

2020 — COLLEGE — FIELD HOCKEY

APPALACHIAN STATE UNIVERSITY

Rachel Gaines

Goalkeeper

Senior

Rachel is one of the most talented Field hockey athletes I have every had the pleasure of working with. Great on the field, in the weight room and in the class room. A true leader with a great work ethic and winning attitude. 145 Power Clean, 145 Bench Press, 210 Squat and 6'5.5" Standing Long Jump. ~Anthony Glass

ENDICOTT COLLEGE

Kristen McCarthy

Forward

Senior

Kristen McCarthy continues to be a driving force in our athletic performance center. She clearly understands how her work with our strength & conditioning staff will transfer onto the playing surface. Hard work and commitment are a part of her DNA. There is a direct correlation between the success she has had in all of these areas due to the fact that she puts her all into everything that she does and demands the best of herself. She has a high expectation of herself and sets the standard for those around her. Her commitment to strength & conditioning and her leadership has helped create a culture within the field hockey team that led to another conference championship and another NCAA Tournament First Round victory in 2019. McCarthy was named to her second straight Commonwealth Coast Conference Offensive Player of the Year and 1st-Team All-Conference, finishing in the top three in goals (18), assists (10), and points (46). Kristen's success on the playing field - weight room - classroom and beyond are a testament to who she is as a person. Kristen has been a part of our field hockey program for only two years - she has rewritten the record book in every offensive single-season statistical category, won two Conference Championships, she is our program's first-ever Regional

Player of the Year and first 2x First Team All American. Clean: 130lbs Back Squat 245 lbs. ~James Daley

KING'S COLLEGE

Jolee Treslar

Forward

Junior

Jolee started lifting this semester and has done a great job. She has worked past her comforts, and continues to improve. She is a leader in the weight room. Her intensity is contagious and lifts her team during lifts. She has improved drastically over the time that she has been apart of the strength and conditioning program. ~Bryonne Herring

MARY WASHINGTON UNIVERSITY

Morgan MacCartney

Midfield

Junior

Commitment to Excellence in Sport, in School, and in Life ~Asau Rodriguez

SACRED HEART UNIVERSITY

Hailey Power

Goalie

Junior

Hailey has improved and step up and a leader on the field and off. She highly impacts those around her in a positive way. ~Chris Fee

SALISBURY UNIVERSITY

Arielle Johnston

Senior

Arielle has been a passionate and dedicated leader in the weight room, on the field, and in the classroom. Her consistent pursuit of growth to become the best she was capable of becoming was apparent every day in training. Arielle was such a joy to work with day in and day out and will be missed. ~Matt Nein

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UNIVERSITY OF DELAWARE

Femke Strien

Midfield/Forward

Junior

Femke has overcome adversity accomplish her goals in the classroom, community, weight room, and on the field. She has used her time in the weight room to recover from injury and improve her prowess on the pitch. She is a First Team All-American and was CAA Offensive Player of the Year. She is one of our hardest working student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level.

~Christina Rasnake

UNIVERSITY OF LYNCHBURG

Lindsay Riley

Forward

Senior

Lindsay's hard work and dedication in the weight room and conditioning sessions allow her an opportunity to contribute to our NCAA qualifying Field Hockey team this Fall. ~Ed Smith

WASHINGTON COLLEGE

Jessie Willey

Defender

Senior

Jessie was a "walk on" when she arrived at Washington College. She was truly an underdog, and fought her way to a starting role and team captain by her senior year. Her work ethic was undeniable, transforming her athleticism both in the weight room and on the field. This work ethic was not just shown in the weight room. Jessie was on the Centennial Conference Academic Honor Roll in 2017, 2018, 2019, 3x NFHCA Scholar of Distinction (2016, 2017, 2018)

3x NFHCA National Academic Squad (2016, 2017, 2018), and is a member of the Phi Beta Kappa National Honor Society. ~Jonathan Jenkins