

HIGH SCHOOL — SOCCER

C. E. Ellison High School

HANNAH STOWERS

Forward/Striker

Senior

Hannah Stowers stands out as a driven and versatile athlete whose strength, speed, and endurance have flourished through her dedication to the strength and conditioning program. As an all-around footballer, her impact is felt whether she is positioned as a defender, mid-fielder, or striker. Her attention to detail and consistent effort have improved her performance on the soccer field, where she combines physical dominance with strategic awareness. District-wide, she ranked 3rd in total points (10), 5th in assists (2) and 4th in goals (4) last season. Hannah's leadership, resilience, and collaborative mindset inspire those around her to train and compete at a higher level.

~Walter Prater

Cape Henry Collegiate

NOAH HUMMEL

Goalie

Senior

Noah Hummel has been a consistent member of our year-round strength and conditioning program since the 8th grade. Noah trains in our Breakfast Club group before school. What separates Noah from his peers is his consistency. He has not missed a workout since his sophomore year — including in-season, off-season, and while managing injuries. He has left the program better than he found it. At this time, Noah has earned a 495-pound squat and a 590-pound trap bar deadlift. A multi-sport athlete, Noah will continue his baseball career at The Naval Academy. ~Philip Reichhoff

Carrollton School of the Sacred Heart

VERONICA ABRIL

Goalie

Freshman

Veronica started weight training as an 8th grader in a P.E. class at Carrollton. She already showed incredible maturity and resilience in the weight room by achieving a Hex Bar Deadlift of 155lb for reps by the end of the semester class. The work ethic she showed the year prior has translated seamlessly to her success in making the freshman Varsity Soccer team as a goalie this season. ~Kira Butler

Cornerstone Christian Academy

ELLA JAASTAD

Defender

Sophomore

Our weight room culture consists of setting a standard where our daily habits, attitudes, and behaviors shape the athlete we become. Ella not only matches that standard, but raises it while encouraging others to pursue their best. This has helped Ella become a rockstar on the field. Both on our high school team and in high level tournaments and camps across the country. We are so proud of her and excited to see all the great things on and off the field she'll accomplish. ~Christopher Armel

HIGH SCHOOL — SOCCER

Eastchester UFSD

LAIA JEANNOTTE

Center Mid, Defensive Mid

Junior

Laia Jeannotte exemplifies commitment to her sport and to year round development. She consistently takes advantage of every opportunity to train, never missing a workout and always continuing her program both in and out of season. Her dedication to improvement is evident in the focus and intent she brings to every session.

A junior captain this year, Laia's leadership and work ethic translated directly to performance on the field. She earned All League Honorable Mention honors while producing 21 total points, including 8 goals and 5 assists, serving as a constant presence and impact player for her team.

Although not yet committed, Laia has generated strong interest from multiple Division I programs, not only because of her athletic ability, but because of her attitude, discipline, and commitment to continuous improvement. Her consistency within the Eastchester Strength program and her drive to elevate her game make her a highly deserving candidate for NSCA Strength & Conditioning Athlete of the Year. ~Shane O'Connor

Ezell-Harding Christian School

ALI TORE

STRK

Senior

Ali is a young man who is a true competitor. He shows up every day ready to put in the work, regardless of the setting or circumstances. What separates him is not just his effort, but his mindset—

he is constantly asking how he can improve and what he can do to take his performance to the next level.

He consistently pushes himself beyond his comfort zone, and at the same time, he elevates those around him. Whether it is his workout partners in the weight room or his teammates in competition, Ali sets a standard through his intensity and accountability. ~Justin Loudon

New Trier High School

ADDY RANDALL

Midfield

Junior

Addy is one of the top athletes in the nation. As a freshman, she scored two goals in the State Championship game en route to the 2024 Illinois state title - and she hasn't let up since. She has committed to strength and conditioning and leads her teammates to do the same. Only a junior, she has already earned All-Conference, All-Sectional, All-State, and All-America recognition. The 2nd ranked recruit in Illinois and Top-50 recruit in the Nation has committed to play college soccer at Northwestern University. Her leadership, work ethic, and unending drive to improve are undeniable. She sets the standard for those around her and continually works to raise up her teammates. ~James Davis

HIGH SCHOOL — SOCCER

New Trier High School

CLAIRE GALLAGHER

Defense

Junior

Claire is tough, hard-working, caring, and kind - a true leader on one of the top soccer programs in the nation. A junior, she is entering her 3rd year as a starter. Claire has committed to strength and speed development to compliment her already high degree of talent. As a defender, the weightroom has been a comfortable place for her. She is an All-Conference, All-Sectional, and All-Chicagoland player who has led teams to a 2024 GA National Championship, and a 2024 Illinois State Championship (that team finished 4th in the National rankings). She raises the standard for people around her. With plenty of soccer still to play, she has committed to play college soccer at the University of Minnesota. ~James Davis

St. Albans School

WILLIAM EASTRIGHT

Goal Keeper

Senior

William Eastright has made significant strides in his performance as a direct result of his unwavering commitment to the strength and conditioning program. His consistency, discipline, and daily dedication to improvement throughout his junior and senior seasons translated not only into individual success, but also into meaningful team achievements.

Individually, William earned All-IAC Team honors and All-Met Second Team recognition, reflecting his development and performance at the highest level of competition. His physical preparation, resilience,

and work ethic were critical components of his success in goal.

Beyond his personal accolades, William played an integral role in multiple conference and state championship teams. His leadership, accountability, and example in training elevated those around him and helped establish a culture of excellence within the program.

William embodies the qualities this award is designed to recognize. His commitment to strength and conditioning, competitive drive, and leadership make him a truly deserving recipient. ~Christopher Tarullo

Windermere Preparatory School

TAYLOR DEEVER

Goalkeeper

Junior

Taylor is the most improved athlete I train, her constant need for improvement is what drives her and motivates her. She is consistent in attendance and always finds one thing to improve each session. ~Vincent Martins



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — SOCCER

Yankton

JACK PEDERSEN

Senior

Jack is a multi-sport athlete playing both soccer and ice hockey. In soccer, Jack was All-Conference in the ESD, 2nd Team All-State and selected most dependable on his team. He had 9 goals this past season. In hockey, Jack is Assistant Captain and in 15 games has 15 goals and 19 assists. He is academic All-State and is a leader both on the soccer field, on the ice and in the community and classroom. One of the hardest workers in the weight room both with the soccer team and the hockey team, Jack's hard work and dedication to improving in all his sports lifts others to excel also.
~Mark Roozen