

COLLEGE — SOCCER

Converse University

AMRO SHIBEIKA

Striker

Sophomore

Amro is an extremely hard worker during strength training sessions and during our on the field conditioning sessions. He leads by example in both places, and his endurance level is crazy.

~Kevin Darlington

John Brown University

ANDI RILEY

Midfielder

Freshman

Andi began strength and conditioning as a freshman in high school and never missed a session. Her consistency transformed her performance on the soccer field—building the strength, speed, and confidence needed to excel in a contact sport. She trained year-round, improving her vertical jump and speed and earning a 40 on the beep test, a freshman record at John Brown University. She went on to play in every game of her first collegiate season.

Andi is a steady encourager to her teammates—on the field, in the weight room, and as a co-leader of team worship. The confidence she's gained through physical preparation carries into the classroom, where she earns top grades in biology. Committed to continual growth, she even borrowed the NSCA's Essentials of Strength Training and Conditioning to deepen her knowledge, making strength and conditioning a lifelong priority. ~Kelli Brightwell

Pace University

ANNA FIORE

Goaltender

Senior

Anna Fiore demonstrates all of the necessary qualities to identify as an all-american strength and conditioning athlete at the collegiate level. In regards to her on the field performance, Anna has been a pillar for the Pace University women's soccer program the last 5 years. She started the majority (above 85%) of all matches over her 5 year span.

Her selfless attitude, extreme work ethic, positive mindset and outlook, and leadership qualities yielded significant success on and off the field. Her durability was unmatched as she never missed time due to injury. She was a huge part in helping the women's soccer program reach the post season for the NE-10 tournament this past fall, the programs first appearance since 2019.

In regards to her strength and conditioning performance, Anna was the true leader of the program in the weight room and on the field over the last 5 years. She undoubtedly transformed her body and all physical related qualities to maximize her potential. Saying that Anna made progress over the years would be a huge understatement. Anna consistently adhered to training programs all year round and was always pushing herself and sacrificing more than what was required by myself and her sport coach. She was the best role model and any of her teammates could always learn from her for how to do things. Simply stated, Anna gave more and sacrificed more than anyone else in the program. ~Matthew Ambrose

COLLEGE — SOCCER

Lake Forest College

ANNA HOFFMAN

Midfielder

Senior

Anna demonstrated exceptional commitment and discipline throughout both the off-season and in-season. While completing a demanding internship in downtown Chicago, she consistently traveled by train, changed at the station, and went directly to training sessions all summer long. Even when her internship required international travel, Anna reported to workouts immediately upon returning from the airport.

Her unwavering dedication translated directly to competitive success, as she played a key role in leading her team to an undefeated regular season, a conference championship, and a berth in the NCAA Tournament. Her leadership, work ethic, and performance set the standard for our program. Accolades this past season include:

Team Captain

First Team All-MWC

MWC Offensive Player of the Year (2024)

Team's Most Valuable Player

CSC Academic All-District[®]

USC Fourth Team All-Region IX ~William Lund

Point University

ANYADI COLMENARES

Forward

Junior

Anyadi Colmenares embodies resilience and determination. After recovering from an ACL injury, she attacked her rehabilitation process with discipline and focus, returning stronger both

physically and mentally. As a junior forward, she approaches every training session with intensity and purpose, setting the tone for those around her. Her work ethic, perseverance through adversity, and commitment make her a true leader within our program. ~Bradley Bonner

Cal Poly Humboldt

ARI BEDDOES

GK

Junior

Ari came to Cal Poly Humboldt as a sophomore transfer after Sonoma State dropped their entire athletic program. She immediately seized the opportunity and became an integral part of our Women's Soccer Program's national post season run. Ari's intensity and focus on the field is matched by her approach and dedication to the weight room. On the field, with Ari minding the goal, Cal Poly Humboldt was one of the best defensive programs in the country. In the weight room, with Ari on the front Rack and Platform, also known as "the Beast Rack", Ari set the tone for everyone of our workouts. Ari Beddoes will be the foundation of our program for the next two years! ~Andrew Petersen

Missouri S&T

ASIA BARCOM

Senior

There are so many reasons as to why Asia is deserving of this. First, she is the strongest female athlete on campus. Second, she is a team captain and leader both on and off the field. Third she has worked to get better on the areas where she struggled, and last but definitely not least, she wants to continue training even though her collegiate career is over. ~David Edwards

COLLEGE — SOCCER

William Woods University

AUBRIE GOLUS

Defense

Senior

She has been with us all four years and has truly grown. She became a great leader ~Robert Jones

William & Mary

AVA REYBITZ

Forward

Freshman

Ava is one of the most impressive individuals I've worked with in terms of athleticism, work ethic, and character. She approaches every training session with laser-like intent and a positive attitude. Ava is the type of athlete you can give any exercise to and she'll make it look like a clinic teach tape. In addition to crushing her team training sessions and bringing enthusiasm to the team, she finds time to get significant extra work in on her own. I can't imagine a better fitting candidate for this award.

~Colton Krueger

Drexel University

BEN WELLER

Forward

Senior

Ben, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Ben'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. ~Michael Rankin

Duke University

BIANCA DOMINGUEZ

Goalkeeper

Junior

Bianca is a workhorse. She is always pushing herself to get better whether on the field or in the weight room. Bianca creates a challenging environment for her teammates to help them get better every day. There is never a question that she is going to bring her best effort whatever session she has in front of her. She is a gritty player that deserves a shout out!!! ~Nicole Shattuck

COLLEGE — SOCCER

Tulsa University

BRENNA ROWLETT

Defender

Senior

Brenna is a high-achieving, intentional, kind-hearted leader. She will graduate this May from Tulsa University and continue her soccer career and higher education at Oklahoma State University starting next fall. Below are her accomplishments:

Deans list Fall 2023, Fall 2025

- President's Honor Roll Spring 2024, Fall 2024, Spring 2025

Academic All-Conference Fall 2023, Fall 2024, Fall 2025

Athletic:

- Student-Athlete Advisory Committee (SAAC) Representative collaborating with members of other sports and the Athletic Director to improve student-athlete experience at TU.

- Started in 34 games in 2 years at The University of Tulsa and played a total of 3,145 minutes

- Earned All-District sophomore and junior year of high school, and All-State senior year at Oklahoma Christian School

- NCSA All American strength and conditioning athlete of the year in 2022

- Now committed to play in the Big 12 at Oklahoma State in the Fall of 2026.

It has been a joy to watch Brenna continue to pursue her goals through the years. She has been consistent with her training on and off the field to be her very best. It is an honor to nominate Brenna for this award! ~Elizabeth Mullins

Wright State

CHARLIE CARPENTER

Mid Field

Sophomore

Charlie has been consistent since he got to Wright State. He leads by example in the weight room. Charlie is always doing more than what is asked of him doesn't settle for the bare minimum.

~Alyssa Crusey

Brandeis University

CHARLIE CULBERT

Sophomore

Charlie is the kind of athlete every program wants. He makes every rep count, takes each set seriously, and truly values the work that goes into strength and conditioning. He leads by example in the weight room with his consistency, focus, and accountability, setting the standard for those around him. Always ready for the next workout, the next PR, and the next challenge, Charlie brings a competitive mindset and strong leadership to everything he does. ~Kaitlin Carson

COLLEGE — SOCCER

University of Connecticut

CHIOMA OKAFOR

Forward

Senior

Chioma Okafor embodies what the NSCA All-American Strength and Conditioning Athlete of the Year award represents: an athlete whose performance reflects consistent dedication to strength training, conditioning, and the daily habits that drive long-term development. She approaches the weight room and training environment with purpose, discipline, and coachability, setting a standard for effort and execution. She trains with intent and embraces challenging work. Thus, resulting in reliable performance improvements on and off the field that elevate the teams standards. Everyone is better when Chi is around. She is dependable, accountable and brings integrity with everything she does. She is respected by her peers and coaches and consistently demonstrates maturity and professionalism. It has been an absolute pleasure having Chioma these last 4 years and her impact will be felt for many years to come.

~Maureen Butler

University of Providence

CHLOE PAJARO

Goal Keeper

Sophomore

Chloe goes above and beyond what is expected in the weightroom. For example, she is always experimenting with plyometrics, speed, and agility. As the goalie for the Women's Soccer team, she has set clear goals for herself when it comes to improving her reaction time and jump performance. I am inspired by Chloe's eagerness to sit down and learn the true value of sports performance and its

translation onto the field. She goes out of her way to set up meetings to grow closer to her coaches, buy into the process, and execute any task at hand. Chloe is genuine, hardworking, and most of all a great teammate. To be able to see her blossom into the young woman she is, I am excited for what is to come for her athletic career and in life.

~Brooke Foster

Baylor University

CLAIRE KNISS

Defender

Senior

Claire Kniss has been our stoic professional in the weight room for the Baylor soccer team. Her hard work has paid off, battling through injuries and inspiring teammates to great heights in both the weight room and academics. She improved her strength and power metrics each year over her time here at Baylor while balancing her rigorous coursework. She truly epitomises what it means to be a student athlete. Her work ethic will carry her far in the next phase of her career, and we all look forward to seeing how she will shape the future beyond soccer. ~Javier Salas

COLLEGE — SOCCER

Mount Holyoke College

CLARISSA GOVEA

Senior

Clarissa has been one of the most disciplined and committed student-athletes in our program. As the starting goalkeeper for our soccer team, they anchor our defense with composure and toughness. In the weight room, they have been one of our strongest athletes, currently being our programs squat leader.

What separates Clarissa, however, is not just the numbers, but their consistency. They have trained with purpose in-season and out-of-season, never allowing the competitive calendar to dictate their commitment. Clarissa has also gone above and beyond, adding in extra lifts on their own in the mornings which reflects their dedication to development and personal accountability.

Clarissa embodies the standards of the NSCA. They lead by example, demonstrating that high performance is built through daily discipline. Their work ethic, resilience, and strength have left a lasting impact on our program and will set a powerful example for future athletes.

~Jay Mendoza

Point University

CLEMENS BUDDE

GK

Junior

Clemens Budde is a disciplined and vocal leader for our men's soccer program. As a junior goalkeeper, he brings accountability and structure to every session. His hard-working mentality and willingness to lead elevate those around him. Clemens consistently demonstrates maturity, focus, and commitment to excellence.

~Bradley Bonner

COLLEGE — SOCCER

Menlo College

DONALD HOLIDAY

Defender

Senior

Donald Holiday arrived at Menlo College as a transfer student and immediately embraced the Sports Performance program's guiding principle: "Trust the Process." From day one, Donald demonstrated a genuine commitment to his development — buying into the strength and power training framework and excelling in the speed development program. Most notably, he showed consistent, measurable improvement in speed across his time at Menlo College, a testament to his dedication and coachability.

What set Donald apart, however, was his consistency off the field. Once he established his routine around nutrition and recovery, he became a model for what deliberate, disciplined habits look like at the collegiate level. On game days, Donald was regularly among the first athletes in the facility — not because he was asked to, but because he understood the value of preparation. He applied the nutritional knowledge gained through the Sports Performance program in meaningful ways, whether that was taking the initiative to prepare his own recovery smoothies, staying on top of his vitamins and supplementation, or dedicating personal time on weekends to recovery work.

That level of ownership and consistency paid dividends for the program. Over three seasons, Donald contributed to a team record of 31 wins, 10 losses, and 8 draws, highlighted by elite-level defensive performance. His growth as an athlete directly reflects the kind of holistic development —

physical, nutritional, and habitual — that the NSCA All-American Award is designed to recognize.

Donald Holiday exemplifies what it means to be a student-athlete committed to the full process of performance excellence. ~Victor Brankovich

Dubuque University

EDWARD PAPIS

Midfield / Forward

Junior

Eddie Papis has been a catalyst to the Dubuque Soccer Program through his efforts in the strength and conditioning program. Due to his daily consistent work ethic, energy, and effort, he has been a top performer in execution of the demands of the program, hence leading by action. For 3 years he has been one of the our top performers in all exercises and challenges day in and day out. Over his time at Duqubue, he has been vital in the success of the team's off field workouts. On the pitch, Eddie has emerged each year more and more as an integral part of growing University of Dubuque soccer success as a near team leading point scorer this past year, as well as the top gps tracking metric scorer in distance, speed and load daily through practice and games. Eddie's efforts are nothing short of outstanding considering multiple coaching changes and demands of position changes. He has remained a pillar of consistency for the program to build upon on and off the field. ~Edward Papis

COLLEGE — SOCCER

Regis University

ELIAS TAUBO

Forward

Senior

I would like to nominate Elias Taubo for the Weight Room All-American Award in recognition of his leadership, accountability, and unwavering commitment to building a winning culture.

Elias is the standard in the weight room. He consistently leads by example, approaching every lift with intent, discipline, and effort. His actions speak louder than words—he trains the right way, every day, regardless of who is watching, and sets the expectation for what is acceptable within the group.

One of Elias's greatest strengths is his ability to hold others accountable. He pushes teammates to match his level of focus and effort, helping ensure that the weight room remains a place where standards matter. His leadership is rooted in respect and consistency, making him someone others naturally follow.

Elias has played a key role in building and sustaining the culture of the weight room. His presence raises the level of everyone around him, and his commitment to doing things the right way has left a lasting impact on the program.

The Weight Room All-American Award represents excellence, leadership, and setting the standard. Elias Taubo embodies all of those qualities, making him a truly deserving recipient of this honor.
~Spencer Bowersmith

Saint Joseph's College of Maine

ELIESE PERRON

Forward

Senior

Eliese has been a cornerstone of our women's soccer program and our strength and conditioning culture during her time at Saint Joseph's. She is deeply committed to her fitness and consistently sets the standard in conditioning sessions and off-season training. Eliese leads by example each day, demonstrating discipline, effort, and a competitive mindset that elevates those around her. Her dedication to preparation and performance has made a significant impact on her teammates and the overall culture of the program. Eliese's leadership and commitment to excellence make her a very deserving recipient of this award. ~Jameson Collins

Wright State University

ELISE CANTER

Mid Field

Senior

Elise has fought hard the past year plus to become game ready from an injury. She has learned what dedication and hard work can do, and it shows.
~Alyssa Crusey

COLLEGE — SOCCER

Regis University

GRACE GLOVER

Goalkeeper

Senior

Grace Glover is a four-year member of the Regis University women's soccer program whose consistency, positivity, and commitment to the strength and conditioning process have made a lasting impact on both her team and the department as a whole.

Throughout her career, Grace exemplified what it means to be a dependable and disciplined athlete in the weight room. She approached every training session with effort and intent, never missing workouts and never cutting repetitions short, regardless of the challenges she faced. Even when strength training did not come naturally to her, Grace consistently pushed herself outside of her comfort zone, demonstrating resilience and a commitment to improvement that set a powerful example for her teammates.

Grace's influence extended beyond her personal training habits. She was a vocal and positive presence during team lifts, often bringing energy and encouragement on days when others lacked enthusiasm. She actively advocated for maintaining training sessions during the season and reinforced the importance of strength and conditioning within the women's soccer program. Her belief in the process helped strengthen the team's collective buy-in and accountability.

In addition to her role as a student-athlete, Grace served as a Strength & Conditioning intern, where she demonstrated professionalism, reliability, and a

genuine interest in the field. She approached the internship with the same enthusiasm she brought to training, contributing meaningfully to daily operations and supporting the development of other teams.

Grace Glover's unwavering effort, positive leadership, and commitment to the integrity of the strength and conditioning program make her highly deserving of recognition as an NSCA Strength & Conditioning All-American. Her graduation will leave a noticeable void in both the women's soccer program and the weight room culture she helped build. ~Spencer Bowersmith

Trinity University

HANNA KHAN

Forward

Senior

Hanna has demonstrated incredible strength and leadership across her career with us, and I am so grateful to be able to acknowledge her dedication here. ~Daniel Martinez

COLLEGE — SOCCER

Washington & Lee University

HELEN OTTENI

F

Senior

After returning from an injury, Helen Otteni responded with resilience and dedication, posting the best statistical season of her career as a senior. She consistently came in on her own time to put in extra work for her recovery and rehabilitation, demonstrating a strong work ethic and commitment to getting stronger and healthier. As a leader in the weight room whose effort contributed to the team's second consecutive undefeated conference season and championship, she exemplifies the determination and preparation this award honors.

~David Forman

Minnesota State University - Mankato

JADE JACKSON

Mid-Fielder

Senior

Jade approaches each day with a positive attitude to better herself in all aspects of her life and it showed when she stepped foot in the weight room. She used all of our training sessions to help build herself to being the strongest, fittest, and most powerful athlete she could be. Her energy was contagious to not just her teammates, but to all of our coaches here on staff as well. Jade was truly a joy to have around in the weight room during her time here on campus and she will do great things in her future!

~Samuel Lee

University of Wisconsin - Whitewater

JASMINE WILSON

Forward/Midfielder

Sophomore

Jasmine has been a very hard worker with her strength and conditioning activities her first 2 years at UWW. She leads by example through her work ethic and her teammates feed off that. Her efforts in the weight room and conditioning sessions have helped her develop into a strong player on the field and she is set up for a strong campaign this coming fall. ~Lee Munger

Roanoke College

JENA WAHDAN

Midfield

Senior

Jena Wahdan is a well-rounded, hardworking student-athlete who consistently supports her teammates and brings a strong work ethic to her sport and academics. She is dependable, coachable, and sets a positive example in both training and team environments.

She also demonstrated exceptional discipline and resilience in her recovery from ACL repair surgery following her junior season, working through rehab and returning to play in 16 games her senior year, a clear reflection of her commitment and character. She always set a great example of not only hard work, but also how to shine in the face of adversity.

~Scott Bennett

COLLEGE — SOCCER

William Woods University

JOSH SEYER

Defense

Senior

Fought through adversity with a smile. Always worked hard and kept the team on track

~Robert Jones

William Smith College

JULIA ACCIOLY

Forward

Senior

Dedication, perseverance, and passion are all things that come to mind when people think of Julia. An international student from Brazil, the moment she first stepped into the weight room you could tell she had a spark and a love for lifting. What we did not know at that moment was the leader and role model she would later become for her teammates and all women at William Smith.

Starting her collegiate career as a development player, with both her work ethic and dedication, she later would become a starter on the varsity roster. This past season she started in all 17 games and would go on to win the offensive performer of the week when she scored 4 goals in one game. Her strength numbers speak for themselves as she has a 125 lb. hang clean and a 1 RM front squat of 200 lbs. She increased her vertical from her freshman year to senior year from 18 inches to 24 inches and from barely being able to get 2 chin-ups to getting 9 unbroken as a senior this year.

What really speaks volumes about Julia is how she brings others along with her. If you observed her behavior in the weight room you would find a

human being who is uplifting and encouraging her teammates to lift heavier. She has taught multiple under classwomen how to spot or fix their technique on the bench press. Julia leads by example with her work ethic every time she steps into the weight room and embodies everything about competing as and being a William Smith athlete. ~Brittany Krivicich

COLLEGE — SOCCER

Fresno Pacific University

JULIAN ARAN MARTIN

Defender

Senior

Julian's dedication to his sport is a standard that every athlete can admire. He understands that success on the field is built in the weight room, and he approaches every training session with purpose, intensity, and unwavering energy. His work ethic is not accidental, it is fully intentional, focused, and rooted in a clear vision for excellence.

Julian carries himself in a way that commands respect, yet he remains fully attentive and receptive to everyone he interacts with. He listens closely, values instruction, and applies feedback immediately. When corrected, he ensures the same mistake is never repeated, demonstrating a level of coachability that sets him apart. He loves every moment of his athletic journey and the passion he exhibits is inspirational.

His ambition to compete at the highest level is evident in everything he does. Julian trains with the mindset that no challenge is too great and no goal is out of reach. Every rep is performed with the understanding that it is an investment in his future performance. He has shown maturity, intentionality, and carries the best traits of a great athlete.

Driven, disciplined, and deeply committed to growth, Julian exemplifies what it means to pursue greatness. He represents the very best of FPU Athletics and embodies the standard of excellence that everyone should strive to reach. ~Michael Sun

Springfield College

KATHERINE MCFERRAN

Freshman

Katie is the hardest-working athlete I have had the privilege to coach. She consistently strives for excellence in every aspect of her training and refuses to settle for anything less than her best. There is never a day when she gives anything less than full effort. Her intensity, focus, and consistency set the standard in our weight room. Beyond her work ethic, Katie is a silent leader. She leads by example through her discipline, attention to detail, and commitment to improvement. She embodies the values of dedication, integrity, and perseverance that define the NSCA All-American Strength & Conditioning Athlete Award.

~Sierra Bond

COLLEGE — SOCCER

Oklahoma Christian University

KENLEY STOCKTON

Senior

Kenley is a wonderful young lady. She is determined to work towards being excellent in her daily life. I had the honor to work with Kenley with her off-season training the past two summers. She was dedicated to the process of improving as an athlete. Kenley serves at Crossings Community Church-in medical clinic. She volunteers at the OKC animal shelter, as a “buddy coach” at TopSoccer-coaching children with special needs how to play soccer, volunteers at Angels Foster Family Network. Kenley plans to graduate May 1st, and pursue Physician Assistant(PA) School!

ACADEMIC ACCOMPLISHMENTS

- Academic Honor Roll (4 years)
- 4-Year Department of Exercise Science “Powerhouse Scholarship” Recipient (awarded based on GPA)
- Nominated for Health Sciences Departmental Award (faculty nomination recognizing academic achievement, leadership, extracurricular involvement, and character)
- Lone Star Conference Honor Roll

ATHLETIC ACCOMPLISHMENTS

- Contributed to the most successful four-year stretch in program history
- Member of the team that achieved the best single-season record in program history
- Helped lead Oklahoma Christian University Women’s Soccer to its first Lone Star Conference Playoff appearance (2024 season)
- 4-Year Varsity Women’s Soccer Scholarship Recipient.

It is an honor to nominate Kenley for this award!

~Elizabeth Mullins

Trinity Western University

KIERAN EVE

Midfield

Senior

Kieran combines all the positive attributes you want in an athlete. He is someone who cares about his teammate’s success, pushes himself hard, is humble and coachable, and he has a drive to get better each time he comes in the weight room. He has really risen in his leadership abilities, has continually gotten better each week, and prioritizes his recovery and work outside the weight room just as much as inside it. ~Cole Hergott

UW-Platteville

LEAH SPRANGERS

Goalkeeper

Sophomore

Truly an athlete that just puts her head down and works hard no matter the day. I have yet to hear a complaint from her so far this year as she simply just accepts the challenge in front of her. One of my few athletes that I just randomly see in the weight room all the time since she is always doing some sort of extra work. She just happens to be the one goalkeeper that runs the most miles on the team too. Her leadership by example has rubbed off on a few of her teammates and hopefully will for the rest of the team. ~Trevor Schier

COLLEGE — SOCCER

University of Wisconsin-Platteville

LUKE HOGLE

D

Junior

Luke has been the model of lead by action. He always comes to workouts with a smile and positive attitude in even the toughest training sessions. In the fall, Luke modeled what it's like to face adversity of injury. No matter his limitations, Luke faced every training session with the same tenacious approach. His hard work and willingness to support his teammates have proven to be very motivating & unwavering. His dedication & tenacious approach translated to him seeing his minutes increase throughout the season. Luke is the model of consistency & tenacity for all student-athletes in the weight room. ~Kellen Bornbach

Barry University

LYKKE JOHNSEN-MØRKEN

Midfield

Senior

This midfielder embodies resilience, discipline, and leadership in the weight room. Throughout the season, she not only trained at a high level but also battled through an injury with maturity and determination. Even when limited, she consistently showed up, committed to doing everything she could to improve and support her team. Instead of stepping back, she leaned into the rehab process, attacking modified lifts, mobility work, and recovery sessions with the same intensity she brings to full training.

She understands the physical demands of the midfield position — strength for winning tackles, power for explosive transitions, and endurance to

control the pace of the game. Her approach to training reflects that awareness. She focuses on movement quality, embraces challenging conditioning, and maintains a high standard even when fatigued.

What truly separates her is her mindset. Battling through injury never affected her attitude. She remained positive, coachable, and engaged, setting the example for her teammates. Balancing academics, recovery, and competition with integrity, she represents everything you want in a student-athlete. Her commitment to showing up — especially during adversity — defines her character and impact on this program. ~Giuliana Gomez

Menlo College

MACY SWARTZ

Defender

Junior

Macy is consistent in the weight room and on the field. She's on time, holds herself accountable to the standard set by the team, and holds her teammates to that same standard. She is consistently pushing herself and her teammates to be their absolute best. ~Michael Milek

COLLEGE — SOCCER

Drexel University

MAGGIE HALL

Midfielder

Senior

Maggie has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Maggie'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 woman. ~Dan Vossbein

Menlo College

MILAN PINEDA

Defender

Senior

Milan is coming back from a serious lower body injury that required surgery. She has been consistent and diligent throughout the whole rehab process. Even while rehabbing, she has been by the team's side, cheering them all, participating as much as she could, and did not allow her situation to affect her team. As her rehab progressed, she continued her hard work to get back on the field, pushing herself and her teammates to get better.

~Michael Milek

Fairmont State University

MONTSERRAT DIAZ

F/MF

Senior

Montserrat Diaz, a senior from San Jose, Costa Rica, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Montserrat transferred onto our soccer team this fall and made an immediate impact on the field and in the weight

room. She is extremely coachable and hard-working, and her effort and positive energy makes her a great lead-by-example teammate. Monty averaged 72 minutes per game this fall and was a key contributor as our soccer team had their best season in school history, finishing 17-2-3. She led the team with 12 goals, including three game winners, and finished with eight assists. For her play, she was named to the all-MEC first team, all-region second team and all-American second team. In the weight room, Diaz has PRs of 225 lbs. for back squat and 235 lbs. for deadlift. Monty's work ethic and dedication as a student-athlete also leads to success in the classroom. She currently has a 3.77 GPA, while majoring in graphics design technology. Our women's soccer program, strength & conditioning program and entire athletic department are all better because of student-athletes like Montserrat Diaz. ~Adam Kolberg

COLLEGE — SOCCER

California State University Bakersfield

MYA FORTUN

Defender

Senior

Mya Fortun has been the model of consistency and excellence in her four years at Cal State Bakersfield. As a team captain she has modeled this and led her teammates as her team has had it's most successful in program history. During her final season she was named to the All Conference team and was one of only a handful of field players across the nation who played in every minute of every game during the season, never leaving the field. This is a testament to the work she has done building her strength and conditioning. Her fitness test scores, weight room numbers, and speed testing where all in the highest percentile of women's soccer players regularly reaching in game speeds of 18 and 19mph. Her all around dedication to every aspect of her physical preparation allowed her to excel on the field.
~Samuel Findley

Florida Atlantic University

NIKKI HOLLAND

Goal Keeper

Sophomore

Nikki is highly deserving of recognition as an NSCA All-American Athlete due to her exceptional work ethic and relentless desire to improve as a student-athlete on the FAU women's soccer team. She consistently goes above and beyond the expectations of her training program, regularly asking for additional work and putting in extra hours to refine her strength, conditioning, and overall performance. Nikki approaches every session with purpose and intensity, demonstrating a rare level of discipline and personal accountability that reflects

her deep commitment to becoming the best version of herself as an athlete.

Equally impactful is Nikki's nonstop positivity and growth-oriented mindset. She brings energy and enthusiasm to every training environment, uplifting teammates and fostering a culture of hard work and belief. Her willingness to embrace challenges, seek feedback, and continuously push herself sets a powerful example for those around her. Nikki's dedication to improvement, combined with her positive leadership and consistency, embodies the core values of the NSCA and makes her an outstanding candidate for All-American recognition.
~Lily Griffith

William & Mary

NOAH HIORT-WRIGHT

Defender

Sophomore

Noah demonstrates exemplary dedication, leading by example at all team training sessions while supporting teammates behind the scenes in a way that positively affects team culture. He is someone who clearly looks forward to being in the weight room and continually sets aside time to get extra work in. Happy to endorse Noah for this award.
~Colton Krueger

COLLEGE — SOCCER

Point Park University

PAULA SOLE

Forward

Junior

Paula is one of our hardest working student-athletes. She puts forth her best effort into every strength and conditioning session. She always has a positive attitude and encourages her teammates to work hard in everything they do. Paula has put in tremendous work this year and I am excited to see what she accomplishes during her senior season. ~Timothy Schachtner

Ashland University

RACHEL MCCOOL

D/MF

Junior

Rachel is the epitome of being excellent on the field as a teammate and off the field in training. She is seen on a national stage both in sport, with the Ashland Women's Soccer team being GMAC champions in 2025 and making it to the second round of the national tournament, and as a voice for student athletes at the national level of Division II. In January 2025, she joined the National Division II SAAC then in October the same year she moved to being the external communications coordinator. Now, in 2026, she sits as the Division II national chair for SAAC, being the first student-athlete at Ashland to be on the management council and be the national chair for SAAC. She has shown her side in academics as well with being a part of the 2024 GMAC Academic All-Conference. Moreover, she also finds the time to help fellow student-athletes, some of the members of Ashland Wrestling, with the Exercise Science department to test their VO2max's. She does everything to the best of her

ability and some. She brings competitiveness to all aspects of training that I give to them. I can't wait to see what the 2026 season holds for her and the team and what life brings her afterwards. ~Aaron Barnhart ~Corey Mason

Converse University

REAGAN CASH

Midfield/Forward

Senior

Reagan is an extremely hard worker year round. Her fitness level helped prove CU soccer to its best record in 11 years. ~Kevin Darlington

COLLEGE — SOCCER

University of Wisconsin - La Crosse

ROBIN BLAIR

Goalie

Senior

Robin is a prime example of how you can be a leader regardless of your position on a team. While Robin's ultimate goal of being a consistent starter was not achieved, her ability to lead the younger goalies will forever have an impact on the team. Her knowledge of the game and her ability to cheer on those starting in her position shows her true character as a human. This ability to be positive in hard circumstances lead to her being selected as Team Captain in 2025 as well as being selected to the All-Sportsmanship team in 2025 and 2023. This proved that her positive attitude and demeanor was noticed not only by her team, but other teams as well. Robin's impact can also be seen in the classroom. Robin earned an impressive cumulative GPA of 3.73 during her collegiate career. Robin's potential is limitless in whatever career she decides to pursue, and her co-workers will ultimately see the kind, genuine, and impactful person she can be.

~Philip Whitesitt

Colorado College

ROCCO MEYERHOFF

Freshman

Rocco Meyerhoff not only meets all the attributes required to be student-athlete of the year but goes above and beyond what is asked of him. He has grit and isn't afraid to push his teammates to the next level. His positive attitude, discipline, perseverance, and leadership stand out among all the student-athletes at CC. ~Derek Savage

Rochester Institute of Technology

SAM TRAN

Midfield

Senior

Sam has been committed to the weight room and its impact on her performance since day one. She approaches every workout with discipline, focus, and purpose, setting a consistent standard for those around her. She brings a positive attitude to every session and is extremely coachable, always open to feedback and eager to improve. Sam leads by example through her work ethic and consistency, earning the respect of her teammates along the way. ~Ryan Kelly

University of Providence

THOMAS SINE

Junior

Thomas is a coach's dream in the weight room and embodies everything you want in a student-athlete. He is dedicated, focused, and responsible in his daily approach to training. He consistently does things the right way — paying attention to detail, maintaining great technique, and going above and beyond what is asked of him. Over the last three years, he has made tremendous gains across all his major lifts, significantly increasing his overall strength and power. Those improvements have directly translated to his performance as a soccer goalkeeper, enhancing his explosiveness, stability, and overall durability throughout the season. His growth reflects not only physical development, but also his discipline and commitment to continuous improvement. ~Lucky Lovan

College — Soccer

Salisbury University

WILL NOBLE

Goalkeeper

Junior

This award is a testament to the unwavering dedication to the training process and commitment to continual growth by these ten athletes. Their recognition of this award reflects the daily effort they invested in refining their craft and pushing beyond perceived limits. Through consistent leadership in the weight room, these athletes set the standard for excellence and embodied what it means to pursue development with purpose and discipline. ~Matt Nein

Washington & Lee University

WILL JOSEPH

GK

Senior

Will Joseph has been a true trendsetter for the men's soccer program, leading the weight room culture with consistency, commitment, and intentional preparation. He's always willing to work—even beyond what's required—setting a standard for effort and focus that elevates those around him. His example of dedication and

ownership of his performance will serve as a model for the future of the program. ~David Forman

Ashland University

ZACH HARRISON

GK

Junior

Zach is a good example of that one teammate everyone needs in the weightroom and on the field. He works hard and leads the team by example. When energy is low and spirits are too, I can count on Zach to bring the juice every time. Heading into his Senior year Zach is working hard in the weight room to give his team the best chance to be successful in his final year at Ashland, and I can't wait to see the result. ~Isaac Ridgway ~Corey Mason

Huntingdon College

ZOE GERLACH

Defender

Senior

Zoe has demonstrated exceptional leadership and accountability, consistently holding herself and her teammates to a high standard. She demonstrates a rare quality, in that her presence and commitment seem to elevate the standard of everyone around her. ~Charles Goodyear