

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

## **Drexel University**

### **Joey Goodhart**

#### **Heavyweight**

##### **Senior**

Joey, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Joey's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. ~Anthony McCloskey

## **Huntingdon College**

### **Cody Dixon**

#### **184 weight class**

##### **Senior**

Cody is a dedicated young man with a solid mindset. He has used training to improve not only himself, but everyone else in the program as well. ~Charlie Goodyear

## **Ithaca College**

### **Ferdinand Mase**

#### **125**

##### **Senior**

Ferdinand's commitment to excellence has been unwavering since his arrival on South Hill. Named to both the National Wrestling Coaches Association (NWCA) and Empire Collegiate Wrestling Conference (ECWC) All-Academic Teams, Ferdinand is a leader in the classroom and on the mat. He has an infectious work ethic that teammates look up to and follow, an unrelenting never quit attitude that sets him apart. His outstanding dedication to his teammates and the wrestling program sets the standard for character. He understands the leadership

to continue the legacy of the wrestling program and leaves Ithaca College an NCAA All – American. ~Victor Brown

## **Lindenwood University**

### **Hunter Haralson**

#### **133 weight class**

##### **Senior**

Hunter's work ethic and commitment to his team every day set an example for not only his teammates but everyone he encounters. He invested his time and efforts in the himself, his teammates, and the program.

~Mitch Schwartzman

## **North Carolina State University**

### **Hayden Hidlay**

#### **157 pound weight class**

##### **Junior**

Hayden is an exemplary student-athlete; he excels in the classroom, in the weight room, and on the mat. His sophomore year he achieved All-American status and was national runner up at NCAA wrestling championships in the 157lbs weight class. This year he is consistently ranked top 5 in the nation. His strength training accomplishments include a 330lbs barbell back squat and deadlift as well as a 308 Bench. Apart from his individual mat and weight room success, he is an assertive leader in the weight room. Consistently contributes in moments of motivation during team breakdowns, and leads by example.

~Sam Craven

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

## University of Mary

### Nate Humann

**125 pounds**

#### Senior

Nate has shown tremendous growth and dedication in the weight room. His commitment and effort not only shows in the lifting numbers he has hit, but also in the performance he has achieved in his sport. ~Jensen McTavish

## Western Colorado University

### Brandon Supernaw

**174 lbs.**

#### Senior

Brandon is a senior majoring in Chemistry with an emphasis in secondary licensure. His current GPA is a 3.48 and has been named to the NWCA All-Academic team three times. He has been a part of two different academic national championship teams. One recognized by the NWCA each year and the other recognized by the NCAA. Brandon is also a 4 time national qualifier and a one-time regional champion. In 2018, he placed 3rd at the NCA Division II National Championships. During the 2018-2019 season he was voted the RMAC pre-season wrestler of the year and the RMAC wrestler of the year. On January 12th he surpassed the 100 win mark. Brandon has been voted captain 3 times during his career at Western. In addition to being one of the top wrestlers in Division-II this year, Brandon is also one of the strongest athletes in our university. All of these accolades are a reflection of Brandon's dedication to the weight room, his sport and his schooling. It has been a pleasure to watch Brandon grow over the course of his career. ~Brandon Stephens

## Wilkes University

### Nicholas Racanelli

**165 lbs**

#### Senior

After a devastating knee injury kept him off the mat last year, Racanelli took full advantage of his senior year. Along with having a 31-1 record and achieving MAC (Middle Atlantic Conference) wrestler of the week 3 times, he also has a first and a second place finish at individual tournaments this year. He also notched his 100th career victory earlier this year. His most notable accomplishment this year was his first place at the Southeast Regional tournament which qualified for the NCAA national tournament March 8-9. What his numerous accolades don't highlight is Racanelli's commitment to becoming the best athlete and teammate he can be. He is always the first to arrive and the last to leave, often gets on his teammates if he feels they are putting out a subpar effort and asks for extra work. Racanelli is a dual major in Biology and Spanish. ~Zachary LeDuc