weight training and plyometrics extensively during the recent track and field season. She made big improvements in her Olympic lifts and jump abilities that transferred well into improvements in all her Hepthalon events. Emily was a little over a year removed from an ACL tear. She was able to surpass her pre ACL times and distances. She finished the year as New England Division III champion, school record holder and NCAA qualifier. ~James Giroux

## **University of Southern Maine**

### **Adela Kalilawa**

#### **Horizontal Jumps**

##### **Junior**

During her time here at USM Adela has become a dedicated strength athlete. She has been a 2 sport athlete only starting track & field after soccer season. Her time spent in the weight room has helped her become a several time NCAA qualifier in the triple jump. As her weight room strength and power has improved so has her triple jump distances. Adela's dedication helps her teammates see the importance of strength training. ~James Giroux

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## University of Southern Maine

### Jared Marshall

#### Sprints/Hurdles

##### Senior

Jared has returned from hip surgery with a record setting season. His dedication to fall workout cycle led to a 40 pound improvement in power clean during December testing. He is currently ranked in the top 10 in both the 60 hurdles and 60 dash in Division III. Jared is great leader by example and has helped his teammates in the weight room as well as athletes from other teams. ~James Giroux

## University of Southern Maine

### CJ Moody

#### Heptathlon

##### Junior

CJ's tremendous work effort and dedication have led to a record setting season. Currently he is ranked in the top 10 in Division III indoor Heptathlon. He has made himself a better track and field athlete by improving his strength and power in the weight room. This improvement has come after learning during the summer that he is diabetic. ~James Giroux

## Western Colorado University

### Bailey Sharon

#### Hurdles, Middle Distance

##### Sophomore

Bailey is one of the toughest people on the planet, and that is not an exaggeration. Bailey has had many an opportunity to make excuses but has never taken one. She has battled her entire career and is more deserving of the success she is seeing on the

track than anyone. She is an extremely coachable young woman and will do whatever her coaches ask of her and more. She brings a contagiously positive energy every time she steps foot in the weight room and it has been a pleasure to watch Bailey run and succeed. Her notable accomplishments are the following: National Champion in the DMR 2018, 2-time All-American in 800m and Cross Country, school record holder in the 400m, and 800m, Academic All-American in 2016, 2017, 2018, and has made the Dean's List as a Chemistry Major. ~Brandon Stephens

## Western Colorado University

### Luke Wuesthoff

#### Multis

##### Sophomore

As a sophomore and in his first year at Western, Luke is a NCAA Provisional Qualifier indoors and ranked 4th all time in school history in the pole vault. Luke holds a 4.0 GPA in Pre-Med and is an Academic All-American. Luke is the definition of a hard worker. Coming into college with a 1RM Back Squat of 185 lbs. and increasing that number to 355 lbs. in 1.5 years time takes hard work, tenacity and dedication. Luke doesn't shy away from work and will do anything his coaches and support staff ask of him. He is emerging as a huge asset to the team as both a leader and an athlete. Luke is extremely dedicated in all that he does. We at Western, are extremely excited to see what he can accomplish in his years to come. ~Brandon Stephens



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## **William Woods University**

### **Anna Houston**

#### **Multi's, Jumps**

#### **Senior**

Anna Houston has been dedicated to our program almost from the beginning of her career. She quickly became a leader through her work ethic. Few student-athletes will work hard then she does. This has been infectious to many of our athletes. Anna appreciates being pushed and accepts trying various training methods. She has developed into a great multi-event athlete. She has qualified for nationals in multiple events on several occasions. She has finished 2nd in the nation in Heptathlon and is a many time NAIA All-American. Ann has been one of the best I've had the pleasure to work with here at WWU. Anna would have been able to graduate after the fall semester but choose to stay in order to train and compete with some of her teams. Her unselfishness and desire to push her teammates is truly a great asset to our team.

~Bob Jones

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ATHLETE OF THE YEAR  
AWARD