

## COLLEGE — SOCCER

### AMERICAN UNIVERSITY

**Olivia Mahony**

**Defense**

**Junior**

Liv understands the value of strength & conditioning for maximizing her athletic potential! She WANTS to train! She wants to be challenged and she wants to prove herself. Liv has significantly enhanced her strength, power, and her desire to do whatever it takes to succeed. It is a pleasure being her strength coach. ~John Kalinowski

### AUGUSTANA UNIVERSITY

**Bailey Parsons**

**Midfield**

**Senior**

Bailey's do-more attitude is the key to her success. She has never shied away from a challenge and is consistently a top performer in the weight room. She earned All-Academic NSIC honors in 2018 and 2019. Bailey's relentless effort will propel her to great things in the future. ~Andrew Stocks

### AURORA UNIVERSITY

**Justin Rutherford**

**Forward**

**Senior**

Justin has succeeded not only on the field and in the classroom, but he has exhibited the knowledge, skills, and abilities necessary to succeed within the field of Strength & Conditioning during his time as an intern in the Strength & Conditioning Department here at Aurora University. For these reasons, I believe he is a strong candidate deserving of this award. ~Carlos Estrada

### CENTRE COLLEGE

**Kristin Dean**

**Midfielder**

**Senior**

Kristin is an exemplary leader inside and outside of the weight room. Over the course of her four years with Centre Women's Soccer, she has shown great consistency and enthusiasm in the weight room. Her dedication to improvement is infectious amongst her teammates. Beyond the weight room, she is the true definition of a scholar-athlete. As a Mathematics and Data Science double major, Kristin has been named to the Southern Athletic Association (SAA) honor roll all four years she has played for the Colonels. In addition, she received All Region Scholar recognition in 2019. Kristin, thank you for all you have done for Centre Women's Soccer and this strength and conditioning department over the past four years. ~Coach Carlson & Pearson

### COLORADO COLLEGE

**Sajjan Singh**

**Midfield**

**Sophomore**

Sajjan has put in more time than any other athlete I have worked with this year at Colorado College. He asks for extra SAQ, strength, and conditioning sessions so that he is able to improve at his sport. Not only does Sajjan show up and put in the work for extra sessions, but his effort is always outstanding. On top of excellent hard work, Sajjan is always motivating his teammates to get better and does a great job of lifting the team up with his positive energy. Sajjan is only a sophomore and is apart of the starting lineup this year. In my opinion, this is partially due to the additional hard work and dedication Sajjan has put in. He is an outstanding soccer player, student athlete, and motivator. Most importantly though, Sajjan is an outstanding person. He deserves this award. ~Derek Savage

## COLLEGE — SOCCER

### DUQUESNE UNIVERSITY

**Lexy Kendro**

**Forward**

**Junior**

Lexy brings an outstanding work ethic to our strength and conditioning program. She consistently works hard to improve areas in her strength and fitness development as a soccer player, while pushing those around her to be better. Lexy's ability to lead by example has shown to be second to none. Her efforts both on the field and in the classroom have made her a phenomenal student athlete. ~Chris Gilman

### EMERSON COLLEGE

**Bo Feekins**

**Center Back**

**Sophomore**

Bo is an incredibly hard-working student athlete. He is focused and has a high level of consistency, effort and intent in all he does to prepare for the rigors of soccer. Bo leads by example and is a pleasure to coach. ~Ron Smithers

### EMERSON COLLEGE

**JoJo Mazza**

**Right/Left Back**

**Sophomore**

JoJo is a dedicated and hard-working student athlete and just an all-around wonderful person. She has found that strength and conditioning will help her to be a more durable and resilient soccer player. She brings high-level effort and intent to every training session and leads by example in the weight room. Having an injury-riddled freshman year and having the season cancelled this fall, she has met the challenges head on and worked to be physically prepared for the Fall 2021 Season ahead. ~Ron Smithers

### GEORGIA GWINNETT COLLEGE

**Gabby Bishop**

**Defender**

**Senior**

Gabby's work ethic, attention to detail and overall enthusiasm toward sports performance is unmatched by many. The Exercise Science major and AD Honor Roll recipient, understands how improvement in the weight room with movement, strength and power can help her stay healthy and on the field. Her remarkable increase of 2 inches in vertical jump emphasizes that dedication. Gabby continues to improve her craft with each opportunity and is an excellent example of dedication and work. ~James Williams

### GEORGIA GWINNETT COLLEGE

**Sebastian Farias**

**Goalkeeper**

**Freshman**

Sebastian has embraced the weight room with heart and commitment. The freshman has been a staple in the room from the beginning of the fall semester. His dedication to work out over the extended winter break was unparalleled. He is extremely coachable and understands the need for quality movement and baseline strength. The Exercise Science major and AD honor roll student-athlete continually works to be a better athlete in the weight room so it will convert to a better player on the field. His dedication has created increases in all his strength and power tests. ~James Williams

## COLLEGE — SOCCER

### IOWA STATE UNIVERSITY

**Mira Emma**

**Midfielder**

**Sophomore**

Mira is a great role model and leader for the rest of her teammates. She gives her best and makes everyone around her better consistently. She is an outstanding athlete and leader who puts the work in every opportune moment to raise the bar for herself and the team. ~Tyler Raborn

### MENLO COLLEGE

**Zoe Bell**

**Midfield**

**Senior**

Zoe's work ethic is second to none, her ability to stay motivated and train during this difficult year was the ultimate test in willpower. Her effort in the weight room and on the field is outstanding. Over her 2 1/2 years at Menlo Zoe has hit all miles stones in the weight room -2x BW in Deadlift, Front Squat 1.5x BW etc. Her nutrition and recovery routine is well organized and consistent which is why her performance on and off the field match. ~Victor Brankovich

### PORTLAND STATE UNIVERSITY

**Kasey Isobe**

**Forward**

**Senior**

Kasey has done an outstanding job coming off her Lisfranc surgery and been a complete leader on her team and in the weight room. The Lisfranc surgery was a set back for her but she has used the weight room to her advantage to come back even stronger. Kasey has even taken her own personal time to help some of the younger players with their technique in lifting, because covid has limited my time with the soccer team. Having an athlete like Kasey makes my job so much easier all around. I am extremely proud to nominate Kasey for this honor. ~Frederick Scott Fabian

### SALISBURY UNIVERSITY

**Emma Hill**

**GK**

**Senior**

Emma is a very dedicated and hard working athlete. She has exemplary leadership skills and is always pushing her teammates to get better. It is a true honor to have had the opportunity to work with such a great person and athlete. ~Matt Nein

### COLORADO COLLEGE

**Tayla Wheeler**

**Midfielder**

**Senior**

Tayla is one of the most consistent and dedicated athletes in our whole department. She inspires others by her leadership and commitment to self improvement. She's literally a strength coaches ideal athlete. ~Scott Caulfield

### STEPHEN F. AUSTIN STATE UNIVERSITY

**Carli Arthurs**

**Defender**

**Senior**

Carli has one of the best work ethics on the soccer team. She pays great attention to the exercise to make sure her form is correct, and never hesitates to challenge herself. She sees the weight room as a chance to get better every time she comes in and does not waste the opportunity. Has played all minutes in a soccer game, plus overtimes, in 32 of her 51 career games. She has twice been named to the Southland Conference All-Academic First Team (2017, 2018). Her advisor described her as "academically unparalleled". ~John Deal

## COLLEGE — SOCCER

### TRANSYLVANIA UNIVERSITY

**Jak Birdsong**

**Midfield**

**Junior**

Jak puts more energy into training on and off the field, in and out of the weight room, than anyone else. ~Zach Turner

### TRANSYLVANIA UNIVERSITY

**Morgan Patton**

**Goalie**

**Senior**

Morgan has been a consistent leader in the weight room for 4 years. You don't find that discipline in a lot of players and she has it. ~Zach Turner

### TRINITY COLLEGE

**Cassidy Schiff**

**Senior**

Exemplifies our core values of dedication, effort, attitude, and team first. ~Bill DeLongis

### TRINITY UNIVERSITY

**Neil Verwillow**

**D/MF**

**Senior**

Neil has been one of the hardest working young men on our campus for the entirety of his student-athlete career at Trinity. His leadership by example, demonstrated through a vigorous work ethic and discipline, has helped our strength & conditioning program with the men's soccer team to truly thrive. ~Daniel Martinez

### UNIVERSITY OF CONNECTICUT

**Randi Palacios**

**Goalkeeper**

**Senior**

Randi first came to UConn as an injured freshman with a whole lot of work ahead. Rather than allow her circumstance to dictate the beginning of her career, Randi demonstrated her persistence and determination immediately. In the last 5 years, Randi has earned every single rep she's performed, embraces and seeks new challenges regularly, and is always going above and beyond to improve. In addition to her physical development putting her at the top of the team, she has stepped up as a leader within our program. She holds her teammates to high standards while taking the time to teach, and is an unwavering leader by example.

Randi barely sees adversity. She sees opportunity. She sees growth. She sees potential. And then she capitalizes. In the midst of reimagining training strategies in the face of Covid-19, Randi has been an assertive, positive, and commanding presence in training sessions. Randi creates an encouraging space for everyone while presenting herself in a way that demands full accountability in herself and those around her. Randi's growth and performance have been exceptional throughout her career and she truly represents what an NSCA All-American is. ~Moe Butler

### VIRGINIA MILITARY INSTITUTE

**Richard Quispe**

**Midfielder**

**Senior**

Richie does an exceptional job for VMI soccer on and off the field. In the weight room, he takes charge and is a very productive leader due to his attention to detail and consistent effort. On the field, Richie has excelled as a 4-year starter. He has been productive as a playmaker and is one of the statistical leaders on the team. ~Jacob Conner

## COLLEGE — SOCCER

### VIRGINIA MILITARY INSTITUTE

**Maria Vargas**

**Midfielder/Forward**

**Junior**

Maria is a very focused and driven student-athlete. She is very consistent with her efforts each day and provides good leadership to others on her team. She has a very positive and upbeat demeanor that helps those around her to improve. She is a statistical team leader and has been a three year starter. ~Dave Lawson

### WAYNE STATE COLLEGE

**Madison Craig**

**Defender**

**Senior**

Craig is an all around great athlete and great leader. Once her soccer career is over her life long career of competition and training will just be beginning, I look forward to watching and helping when needed. ~Grant Darnell

### WEST TEXAS A&M UNIVERSITY

**Beau Johnson**

**Left Winger**

**Sophomore**

Beau has been an astonishing athlete to work with. He shows up each day bringing positive energy and the commitment to improve. In the weight room, he is constantly being the example for the team and pushing his teammates to get better. Along with his phenomenal work ethic, Beau also leads by example with his 350 pound back squat, 425 pound deadlift, and 200 pound bench press. His commitment to the process and attention to detail has set the example for the rest of his teammates to follow in the weight room and on the pitch. ~Derek Kennedy

### WEST TEXAS A&M UNIVERSITY

**Hannah Kelly-Lusk**

**Forward**

**Junior**

Hannah is a fast, explosive athlete both on the field and in the weight room. Her dedication to the game, her personal improvement and pushing her teammates to the next level is tough to compete with. She is never the biggest one on the field but puts up solid numbers all around. 250lb Deadlift, 180lb Front Squat, 110lb Bench, 135lb Hang Clean, 23.5" Vertical and can rip off 15 chin ups! Hannah competes in every task placed in front of her and it is an honor to coach her. ~Sarah Ramey

### WRIGHT STATE UNIVERSITY

**Jessika Seward**

**Goalkeeper**

**Sophomore**

Jess has been an incredibly influential athlete in the weight room. Her hard work and dedication to her craft shines through in the weight room as she gives every rep of every exercise her utmost. Additionally, she continuously motivates and encourages her teammates to do the same, and thus deserves to be included in the ranks of the All-American Athletes of the Year. ~Patrick Rawle