



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — DIVING

DUKE UNIVERSITY EMILY RAKESTRAW

Senior

During her time on the Duke Diving Team, Emily has always had an outstanding attitude and given exemplary effort. She has constantly been in the weight room doing everything asked of her and also looking for ways to better herself. She has left a lasting impression on the program. ~Carl Christensen

IOWA STATE UNIVERSITY LAUREN KIMBALL

Junior

Kimball is a joy to work with. She has committed and enjoys the weight room process. More importantly, improvements in the weight room have been aligned with great improvements in her diving. Although she has persevered through some setbacks, she continuously shows up for her teammates and defines what being a great leader and person really is. ~Madeline Prado