

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

## The University of Alabama

### Michael Auprince

**4**

#### Senior

Michael is one of the most consistent and dedicated student-athletes at the University of Alabama. His dedication to self and team improvement, coupled with his resilience as a competitor, have lead him to success in every facet of his life. He truly embraces and values strength and conditioning and utilizes it to become the best person he can be. Michael competed in swimming in the 2012 summer Paralympics in London and won a gold medal in the 4×100 meter freestyle relay and bronze in the 4×100 meter medley relay. He helped his national wheelchair basketball team win a bronze medal at the 2018 International Wheelchair Basketball Federation World Championships. He was named the Most Valuable Player at the National Intercollegiate Wheelchair Basketball Tournament, a performance that helped lead the wheelchair basketball team to the 2017-18 National Championship. Michael has also been awarded the Order of Australia Medal which recognizes Australian citizens for outstanding achievement and service. In addition to his numerous successes in sport, Michael will complete his bachelor's degree in English in May with a GPA of 3.63.

~Will Wright

## The University of Alabama

### Arinn "Juice" Young

**4.5**

#### Senior

Arinn is one of the most dedicated athletes I have had the privilege to work with. Her work ethic is contagious and there is hardly ever a time you enter the arena and she is not shooting, conditioning, or doing extra work in the weight room. Arinn understands that her performance is a result of multiple parameters (strength and conditioning, nutrition, practice) and she always strives to be the best in each area. Arinn helped lead her national wheelchair basketball team to a World Championship in 2014 on her home soil of Canada. She was named Most Valuable Player at the Canadian Wheelchair Basketball League's women's National Championship in 2017. Arinn helped the University of Alabama wheelchair basketball team win the 2016-17 National Championship and has received the Outstanding Offensive Player award three years in a row. Finally, Arinn is on track to graduate with her bachelor's degree in Kinesiology in May, 2020. ~Will Wright