



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — DIVING

VIRGINIA MILITARY INSTITUTE

London Yerasimides

Sophomore

London is very hard-working and brings a consistent energy and effort to the weight room each day. She exemplifies all of the qualities of a successful student-athlete and is a key contributor to the VMI swim/dive program. As a sophomore, Yerasimides is already one of the more successful athletes in the program, with multiple first place finishes in 1-meter and 3-meter dive events during both her freshman and sophomore seasons. ~Jacob Conner