



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — BEACH VOLLEYBALL

STEPHEN F. AUSTIN STATE UNIVERSITY

Olivia Unnasch

Senior

Qualities: Team player, resilient, always positive in the weight room and on the court, even when she has bad days. Very fast and springy. She had a short season last year due to COVID but had a winning streak before quarantine. S&C has helped her stay healthy mentally and physically to perform her best. She has learn the importance of taking care of her body and how much getting stronger will benefit her not just now but in the long run. S&C has also helped her become even more of a team player and has aided her in helping the freshman become better. Personal accomplishments, having breakthroughs in the weight room and on court have helped her mental health and consequently her GPA. Transfer student athlete, had a winning streak last year before COVID. ~Sarai Flores

WAYNE STATE COLLEGE

Jessie Brandl

Libero

Sophomore

Jessie is a high achiever is all that she does. Her ATTACK mentality to go along with her positive energy make her an amazing teammate. Jessie is a true competitor and I would want her on my team any day! ~Grant Darnell