

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

University of Michigan

Julia Sellers

Attack

Senior

Sellers is a four year starter and senior season captain on the Michigan water polo team. Her pursuit of academic and athletic excellence is unmatched and her ability to lead and encourage others is contagious. She has become a second coach on the floor through her attention to detail and desire to help others succeed. At the same time, she has left no stone unturned in her own physical preparation these past four years. Sellers is deserving of her numerous conference and national accolades and she has been an integral part of this team's success in and out of the pool.

~Ashley Jackson

Virginia Military Institute

Emma Perez

Attacker

Junior

Emma's hard work in the weight room and in daily practice separate her from the average student-athlete. She is a great leader by example with her focus, effort and ability to coach others and help them to improve. She is not only a student-athlete, but also serves the Corps as a Emergency Medical Technician during field training exercises. ~Dave Lawson



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD