

## 2020 — COLLEGE — BASKETBALL

### ALBANY STATE UNIVERSITY

**Alexandria James**

**Women's Basketball**

**Guard**

**Senior**

Alexandria has an extremely hard worker in the weightroom and it carries over onto the basketball court, where she currently averages 17.3 points per game.

~Troy Williams

### ALBANY STATE UNIVERSITY

**Randy McClure**

**Forward**

**Senior**

Randy is an extremely hard worker and it carries over onto the basketball court, where he currently averages 15.2 points and 7.1 rebounds per game, respectively. Randy has a 405 lb. back squat, a 285 lb. hang clean, a 215 lb. bench press, and a 36.8 inch vertical jump.

~Troy Williams

### AUGUSTANA UNIVERSITY

**Mckenzee Zilverberg**

**Point Guard**

**Senior**

Recipient of the NSIC All-Academic Award and Myles Brand Award. Part of the NSIC All-Academic Team of Excellence. Was a Dean's Food Athlete of the Month. McKenzie is a natural born leader and lead by example. She embodies amazing work ethic that will carry her far in life and was an absolute pleasure to coach.

~Michael DiClementi

### BLACK HILLS STATE UNIVERSITY

**Stefan Desnica**

**Forward**

**Senior**

Stefan has developed into a leader in the classroom, on the court, and in the weight room. Over the last 4 years Stef has dedicated himself to improving his physical and mental strength. Stef's work ethic throughout the year make's sure he is always prepared for the rigors of the season. ~Aaron Siekmann

### BRADLEY UNIVERSITY

**Gabrielle Haack**

**Guard**

**Junior**

Gabi's commitment to her overall success as a student-athlete is unparalleled. Her determination not only is shown on the court, but also within her training. She one of the few female student-athletes to reach milestones such as a 315 lb back squat, 185 bench press and 365 lb dead lift. Through her commitment and determination, she has become one of the most successful student-athletes at Bradley in the recent years earning several all Missouri Valley Conference honors along with being one of the top guards in Bradley University history. It is a great to have a student-athlete like Gabi Haack that sets an example of how hard work, commitment and dedication can lead to success a person and a student-athlete. I am excited to see what her future holds!

~Matthew Friend

## 2020 — COLLEGE — BASKETBALL

### BRIGHAM YOUNG UNIVERSITY

#### Dalton Nixon

##### Forward

##### Senior

In his senior year, Dalton has forged himself into a consummate leader. His approach to the 'daily grind' throughout the offseason has earned him a high level of respect from his teammates and coaches. Dalton approaches every day as a new opportunity for improvement. Unquestionably one of the strongest physically on the team, he has been able to transfer his efforts in the weight room to the hardwood. In the past year, Dalton has doubled his minutes per game as well as doubling his rebounds and points per game. He has added range to his game becoming the Cougar's most improved 3-point shooter. Dalton's consistent play and durability have helped manufacture a mindset that has led the team to hold opponents to 68 points per game compared to 76 the previous season. ~Erick Schork

### CLAREMONT-MUDD-SCRIPPS ATHLETICS

#### Lauren Longo

##### Guard

##### Senior

Lauren is a senior guard for the women's basketball team and is currently pursuing a degree in Biology from Scripps College. She has earned All-SCIAC academic team twice and received the Johnson Summer Research Grant Award following her junior year. Despite a rigorous academic environment, she serves on the Student Athlete Advisory Committee as its co-President and focuses on improving the student-athlete experience across our three institutions. Lauren is a consummate team player, a leader by voice and example, and motivates her teammates to be their best. Her efforts resulted in a significant increase in playing time from junior to senior season and she consistently guards the best scorer from the opposition. Lauren's effort, leadership, and positive attitude in the weight room, basketball court, and greater CMS community will be

difficult to replace and make her very deserving of this award. ~Andrew Jones

### COLORADO COLLEGE

#### CooXooEii Black

##### Forward

##### Senior

CooXooEii is a true leader and captain, he became the 1st athlete in school history to amass 1,500 points and 600 rebounds which he continues to add to as we head into the post-season. His leadership carries over into the weight room in his ability to lead by example and improve himself on a daily basis. ~Scott Caulfield

### COLORADO COLLEGE

#### Jordan Meltzer

##### Guard

##### Senior

Jordan is a tireless worker in the weight room and on the court. Her dedication to getting stronger and being a leader is an attribute that will serve her well throughout her lifetime. ~Scott Caulfield

### CULVER-STOCKTON COLLEGE

#### Ryan Dooley

##### Guard

##### Senior

Ryan is a competitor that continues to challenge herself on and off the court. She is one of the strongest on the team and understands the importance the weight room has on her performance. The work she puts in shows on the court with her ability to play at a high level and withstand the long season of basketball. ~Tyler Aulbur

## 2020 — COLLEGE — BASKETBALL

### CULVER-STOCKTON COLLEGE

**Mason Vires**

**Guard**

**Senior**

Mason is one of the hardest workers both on and off the court. He understands not only the importance of working on his game but also the importance of taking care of his body. He works hard in the weight room; knows how to fuel his body with proper nutrition and hydration; as well proper recovery habits with sleep, treatment, and stretching. Having a great work ethic in all of these areas is what helps him be successful on the court. ~Tyler Aulbur

### DENISON UNIVERSITY

**Matt Gerics**

**Guard**

**Senior**

Matt is a Global Commerce major, with a Spanish minor. Over the course of his collegiate career, he has averaged 5.4 pts/game, almost 2 assists, and is a career 71% free throw shooter. During his four year career, he has improved in the weight room as much as any athlete I have ever coached. Matt increased his squat max from 170 to 310 lbs, his bench press max from 145 to 185 lbs, his pull up max from 6 to 20, and his vertical jump from 22.7 to 30.0 inches. His work ethic and approach to training have been an tremendous example to his younger teammates. ~Beau Scott

### DUQUESNE UNIVERSITY

**Paige Cannon**

**Guard/Forward**

**Senior**

Paige is undoubtedly one of the hardest workers to ever step foot onto Duquesne's Campus. She is tenacious in her efforts to improve daily and push those around her to improve. Her energy, leadership, and work ethic in the weight room, on the court, and in the classroom are all

valuable components contributing to the team's overall success.

Paige has been a tremendous leader, captain, and ambassador for our Women's Basketball Program. She represents what every student-athlete should strive to become. It has been a privilege to coach and aid in the development of a person with such high character. I am grateful for our relationship we have built in the weight room, as well as on and off the court.

~Christopher Tarullo

### DUQUESNE UNIVERSITY

**Baylee Steele**

**Center/ Power Forward**

**Senior**

Baylee Steele is one of the hardest working student-athletes I have ever had the privilege to work with. He made an instant impact on our team in the weight-room and on the court. Baylee approached every day with a professional's dedication to strength and conditioning, nutrition, and his craft. I'm grateful for the relationship we built in the weight-room, as well as on and off of the court. Baylee never had to be motivated to give his best effort. Self-driven, he maximized his training in the mandatory sessions as well as consistently dedicated himself to extra work. Baylee's accomplishments include achieving personal records of a 440 pound deadlift and a 350 pound back squat at a height of 6 foot ,11 inches. ~John Henderson

## 2020 — COLLEGE — BASKETBALL

### **EASTERN MICHIGAN UNIVERSITY**

**Chris James**

**Guard**

**Freshman**

Chris is a hard working and driven individual who already understands the importance strength and conditioning can have on his physical development as a player. Since September, Chris has added ten pounds to his frame and continues to grow both in the weight room and on the court. Chris has quickly become a weight room leader because of his attitude, attention to detail, and willingness to do whatever is asked of him and more.  
~Seth Thomsen

### **EASTERN NAZARENE COLLEGE**

**Christian Garcia**

**Senior**

Chris is always ready to put forth his best effort. His consistency, work ethic, and willingness to go above and beyond truly set him apart. ~Kylie Waldroop

### **EMERSON COLLEGE**

**Steve Fabrizio**

**Forward**

**Freshman**

Steve's dedication in the weight room started this past summer and has seen him transform his body to prepare for the rigors of college basketball. His consistency and strong work ethic has paid dividends as he has seen more minutes on the court as the season has progressed into conference play. Steve determination to better himself in the weight room and on the court is a great example for student athlete's at Emerson. I am proud to work with such an outstanding person and excited to see where his hard work takes him over his college career.  
~Ron Smithers

### **GARDNER-WEBB UNIVERSITY**

**Morgan Pointer**

**Center / Post**

**Senior**

Morgan epitomizes what being an NSCA All-American should be about. She is not only one of the strongest female athletes that I have had the pleasure of coaching (benching 170, front squatting 215, and pulling 335), but she approaches every training session with a positive and deliberate mentality that sets the tone for the rest of her teammates. Her efforts have translated onto the court where her role has increased significantly following an off-season of hard-work. I am proud and excited to nominate Morgan for this prestigious award!

~Kyle Lodermeier

## 2020 — COLLEGE — BASKETBALL

### GEORGIA SOUTHERN UNIVERSITY

#### Ike Smith

#### Guard

#### Senior

Ike Smith is the definition of grit, consistency, and leadership both on and off the court. After missing most of his senior season due to a back injury that required surgery, Ike made the decision to do the work necessary to take full advantage of his fifth and final year at Georgia Southern. He went from 195lbs post-surgery to 215lbs on the opening day of the season. Ike took control of his nutrition over the off-season and was consistently the top performer in our weekly nutrition goals with a completion percentage of 90%. He has been able to train around his back injury and is constantly finding ways to push himself in the weight room. He has belt squatted over 600lbs and bench pressed 285lbs to go with his 39" vertical jump. This dedication to the process of preparing his body and his high character have led Ike to be voted a team captain. His performance on the court speaks for itself as he averages 30 minutes per game and has been the recipient of a multitude of honors and accolades. 2016-17 first-team All-Sun Belt, 2016-17 NABC All-District. Second-team Preseason All-Sun Belt in the league's coaches poll • Ranks 11th in the Sun Belt in scoring (14.1 ppg) and 16th in rebounding (5.6/gm) • Has scored in double figures in 20 games and scored 20-plus points 7 times • Led the Eagles in scoring in 11 games, rebounding 8 times and assists 5 times • Has started all 28 games he has played in • Has one double-double this season and two games with double figures in rebounds • Named Sun Belt Player of the Week Dec. 30 • One of nine active NCAA Division I players with over 1,500 points (1,876) and 600 rebounds (650) • Ranks 22nd on the NCAA active career scoring list, 2nd on the GS Division I scoring list and 16th on the Sun Belt career scoring list • Ranks 10th in career rebounds at GS • Named to Lou Henson Award Preseason Watch List, given to the nation's top Division I Mid-Major Player • Has scored in double figures in 94 career games and scored 20-plus

points 34 times • Led the Eagles in scoring in 40 career games, rebounding 31 times and assists 13 times • Has made 121 career starts and played in a school record 129 games • Has 5 career double-doubles. As a coach, Ike is everything you could ask for in a leader and an athlete. His commitment never waivers, he takes full responsibility for his training, and truly embraces any opportunity to get better. Ike was determined to not let his opportunity at a fifth year be wasted. He not only returned as the phenomenal player his teammates knew him to be, but he has taken his performance to an even higher level and will leave Georgia Southern as the all-time leader in game appearances. ~David Kitchen

### HOBART AND WILLIAM SMITH COLLEGES

#### Annaliese Schreder

#### Guard

#### Senior

Annaliese is a multiyear Liberty League All Academic Selection who embodies hard work and work ethic. The first one in the weight room and the last one to leave, Schreder can Dead Lift 250lbs, Bench Press over 115lbs and Squats close to 200lbs. Annaliese is two time Leadership Group member, maintains a 3.87 GPA and also works in the weight room as a part time job. She is a tremendous athlete and team leader but even better person. ~Chris Gray

## 2020 — COLLEGE — BASKETBALL

### HOFSTRA UNIVERSITY

#### Connor Klementowicz

**Guard**

**Senior**

I have had the pleasure of coaching Connor for the past 3 years. Connor has worked his way from a walk on to a full scholarship student-athlete. Connor excels in and out of the weight room. He is pursuing a degree in finance with a 3.05 gpa. He holds personal bests of 425 back squat, 550 deadlift, 300 bench press and 33inch vertical. He is the first one into the gym and the last one to leave. Connor is one of the most dedicated and hardest workers I have ever coaching in my 10 years in collegiate strength and conditioning. ~Jimmy Prendergast

### HUNTINGDON COLLEGE

#### Sidney Ison

**G**

**Senior**

Sidney has been a hard worker and solid leader throughout her entire career. She helped forge the strong culture of training within our women's basketball program, and has set the bar high daily by operating in a selfless and hard-nosed fashion. ~Charlie Goodyear

### LEWIS & CLARK COLLEGE

#### Zeke Crawford

**Forward**

**Senior**

Zeke Crawford has been an essential piece for the Lewis & Clark Men's Basketball Program for the past four years. His commitment to our coaching staff and programs have led Zeke to have a career high senior season. Crawford garnered his second consecutive conference selection and was named to the All-Northwest Conference First Team. Zeke led the team in points per game (14.8), rebounds per game (9.1) and field goal percentage (56.9). He was top of the conference with 228 total rebounds and 152 defensive rebounds, both of which were career highs for the forward. His 59 blocks

also topped the conference leaderboards and earned Crawford the all-time record for blocks in a season at Lewis & Clark, as well as the all-time record for career-blocks, of which he has 132. Crawford ended his season by scoring his 1,000 point with just 10 seconds to play in his final game. Zeke's leadership, great work ethic, discipline, and attitude in the weight room and on the court never went unnoticed. He truly epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Zeke is determined to make himself and those around him better every day, and in every way. It has been a privilege to work with such an outstanding young man. ~Angela Dendas-Pleasant

### MCKENDREE UNIVERSITY

#### Madison Hart

**Guard**

**Senior**

Madison's leadership and attitude have been great for our program. The amount of work she has put in year-round has provided an example for the rest of the team.

Clean: 160

Squat: 240

Bench: 125

~Jordan Fark

## 2020 — COLLEGE — BASKETBALL

### MILES COLLEGE

#### Victoria Sutton

##### Guard

##### Senior

Sutton has been the toughest female athlete I've trained this year. She has a desire to improve her athletic ability and utilizes her strength and conditioning sessions to enhance her performance. Sutton is a leader in the weight room and on the court. Sutton's best lifts is a 240 back squat and a 135 hang-clean. Sutton has been a key player for the lady bears. Sutton's hard work helped the lady bears win their first ever Southern Intercollegiate Athletic Conference West Division Title. Sutton excels academically as well maintaining a 3.9 grade point average. ~Chadwick Griffin

### MILES COLLEGE

#### Jelani Watson-Gayle

##### Guard

##### Junior

Watson-Gayle has been the hardest working athlete I've trained this year. He has a motor that never shuts down. Watson-Gayle is a leader in the weight room and on the court. Watson-Gayle's best lifts is a 350 back squat and 370 dead-lift. On the court, Watson-Gayle is in the top three of the Southern Intercollegiate Athletic Conference in 3 pointers per game. Also, this season Watson-Gayle has been named the Southern Intercollegiate Athletic Conference player of the week. Watson-Gayle excels academically as well maintaining a 4.0 grade point average. ~Chadwick Griffin

### NOVA SOUTHEASTERN UNIVERSITY

#### Mark Matthews

##### Guard/Forward

##### Senior

Mark Matthews has changed the culture of his team. Through his hard work and dedication in the weight room, he has shown younger players how to use strength training to improve Basketball performance. An

extremely hard worker on and off the court, Mark has become a leader on his team both in practice and games. His commitment to strength and conditioning has made him into an imposing physical presence on the court, which has inspired his teammates to do the same. Mark's impact on his team will continue even after he has graduated. ~Steven Orris

### OAKLAND UNIVERSITY

#### Yusuf Jihad

##### Center

##### Freshman

Yusuf Jihad arrived on the Oakland campus in July of 2019. He has been redshirted this year and he has done everything he can to excel in the classroom, on the court, and in the weight room. He has a 3.82 GPA in exercise science. He has put on 20 pounds in bodyweight, over 40 pounds on his bench press, and over 50 pounds on his squat. Yusuf is devoutly religious and is a role model for all of the student body. That is why my staff and I nominate him for All American. ~Terrence Sauerbry

### PACE UNIVERSITY

#### Jaclyn DelliSanti

##### Guard

##### Senior

Jaclyn's continual effort in strength and conditioning has resulted in impressive performances both on and off the court. Jackie has achieved testing numbers of 300 pounds in the box squat, 135 pounds in the bench press, 150 pounds in the hang clean, a 25 inch vertical jump, a 31.5 inch approach vertical and a 7 foot 3 inches broad jump. Her performance in strength and conditioning is matched on the court with more than 1,000 career points and 500 career rebounds, one of only 15 players in program history to have such numbers. She currently sits at fourth in the conference in points per game, sixth in rebounds per game and has recorded 12 double doubles this season. ~Troy Thompson

## 2020 — COLLEGE — BASKETBALL

### PERU STATE COLLEGE

#### Giovanna Silva

##### Forward

##### Senior

Giovanna, a 5'10" senior forward for the women's basketball team, is currently ranked 22nd in Division I (NAIA) for rebounds per game (9.385), 19th in Division I (NAIA) with total rebounds (244), 17th in Division I (NAIA) for offensive rebounds per game (3.769), and 36th in Division I (NAIA) in defensive rebounds per game (5.615). Giovanna has also recorded seven double-doubles this season. An unparalleled worker in the weightroom, Giovanna recently recorded a power clean of 77 kg and is considering making the transition to Olympic Weightlifting after college, dependent upon the outcomes her tryouts for professional basketball. Giovanna is a Kinesiology major and maintains a 3.65 grade point average. ~Kyle Ryan

### PORTLAND STATE UNIVERSITY

#### Holland Woods

##### Point guard

##### Junior

Holland has used the weight room to transform not only his game but also his physical attributes. He is a more durable player because of his commitment to the weight room. ~Frederick Scott Fabian

### RADFORD UNIVERSITY

#### Travis Fields Jr

##### Guard

##### Senior

Travis always brought his best days to our workouts. No matter what day it was, he was always there, on time, and ready to go. His early body language would lead any onlooker to believe he was not having a great day. However, once we completed our team warm up and stretch, he would look at me with a grin and say, "See ya on the other side". Which meant, "It's time to work". Travis quietly gave us great effort and would never

accept failure. Some of his personal best lifts were a 250 lb Bench Press, 315 lb Squat and a 33" vertical jump just to name a few. He took pride in bettering his own talents, which in turn, bettered our team. ~Scott Bennett

### RADFORD UNIVERSITY

#### Khiana Johnson

##### Guard

##### Senior

Khiana has been a bright spot in our program. Once she bought into her training and saw the benefits of it, she has been a great worker, and it has made her one of the most durable players on our squad. She is pound for pound the strongest lady on our team. ~Lucas Mason

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### Alyssa Juergens

##### Forward

##### Sophomore

Alyssa has been a natural in the weight room from her first day on campus. She is one of the strongest and hardest working athletes I have had the opportunity to coach. Her leadership and enthusiasm have allowed her and her teammates to grow and progress throughout the year. Alyssa is constantly looking for a greater challenge and the next bench mark to meet. She has set a high standard for her teammates and the student-athletes at RIT. I look forward to seeing just how great her ceiling is over the next two years. Alyssa's vertical jump has increased from 18.9 to 20.4 since her freshmen year. Her Hang Clean PR (145#), Front Squat (200#) and Bench Press (120#) continue to climb. ~Ryan Kelly



## 2020 — COLLEGE — BASKETBALL

### SACRED HEART UNIVERSITY

**Olivia Dabney**

**Guard**

**Junior**

Olivia is a leader on the court and in the weight room. She gives her all everyday and motivates her teammates to do the same. ~Chris Fee

### SAGINAW VALLEY STATE UNIVERSITY

**Mariah Cook**

**Guard**

**Senior**

Mariah exemplifies the characteristics of an NSCA All-American in every way. She began as a walk on at SVSU and has earned herself an athletic scholarship during the course of her career. She has modeled the characteristics of toughness, consistency, and discipline in the weight room and on the court. Mariah currently holds the highest vertical jump for females at SVSU at just 5'5" and squats twice her body weight. Her tenacity in the training has earned her the right to strongly contribute on the court during her senior season. She additionally is an aspiring young strength and conditioning coach that will serve the profession well in the years to come. ~Christopher Winter

### SPRINGFIELD COLLEGE

**Jake Jacobson**

**Guard**

**Senior**

A senior majoring in Physical Education, Jake Jacobson is constantly looking to improve himself not only as a basketball player but as a person. He is the first one to ask for extra work and is always challenging himself and others in the weight room. He is a quiet leader, leading by example. But, his leadership and determination never goes unnoticed by the coaching staff and his fellow teammates. His consistency, effort and attention to detail will be missed within the Pride men's basketball program and in the weight room. ~Tyler Arsenault

### STEPHEN F. AUSTIN STATE UNIVERSITY

**John Comeaux**

**Point Guard**

**Senior**

If there were one word to describe John it would be resilient. John has overcome more adversity, both on and off the court, than most face in their collegiate career. However, he has never used those set backs as an excuse, but instead overcame and became stronger as a result of it.

Not many athletes come back from a micro-fracture surgery, let alone two micro-fracture surgeries and continue to lead their team to success, but John's will and determination helped him to overcome what could have easily been a career ending injury, twice over.

During my time as John's sport performance coach he has always been the hardest worker in the room, not only pushing himself to his physical limits, but leading his teammates to push themselves as well.

I am proud that I was able to be a small part of John's athletic career, and had the privilege of watching him grow and develop not only in the weight room and on the court, but as a man as well.

~Cody Dukquits

## 2020 — COLLEGE — BASKETBALL

### THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

**Megan Johnson**

**Forward**

**Senior**

Megan is a four-year starter for the UTRGV Women's Basketball program, and has become one of the primary driving factors for the team's success. She is a leader on the team who not only gives her all every time she is on the court, but gives the same energy effort in every practice, conditioning session, and training session. She is a leader by example that sets a high standard every day. ~Eric Sparks

### TRANSYLVANIA UNIVERSITY

**Shelby Boyle**

**Guard**

**Senior**

Shelby has the best work ethic I have ever seen - She is a great asset to any program - academic and athletic  
~Zachary Turner

### TRANSYLVANIA UNIVERSITY

**Michael Jefferson**

**Guard**

**Junior**

Michael is a Leader by example with a great work ethic  
~Zachary Turner

### TRINITY UNIVERSITY

**Jack Williams**

**Forward**

**Sophomore**

We are a young strength & conditioning program and Jack's commitment and hard work demonstrate exactly what we want our program to represent. Jack has demonstrated leadership, intensity, and has been a great teammate. His drive will continue to help shape both the men's basketball team and our strength & conditioning program. ~Daniel Martinez

### UNIVERSITY AT BUFFALO

**Davonta Jordan**

**Guard**

**Senior**

Davonta has been an incredible leader both on the court and in the weight room. He has embraced all things physical preparation and has enhanced the training culture of the team. Davonta's energy and work ethic are contagious, and he exemplifies the "blue collar" mentality of the program. ~Sean Conaty

### UNIVERSITY OF ALASKA ANCHORAGE

**Jack MacDonald**

**Guard**

**Senior**

Jack has shown tremendous development over the course of his career at UAA, in no short tribute to taking complete ownership of his training inside and outside of the gym. There are many reasons we have selected Jack for this award, several of which are physical improvement over the past three years, strength of character, his even-keeled disposition, and the many qualities of leadership he displayed during training hours. It was a pleasure to have coached Jack, and we are excited to see him excel in life! ~Alysa Horn

## 2020 — COLLEGE — BASKETBALL

### UNIVERSITY OF DELAWARE

#### Nate Darling

##### Guard

##### Junior

Nate has worked hard to accomplish his goals in the classroom, community, weight room, and on the court. He has used his time in the weight room expand his abilities on the court. Currently Nate has earned CAA Player of the Week three times. Darling ranks nationally in the top 20 for scoring as we approach the end of the regular season with 20.9 points per game. He also leads the CAA with 79 3-pointers currently which ranks him 9th in Division I. After transferring to the University of Delaware, he understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways to remain dominate at his position. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Chris Toland

### UNIVERSITY OF DETROIT MERCY

#### BJ Maxwell

##### Guard

##### Senior

BJ has been a model Student Athlete here at University of Detroit. He has done everything he has been asked to do with no hesitation. BJ is also that guy that in some cases you need to pull back a little. He has fought injuries since getting here but is always ready to work no matter what. BJ is a leader both on and off the court.

~Nick Wilson

### UNIVERSITY OF DETROIT MERCY

#### Jiera Shears

##### Guard

##### Sophomore

Jiera's dedication to the weight room has allowed her to play at the highest level. She comes prepared each day and is always asking for more, usually to the point where

we have to slow her down. She's not afraid of working hard which motivates her teammates to get the most out of the session. Jiera has been a pleasure to work with and well deserving of the NSCA All-American Strength and Conditioning Athlete of the Year Award. ~Trevor Klump

### UNIVERSITY OF ILLINOIS-CHICAGO

#### Jamie Ahale

##### Guard

##### Junior

Jamie Ahale, a junior, has displayed exemplary effort on and off the court over the past year. He is attentive, coachable, hard-working, and a terrific teammate. In the weight room he has shown a consistent drive to get better and a determination to improve himself physically. His commitment to excellence carries to all other aspects of his life. Jamie is majoring in civil engineering and has been made the Dean's List and Honor Roll in every semester of his enrollment.

~Gabe Derman

## 2020 — COLLEGE — BASKETBALL

### UNIVERSITY OF LOUISVILLE

**Dana Evans**

**Guard**

**Junior**

University of Louisville

Female

Dana Evans

Sport: Basketball

Position: Guard

College Junior

Height: 5'6"

Weight: 143

Age: 20

Vertical Jump: 32.2"

Long Jump: 8' 3.5"

$\frac{3}{4}$  Court Sprint: 3.14 seconds

Bench Press Poundage: 158

Bench Press Reps: 1

Trap Bar Deadlift Poundage: 385

Deadlift Reps: 1

Evans came to the University of Louisville in 2017, with a 23" vertical jump, McDonalds All-American status, and a lot to prove. She was the first ever freshmen to win the "Iron Cardinal" award, which is an annual competition held by the Performance staff. This award reflects overall athleticism and performance metrics such as power, speed, relative strength, aerobic capacity, and anaerobic power. Since winning the award in 2017, she is the first ever 3x champion (and hopes to defend her title next year). Entering this season, Evans was named Preseason All-ACC but was absent from all other national award watch lists. By midseason, she won the Paradise Jam MVP, ESPN Player of the Week and ACC Player of the Week twice. Since then, she has been nominated to the Wooden Award Late Season Top 20, Ann Meyers Drysdale Award Finalist, Dawn Staley Award Midseason Watch List, Wade Trophy Midseason Watch List, Citizen Naismith Midseason Top 30 and Rated No. 7 on espnW Top 25. No other player has made a larger jump in the

national rankings this year and she is the favorite to earn ACC Player of the Year honors. It is a testament to the drive and competitive nature that Evans brings to the court and weight room every day. ~Kaiti Jones

### UNIVERSITY OF LYNCHBURG

**Cody Lang**

**Forward**

**Senior**

Cody's four-year efforts in the weight room and during conditioning sessions allowed him an opportunity to go from a role player to a starter during his senior season. Cody had a 320lb Squat, 265lb Bench Press, & 265lb Hang Clean leading into this season. ~Ed Smith

### UNIVERSITY OF MARYLAND

**Reese Mona**

**Guard**

**Junior**

Over the past three years as a member of the University of Maryland Men's Basketball team, Reese has demonstrated unmatched work ethic, consistency and leadership. Reese has never missed a mandated workout and in each of his three seasons with the program he has led the team in extra in-season training sessions. His attitude and energy are contagious in the weight room. Not only does Reese lead by example but he also helps provide additional instruction and guidance to the younger players. Reese began his career as a walk-on athlete but quickly earned a scholarship as a result of his athletic and academic performance. Reese's achievements have not gone unnoticed and were recently featured in The Washington Post. Reese has been a joy to coach and truly exemplifies the what it means to be a student athlete. ~Kyle Tarp

## 2020 — COLLEGE — BASKETBALL

### UNIVERSITY OF MASSACHUSETTS - AMHERST

#### Djery Baptiste

**C**

**Senior**

When you meet Djery for the first time you can see the emphasis he has put on performance, health & wellness. He has an intimidating stature (6'11, 245, 5% BF) and it immediately garners respect of athletes and coaches alike. You can visibly see his effort and dedication to the weight room, recovery, and nutrition. It has come to fruition through his passion for health and his inquisitive nature to utilize his resources to the fullest. Extra lifts away from the team, conversations about recovery or the newest nutrition documentary are just small examples; the common denominator being he is always finding a way to better himself as an athlete, a student, and as a person. Djery will use this knowledge and passion throughout life in all avenues, and because of that will find himself to be successful off the court. ~Zane Scott

### UNIVERSITY OF MISSOURI-ST. LOUIS

#### Jason Towery

**Forward**

**Senior**

Jason (JT) has been with the UMSL athletic department for the past three years and has made tremendous strides in the weight room. I can always count on JT to come in to a workout and give me his best effort. His hard work has helped lead his team to a school record in wins and a regular season conference championship. ~Josh McMillian

### UNIVERSITY OF SOUTHERN MAINE

#### Keenan Hendricks

**Guard**

**Junior**

Keenan has led by example since arriving on campus looking for ways to improve VJ and performance on the court. He has motivated other teammates to weight train all year. Team record has improved each year. ~James Giroux

### UNIVERSITY OF WISCONSIN - WHITEWATER

#### Becky Raeder

**Guard**

**Senior**

Becky has been incredibly consistent on the court, in the wt. room and with her academics. As a starting guard the last two seasons, she has helped lead the team to the NCAA tournament. As a captain her senior year she is a tremendous role model for the younger players and displays great leadership. Her work ethic will serve her well in all her future endeavors. ~Lee Munger

### VIRGINIA MILITARY INSTITUTE

#### Garrett Gilkeson

**Guard**

**Senior**

Garrett has been a tough and competitive basketball player for us at the Virginia Military Institute. He always shows up to train with the competitive mindset and work ethic needed to improve. He provides great leadership to others on the team through his positive interactions and consistent work ethic. Garrett is extremely durable as he has started in 94+ games the last 3 years. He has been one of the top team statistical leaders the past 2 seasons. ~Dave Lawson

## 2020 — COLLEGE — BASKETBALL

### WASHINGTON COLLEGE

**Dallas Marshall**

**Forward**

**Senior**

Dallas grew in more ways than one his four years at Washington College. A part of an undersized team, Dallas had to play out of position in many occasions during his career. He transformed his body through the weight room and nutrition. Apart from his on court accolades, Dallas could squat in the mid 300s and deadlift close to 500 lbs. On the court his numbers speak for themselves! He is a two time All-Conference player, scoring over 1,000 point in his career and captaining his team to two Centennial Conference playoff appearances his junior and senior year. ~Jonathan Jenkins

### WAYNE STATE COLLEGE

**Halley Busse**

**Junior**

Halley attacks everything at 100MPH including chain pull ups or heavy weights. Bus is always a joy to be around and she only knows how to work hard. She will have an amazing offseason and continue to lead the team in many ways. ~Taylor Feenstra

### WAYNE STATE COLLEGE

**Ben Dentlinger**

**Junior**

Ben has excelled in the weightroom, he has put on 20lbs of muscle in his time at WSC and cleans 275lbs  
~Kenneth Grant Darnell

### WAYNE STATE COLLEGE

**Nosa Iyagbaye**

**Sophomore**

Nosa has grown a lot in his time here, Gaining 40lbs and seeing consistent ant number increases. ~Dakota Coon

### WAYNE STATE COLLEGE

**Jordan Janssen**

**Sophomore**

Jordan has put on almost 20lbs of muscle in his 1.5 years at WSC, that size has helped an already skilled player. I am looking forward to him taking the next step and weighing 230lbs! ~Taylor Feenstra

### WAYNE STATE COLLEGE

**Erin Norling**

**Junior**

Erin has gained 20lbs of lean muscle in her time here, which has directly shown in her all conference performance on the court. ~Dakota Coon

### WAYNE STATE COLLEGE

**Selena Shady**

**Sophomore**

Selena has fought through a lot and still continues to train hard and consistently. ~Grant Darnell