

## COLLEGE — BASKETBALL

### Regis University

### AARON OFSTUN

#### Forward

#### Senior

Aaron Ofstun is a four-year member of the Regis University men's basketball program whose physical development, work ethic, and leadership epitomize the standards of the NSCA Strength & Conditioning All-American Award. Aaron arrived on campus as an undersized developmental prospect, with the primary performance goals of increasing overall strength and size while improving lateral quickness and physicality in the post.

Through an exceptional commitment to training, Aaron transformed himself from one of the least physically developed athletes on the roster into the strongest player on the team within his first two years. He added over 30 pounds of lean muscle mass and consistently trained an additional four to five days per week outside of scheduled team workouts to meet the performance standards required of his position. His dedication translated directly to on-court success, earning him meaningful minutes during his junior season and contributing to the team's RMAC Men's Basketball Conference Championship run.

In the 2025–2026 season, Aaron emerged as a starting post player, with the team's offensive system frequently running through him prior to a season-ending injury. Despite this setback, Aaron did not miss a single team training session, continuing to train consistently around his injury and serving as a visible leader within the weight room. His energy, accountability, and vocal encouragement of teammates have helped

establish a strong culture of effort and professionalism within the program.

Beyond his athletic contributions, Aaron is an Exercise Science major who completed a semester-long internship within the Strength & Conditioning department, assisting with baseball training sessions while completing the department's internship curriculum. His engagement in both academic and applied performance settings reflects a genuine interest in the field and a commitment to personal growth.

Aaron Ofstun's four-year transformation, unwavering work ethic, leadership through adversity, and positive influence on team and department culture make him highly deserving of recognition as an NSCA Strength & Conditioning All-American. ~Spencer Bowersmith

## COLLEGE — BASKETBALL

### Duquesne University

#### ALEX WILLIAMS

##### Forward

##### Senior

When Alex Williams arrived at Duquesne University, he was working to overcome a serious foot injury that had sidelined him for an entire year. Caught between programs during his recovery, he was unable to access consistent rehabilitation and structured training. As a result, he arrived on campus having gained weight, lost strength, and facing a difficult road back to competitive form.

After an initial attempt to return, Alex experienced another setback that ultimately required a medical redshirt. For many athletes, this would have been a breaking point. Instead of giving in to frustration, Alex made the decision to take full control of his future.

He committed himself completely to a comprehensive strength and conditioning and rehabilitation plan. His dedication was exceptional. Alex embraced a transformational strength program, adhered strictly to a monitored nutrition plan, completed daily rehabilitation sessions, attended numerous physician appointments, and added extra conditioning work on his own. He consistently went above and beyond expectations.

The results were remarkable. Alex lost 43 pounds, rebuilt his strength, and developed a physically dominant presence. His perseverance paid off—he earned starts in several games and delivered impactful performances at a crucial point in the season, helping propel his team up the standings.

What stands out most is Alex's attitude. He trusted the process, believed in his coaches, trainers, and medical staff, and never allowed adversity to define him. His resilience, work ethic, and professionalism make him a pleasure to coach and a powerful example of what commitment and determination can achieve. ~John Henderson

### William & Mary

#### ALEXA MIKESKA

##### Gaurd

##### Senior

Alexa is exceptionally deserving of this award in recognition of her unwavering commitment to her physical development over the past 12 months. After overcoming a significant long-term injury, she approached every stage of her recovery with resilience, discipline, and a consistently positive attitude. Her determination to improve each day was evident not only in her rehabilitation process but also in the way she prepared herself to return to basketball stronger than before. Upon her return to the court, Alexa continued to demonstrate the same work ethic and focus, setting a powerful example for those around her. Beyond her individual progress, she has emerged as a true leader—holding her teammates accountable, encouraging them to raise their standards, and fostering a culture centered on growth and development. Her perseverance, leadership, and dedication make her a highly deserving recipient of this award. ~Conor Cantwell

## COLLEGE — BASKETBALL

### Eastern Michigan University

#### ALLI ZAJAC

##### Forward

##### Freshman

Zajac is a student-athlete who models our weight room standards with discipline, consistent high energy, and leadership. Not only does she excel in team training but she also seeks out opportunities to train outside of team training to improve her game. Allis is a positive tone setter for our team in the weight room and on the court.

In January of 2026, EMU WBB was ranked as the most improve team in the nation. This was a direct reflection of Alli as she has skyrocketed in her development in the weight room. She helped set the foundation and culture for our team over the summer which as immensely carried over to a turnaround season. ~Aaron Abraham

### University of Massachusetts Amherst

#### ALLIE PALMIERI

##### Guard

##### Senior

Allie is constantly working to better herself both on the court and in the weight room. She pushes herself day in and day out. During Sports Performance sessions she challenges her teammates to be better. Over the course of her career she has consistently done extra weight room sessions, and has brought other teammates with her. As a two-year captain, Allie has been a driving force in the weight room that has been a catalyst to improving team strength and fitness, which has allowed us to perform better and better each year on the court. ~Simone Morin

### Stockton University

#### ANDREW CRAWFORD

##### Guard

##### Junior

Andrew is a guard for our men's basketball team who has consistently defied the limitations often associated with being considered "undersized." Rather than allowing that label to define his role or impact, Andrew has committed himself to a relentless standard of preparation that elevates his performance beyond expectation. His ability to compete at a high level is a direct result of the intent and effort he brings to both the court and the weight room. Andrew approaches each training session with the focus, consistency, and purpose that strength and conditioning coaches hope to instill in every athlete. Throughout the demands of a long season and the added responsibility of leadership, he has remained committed to his development, continually striving to improve and setting a standard for his teammates through his daily work ethic. ~Philip Aumack

### Maryville University

#### ANNIKA PLUEMER

##### Junior

Annika is a great leader for us in the weight room. Her work ethic and attitude are contagious with her teammates and she is truly impactful on her team and the university. ~Mitchel Schwartzman

## COLLEGE — BASKETBALL

### Springfield College

#### BAILEE LANGE

**Guard**

**Junior**

Bailee Lange had an intense injury last year that would have most people questioning if it was worth getting back into the sport they love or not. She took the journey head on and is now better than she was prior to the injury; mentally and physically. This person is a prime example of being the first one in and last one out, "Coach, how can I get better?" Her drive to get better in and out of the weight room is contagious, she elevates the team to get better.  
~Keeley Durkin

### Norwich University

#### CHARLES NOGARD

**Guard**

**Senior**

Charles tore his achilles tendon prior to his freshman year and has worked diligently to return to the court faster, stronger, and more resilient. His dedication in the weight room carries over to his teammates and of course his game on the court. He always shows up early and stays late, and is a great influence on his teammates in the wt. room. ~Scott Caulfield

### Minnesota State University - Mankato

#### CHASE BARTLETT

**Guard**

**Senior**

Chase came in the weight room every day with a mindset to get better. He approached all of our training sessions with positivity, grit, and a toughness to further his strength and power capabilities as an athlete. He consistently pushed his teammates, and helped create a great environment for training on the Men's Basketball team. His tenacious attitude will bring Chase great success in his future! It was a pleasure to have been able to train Chase during his time here at MSU!  
~Samuel Lee

## COLLEGE — BASKETBALL

### **Pace University** **CIARA COLLINS**

#### **Forward** **Senior**

Ciara Collins represents everything that a well-rounded, successful collegiate student-athlete should be.

In terms of her on-the-court performance throughout her career, Ciara established himself early on in her freshman season of 2022 and earned conference All-Rookie Team. Over the next 3 seasons, Ciara became the team's most consistent player and was a pillar in the starting lineup for Pace. Her versatility on the court became a more significant part of her game because of her development physically through strength and conditioning. In her senior year this season, she is simply dominating and leading the team in every stat category. despite the team not having the success they have wanted to this season, it would be surprising if she is not selected as First Team All-Conference.

Ciara will go down as one of the most successful scorers in women's basketball history as she eclipsed the 1,000 point mark earlier this season and will likely be surpassing the 1,200 point mark.

Ciara's durability over the last 4 years is beyond impressive, as she has never missed significant time due to injury. She has undoubtedly transformed her body and improved all performance-related qualities drastically. By no means was Ciara ever the 'best' athlete in the room as far as her physical capabilities, but this did not matter at all because she led by example and gave the effort more

consistently than any athlete I've coached in my tenure here.

More importantly, Ciara has helped established a change in culture in regards to strength and conditioning and is the clear leader of the team. The other athletes look to her to set the tone and be a role model. Ciara is a grade A human being, scholar athlete, and deserving of the highest possible accolades that a student-athlete can receive.

~Matthew Ambrose

### **Washington & Lee University** **CONOR ROBERTON**

#### **G** **Junior**

Conor Robertson has distinguished himself as a consistent competitor and a solid teammate whose preparation and work ethic elevate both his own performance and that of those around him. He is diligent about training and meticulously prepares his body for the demands of practice and competition, showing a commitment to strength and conditioning that goes beyond expectation. His unwavering dedication to his physical development and team-first approach make him a deserving nominee. ~David Forman

## COLLEGE — BASKETBALL

### Mount Marty University

#### DAMON OPDAHL

##### Point Guard

##### Junior

Damon has used the weight room to excel on the basketball court and develop into a starter and a leader of the Men's Basketball program. He has a 30 inch vertical, did 5 reps on the 185 lb bench max test, and squats over 400 lbs. On the court, Damon is shooting over 40% from the 3 pt line, and has scored over 300 points in the season. He also has 37 steals on the year and averages 4 rebounds and 2 steals a game. ~Mark Roozen

### Minnesota State University - Mankato

#### DELAYNIE LUNECKAS

##### Forward

##### Senior

Delaynie has shown tremendous dedication to the weight room during her career. She shows great effort and attention to detail day in and day out. Delaynie strives for quality execution in all movements and encourages her teammates to do the same. She has been a joy to have around the weight room! ~Samuel Lee

### University of Wisconsin - La Crosse

#### DUSTIN DEROUSSEAU

##### Guard

##### Senior

Dustin has become a leader on the court and in the weight room. He brings great energy to the lifts and has put a focus on spending extra time for himself to work on recovery and rehab after his lifts. On the court, Dustin is a regular starter, and this season he has averaged 15.5 points per game. He is the team leader in blocks with 39 and surpassed the 1,000-career point mark earlier this year. Dustin has also helped the team be consistently ranked in the top 25 nationally this season and was an integral part of their Elite-8 run last season. Dustin has also managed to earn a 3.040 GPA in his time at the University of Wisconsin-La Crosse. His leadership is noticeable and will help lead his team through the remainder of their season. ~Philip Whitesitt

## COLLEGE — BASKETBALL

### Regis University

#### DYLAN FORBORD

**Guard**

**Senior**

Dylan Forbord has been a model of consistency and long-term development within the Regis University Strength & Conditioning program throughout his four-year career. From his first day on campus to his senior season, Dylan has maintained a constant and dependable presence in the weight room, approaching every training phase—offseason, preseason, and in-season—with the same level of focus and intent.

Dylan has demonstrated measurable improvement each year, setting new personal records annually across multiple strength and performance metrics. His progression has not been accidental; it has been the result of disciplined preparation, attention to detail, and an unwavering commitment to doing the work the right way. He is the type of athlete who never misses a set, never shortens a repetition, and never looks for shortcuts.

Beyond his individual progress, Dylan leads quietly but powerfully through example. His effort level remains consistent regardless of circumstance, reinforcing standards within the team and modeling accountability for younger athletes. His reliability in training translated directly to performance and availability on the court, culminating in starting 23 of 26 games during his senior season.

Dylan's sustained improvement, durability, and disciplined approach to preparation embody the values recognized by the NSCA Strength & Conditioning All-American Award. His four-year

commitment to excellence in the weight room has left a lasting impact on his program and teammates. ~Spencer Bowersmith

### Rochester Institute of Technology

#### ELLA WILSON

**Guard**

**Junior**

Ella has always been a standout in the weight room. She sets the standard for her teammates and truly embraces the process of hard work. Her consistency and effort have made her someone others naturally follow. She has been a leader I can rely on — both in how she trains and in how she communicates with her team. Ella is trusted, respected, and sets the tone every day she walks into the room. I look forward to everything she will accomplish in her senior season, both in performance and in leadership. ~Ryan Kelly

### Wright State

#### ELLIE MAGESTRO-KENNEDY

**Guard**

**Sophomore**

Ellie has great energy in the weight room, and pushes not only herself but her teammates as well. Ellie presence is always felt and noticeable when gone, she sets the tone for the energy of her team. ~Alyssa Crusey

## COLLEGE — BASKETBALL

### Florida Atlantic University

#### ERIN RODGERS

**Guard**

**Sophomore**

Erin approached her rehabilitation process with the mindset and discipline of an elite athlete. Rather than viewing rehab as a setback, she treated it as an opportunity to grow.

Throughout her recovery, Erin showed up every single day with intention and purpose. She attacked each lift with focus and energy. Her consistency was unmatched- she never missed, never cut corners, and never allowed the difficulty of the process to affect her effort.

What set Erin apart was not just her work ethic, but her attitude. ACL rehabilitation can be mentally and physically exhausting, yet she never complained. She embraced the grind, encouraged her teammates, and brought positive energy into the weight room daily. She found ways to have fun in the process, which speaks to her resilience and leadership.

Erin demonstrated what the NSCA All-American Award represents: discipline, perseverance, accountability, and an unwavering commitment to development. Her dedication throughout rehab not only accelerated her own return to play but elevated the standard of our entire program. ~Lily Griffith

### USM

#### EVANS STERLING

**Forward**

**Junior**

Very good strength athlete. Has improved VJ by regularly training Olympic lifting patterns. Brings his best on strength and power testing days. ~James Giroux

### Menlo College

#### FRIDA SCHMIDT

**Forward**

**Senior**

Frida shows up every single day to workouts with a great attitude and gets after it each day. She has dealt with multiple injuries in the past and still comes determined to become the best version of herself. She is a great leader in the weight room who doesn't make excuses. ~Kevin Attard

## COLLEGE — BASKETBALL

### Fairmont State University

#### GABBY REEP

**Guard**

**Junior**

Gabby Reep, a Junior from Bridgeport, West Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Gabby is a great lead-by-example teammate, is extremely coachable and is dedicated to helping her team succeed. Gabby has started every game this season and is averaging 33 minutes, 14.2 points, 5.9 rebounds, three steals and 3.6 assists per game. Gabby'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 exercise science and wants to pursue a career in Occupational Therapy. Gabby has garnered multiple MEC all-academic team honors and D2 ADA academic awards. Our women's basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Gabby Reep. ~Adam Kolberg

### Hobart College

#### GABRIEL BERGERON

**Guard**

**Senior**

Gabriel Bergeron has been an essential piece to the Hobart Basketball program not only on the court but in the weight room as well. He's shown great qualities of consistency, dedication, and resiliency which emanates in his performance in the weight room. Over his four years as a student-athlete, he's shown immense progress in both his physical and leadership qualities. As a leader, he is not afraid to only push himself, but his teammates as well. His loud and confident presence echoes during lifts as he strives for greatness every session, exhibiting his championship mindset and his drive to make his teammates better as he does himself.

Gabe's dedication has been the driving factor to his great physical development over his time as a student-athlete. He achieved great improvements in his trapbar deadlift from 200 to 400 lbs, along with a 50-pound increase in his bench press from 150 to 200 lbs. His never-ending support for his team and immense energy he brings every day shows the extraordinary leadership qualities he possesses, making him a vital piece to his team.

~Brittany Krivicich

## COLLEGE — BASKETBALL

### Regis University

#### GUNNER WALTERS

##### Guard

##### Senior

Gunner Walters made an immediate and lasting impact on the Regis University men's basketball program following his arrival as a transfer student. From his first training session, it was evident that Gunner not only worked exceptionally hard, but that he genuinely valued the role of strength and conditioning in maximizing performance.

Gunner approaches training with professionalism and intent. He consistently seeks additional opportunities to improve, frequently coming in on off days for extra work and prioritizing pre-game preparation to ensure his body is ready to perform at a high level. His commitment to preparation reflects a mature understanding that performance is earned through disciplined, consistent work behind the scenes.

In the weight room, Gunner leads by example. He is routinely the first athlete to arrive and the last to leave, setting the tone for effort and focus within the group. His consistency never wavers, regardless of the phase of the season, and his attention to detail reinforces the standards expected within the program.

Gunner's dedication to strength and conditioning translated directly to his on-court impact, as he started all 26 games during his senior season. His durability, preparation habits, and work ethic were instrumental in maintaining his performance throughout the year.

Gunner Walters embodies the qualities recognized by the NSCA Strength & Conditioning All-American Award—discipline, leadership, accountability, and a relentless commitment to improvement. His professional approach to training and preparation makes him highly deserving of this honor.

~Spencer Bowersmith

### Fairmont State University

#### HARRISON LINKOUS

##### Guard

##### Senior

Harrison Linkous, a redshirt junior from Morgantown, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Heading into this basketball season, Harrison had a 435 lbs. back squat, 465 lbs. deadlift, a 250 lbs. bench press, a 32 inch vertical jump and ran a 4:47 mile. Additionally, Harrison competed as part of our inaugural indoor track team and led the team in the 200m and 400m with times of 23.47 and 51.82, respectively. Harrison's work ethic and dedication also carries into the classroom. As a mechanical engineering major, Harrison currently has a 3.56 GPA and plans to enroll into Law School upon graduation. Harrison has been named to multiple MEC all-academic teams as well as earning multiple DII ADA academic achievement awards. Harrison is also the student-athlete leader for the Fellowship of Christian Athletes program and is the student representative for the university's Board of Governors. Our basketball program, indoor track program, strength & conditioning program and entire athletic department are all better because of student-athletes like Harrison Linkous.

~Adam Kolberg

## COLLEGE — BASKETBALL

### Nichols College

#### HARRISON STANWOOD

##### Sophomore

Harry attacks each session with a focused discipline that is hard to beat. He is one of the most dedicated athletes that I have had the privilege of coaching in college athletics, and I am very proud of the way he has approached his physical development this year.

~Timothy Cahill

### Fairmont State University

#### HUGO LILJA

##### Forward

##### Sophomore

Hugo Lilja, a sophomore from Linkoping, Sweden, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Heading into this basketball season, Hugo had a 325 lbs. back squat, 375 lbs. deadlift, a 225 lbs. bench press, a 31 inch vertical jump and ran a 5:19 mile. Hugo's work ethic and dedication also carries into the classroom. As a business administration major, Hugo currently has a 4.0 GPA and has been named to multiple MEC all-academic teams. Our basketball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Hugo Lilja. ~Adam Kolberg

### Washington & Lee University

#### ICY KENEAH

##### G

##### Senior

Icy Keneah has established herself as a powerful and dependable presence for her team through her physical strength and steady approach. She genuinely enjoys the work, attacking training sessions with discipline and a willingness to improve every day. Her consistency and commitment have made her a stabilizing force and a trusted example within the program. ~David Forman

### University of Wisconsin-Whitewater

#### ISAAC VERGES

##### Guard

##### Senior

If you are looking for the perfect leader, Isaac fits the bill. He is one of the hardest working members of his team, pushing himself past his limits, and is often the last one to finish his workouts. More than that, though, he makes his teammates better, whether it be through motivational speeches to get them hyped, constructive feedback to help them improve, or words of encouragement to boost their spirits when they are down. In addition, he gives me great insight on how the team is doing and how to make the workouts better. Because of his efforts, he has helped the Warhawks win their first regular-season conference title in over 10 years. Bottom-line, if I were trapped in a foxhole, Isaac would be someone that I would want by my side. ~John Schimenz

## COLLEGE — BASKETBALL

### University of Providence

#### JACOB BUCHIGNANI

##### Junior

Jacob also known as Buch has been a most consistent presence in the men's basketball program over the last four years. He's one of the very first athletes I coached when I came to UP 3.5 years ago. I've watched him use the weight room to develop as an athlete and mature as a man throughout his playing career. Each team lift, he gives it his best effort and maximizes every rep. He helps the newcomers get acclimated to the lift program and provides a burst of energy on the court. This is just the beginning of a successful future that he has ahead of him beyond UP. ~Lucky Lovan

### Pace University

#### JADEN KEALEY

##### Forward

##### Senior

Jaden Kealey represents everything that a well-rounded, successful collegiate student-athlete should be.

His leadership qualities are felt all over Pace University campus and he is a pillar of the community and loved by everyone. As SAAC president, Jaden represents so much more than a dominant basketball player.

In terms of his on-the-court performance throughout his career, Jaden established himself early on in his freshman season of 2022. He took this year to develop, learn, and prepare for the years ahead. Jaden started the next 3 seasons and was a pillar in the starting lineup for Pace.

The men's basketball program reached pinnacle success as a program during Jaden's four years.

Twice, the program has reached the NCAA D2 tournament, with hopes of making it again in 2026. Last season, the program reached its first every NE-10 Championship Final, where they lost in heart breaking fashion. Jaden was an integral part of the program reaching this new height of success.

Jaden's durability over the years is beyond impressive, as he has never missed significant time due to injury. This is a testament to Jaden's preparation on a year round basis

Jaden's strength and conditioning performance over the years is phenomenal. He has undoubtedly transformed his body and improved all performance-related qualities drastically. His strength, power, endurance, and overall athleticism is off the charts compared to when I first met Jaden in 2022.

More importantly, Jaden helped me transform the culture for strength and conditioning with the men's basketball program. When I arrived, things were a bit of a mess and the program didn't have great structure and consistency with training all year round. As the years have gone on, Jaden's leadership has been invaluable for me to lean on because he holds everyone in the room to a high standard and simply leads the way. Jaden is a grade A human being, scholar athlete, and deserving of the highest possible accolades that a student-athlete can receive. ~Matthew Ambrose

## COLLEGE — BASKETBALL

### Bradley University

#### JAQUAN JOHNSON

Guard

Sophomore

Jaquan Johnson, seeing is believing. A 5'10 210 LB monster for basketball size standards. He has staggering numbers off court as well as on. On the court he was a 1st team All-Freshman Player in the Missouri Valley Conference last year. This year he is a National Defensive Player of the Year candidate, watchlist for Mid-Major player of the year, and MVC Most Improved Player of the Year.

Off court he has slimed 10% body fat while adding 10 lbs of muscle and has become the strongest pound for pound player on the team as a 19 year old sophomore.

His weight room numbers range in the 300+ Bench Press, 450 lbs Back Squat, 600 lbs Trap Bar Deadlift along with 30+ Vertical Jump, and his Kinexon Tracking numbers are off the chart with 1000 loads in practice and games consistently for 2 years.

As a Point Guard and a leader by example, at his age, it is staggering to see where he can take his game and metrics. He is the epitome of this award and I expect him to win 2 more times. His nickname Bully is a synonym of what he is doing in the Bradley Men's Basketball program and throughout the Missouri Valley Conference. Jaquan's passion and enthusiasm to grow and develop as an athlete and leader is unmatched and should be recognized at the national level. ~Edward Papis

### Huntingdon College

#### JAYLA CARTER

Guard / Forward

Senior

Jayla doesn't follow the crowd—she consistently does what's right. She pushes herself relentlessly, and holds herself accountable even when no one is watching.

~Charles Goodyear

### University of Wisconsin - Platteville

#### JENNA GANSEN

Guard/Forward

Freshman

From the moment I first had her step into our weight room she has been nothing but fully bought into the training programs I provide for her. Even deep into the season she still wants to come in and do more. She isn't just a weight room worker but a good person at heart and leads strongly by example on and off the court. I would love to have a 100 more athletes like her in my career simply because the qualities that she has along with the strength that she shows as a freshman is truly uncanny. This award would hopefully only help fuel her fire and give her a little recognition that she deserves.

~Trevor Schier

### William Woods University

#### JERSEE WREN

G

Senior

Helped change the culture of the team in the weight room. ~Robert Jones

## COLLEGE — BASKETBALL

### Regis University

#### JESS BOLLWAHN

##### Guard/Forward

##### Senior

I would like to nominate Jess Bollwahn of Regis Women's Basketball for this award in recognition of her outstanding commitment, growth, and positive influence over the course of her four-year career.

Jess's development in the weight room has been nothing short of impressive. From her first year to her final season, she has shown consistent progress through dedication, discipline, and a willingness to embrace the process. Her physical growth reflects countless hours of hard work and a mindset focused on long-term improvement.

Beyond the results, Jess brings unmatched positivity and energy into the weight room every day. She approaches training with enthusiasm, encourages those around her, and helps create an environment where hard work is enjoyable and contagious. Her attitude makes the weight room a better place, and her presence elevates the effort and mood of the entire group.

And of course, Jess is always ready with the best playlist—setting the tone, bringing energy, and keeping everyone locked in. That attention to atmosphere and team culture speaks to her leadership and care for the group as a whole.

Jess's consistency, growth, and positive impact over four years embody exactly what this award represents. For her dedication to improvement and her lasting influence on Regis Women's Basketball.  
~Spencer Bowersmith

### College of the Holy Cross

#### JOE NUGENT

##### Junior

Joe Nugent is currently a junior at the college of the Holy Cross in Worcester, MA. He is a 3 year starter on the men's basketball team and currently listed as fifth on the all time three point list at Holy Cross. Joe is a standout leader on and off the court. His passion, professionalism and work ethic makes a person and athlete that everyone wants to be around. Joe's coach ability and attitude make him an athlete that any strength coach or athletic trainer would be lucky to work with.

-Luke Osberg ~Delaney Baxendale

### Converse University

#### JORDYN SURRETT

##### Forward/Center

##### Senior

Jordyn's strong work ethic in training enables him to be among the conference best players in minutes, points per game, and rebounds game in, game out.  
~Kevin Darlington

### Point University

#### KADEN PAUL

##### Guard

##### Senior

KP is the heartbeat of our basketball program. A senior guard who consistently brings energy and intensity every day, KP is always the first to show up and sets the tone in the weight room and on the court. His consistency, work ethic, and leadership have made a lasting impact on his teammates. He leads with action and effort, embodying what it means to compete at a high level. ~Bradley Bonner

## COLLEGE — BASKETBALL

### Cal Poly Pomona

#### KEKE SCOTT

##### Forward

##### Junior

Keke owns the clean record for Ladies Basketball with 145 lbs after coming off ACL reconstruction. Throughout her rehab process she continued to work with the strength staff becoming one of the strongest ladies on the team in addition to being technically sound and leading by example.

~Mike Senyo

### Cal Poly Pomona

#### KEVIN SIMETH

##### Center/Forward

##### Senior

Kevin owns all weight room records for the Men's Basketball team with 275 clean, 180 snatch, and 574 deadlift while being 6'7 and an industrial engineering major. Kevin has been named CCAA All Academic and has received the Elite 13 Award for two consecutive years. He is one of the best teammates to lift with, coaching younger guys in the weight room with the strength staff and pushing his training partners. ~Mike Senyo

### Vassar College

#### KREEKOR KARAGEUZIAN

##### Junior

Kreekor Karageuzian is strong and steady. His 500-pound trap bar deadlift highlights his exceptional strength, while his calm demeanor and inner drive elevate those around him. What makes Kreekor stand out is his well-rounded athleticism and the seamless translation of his strength training to on-court performance. ~Alice Read

### University of Wisconsin - La Crosse

#### LINDSEY KNUTH

##### Forward

##### Junior

Lindsey brings incredible focus and effort to every lifting session. She is a quiet leader and is constantly pushing herself to improve in the weight room. She is willing to find and push past her limits which has translated into improved lifting numbers. She is a regular starter on the basketball court and has helped her team consistently be ranked in the top 25 nationally. She also played an important role last season when the team earned an at-large NCAA bid and made it to the second round. Lindsey has also achieved a 3.100 GPA in the classroom. Her dedication to working hard and pushing limits in her training will allow her to be a big part of her team's success for the remainder of their season.

~Philip Whitesitt

### Point University

#### MADISON NESBIT

##### Guard

##### Junior

Madison Nesbit is a driven and committed leader within our women's basketball program. As a junior guard, she continually looks for ways to improve her game and embraces the work required to elevate her performance. Her dedication to the weight room and her willingness to lead by example make her a foundational piece of our weight room culture.

~Bradley Bonner

## COLLEGE — BASKETBALL

### Regis University

#### MARY CROSSLAND

**Guard**

**Senior**

I would like to nominate Mary Crossland for the Weight Room All-American Award in recognition of her exceptional dedication, self-motivation, and commitment to going above and beyond.

Mary is someone who puts in work even when no one is asking her to. In addition to completing every required lift with focus and intent, she consistently chooses to do extra work—additional lifts, accessory exercises, and time in the weight room that is entirely self-driven. That willingness to do more than what is required sets her apart.

Her approach reflects a deep commitment to improvement. Mary understands that progress comes from consistency and extra effort, and she embraces that mindset every day. She doesn't look for shortcuts or excuses—she looks for opportunities to get better.

The Weight Room All-American Award represents athletes who are committed to excellence through discipline and effort. Mary Crossland exemplifies those qualities through her consistent extra work and dedication, making her a truly deserving recipient of this honor ~Spencer Bowersmith

### Converse University

#### MAZIE HELPMAN

**Forward**

**Senior**

Mazie is among the stronger athletes at Converse University with a 145 bench press and a 385 trap bar deadlift. This allows her to be a team leader in just about every statistical category. ~Kevin Darlington

### University of Providence

#### MCKENNA REGGEAR

**Guard/Forward**

**Senior**

Mckenna brings a level of focus and commitment to team lifts that's unmatched. Her dedication to improving in the weightroom is evident and beneficial to her as an athlete on the basketball court. Her commitment extends beyond her sport—she consistently encourages others, remains disciplined, leads by example, and exhibits resilience through her athletic performance and leadership as a captain and teammate. McKenna demonstrates perseverance, accountability, and maintains a genuine passion for strength and conditioning, making her a truly deserving candidate for this award. ~Brooke Foster

## COLLEGE — BASKETBALL

### Glendale Community College

#### MEMPHIS JAMES

##### Sophomore

Memphis James is a standout candidate for the NSCA All-American Strength and Conditioning Athlete Award. Memphis leads by example in the weight room, he always works hard and stays late to get his work done. His unmatched work ethic shines through in his relentless commitment to training: consistently grinding in the weight room to improve his on-court performance. Memphis has an amazing attitude, always positive and always ready to train hard. His mindset combined with his disciplined approach has directly transferred to improved performance.

Memphis exemplifies the athlete who has maximized his athletic potential through his efforts in the weight room, making him a truly deserving recipient of this prestigious award. ~Derek Drumtra

### William and Mary

#### MILES HICKS

##### Guard

##### Senior

I have coached Miles for the past four years at William & Mary. During that time, he has fully embraced his experience as a student-athlete and has consistently demonstrated dedication both on and off the field. He is an intelligent and respectful young man who leads by example, supports his teammates, and approaches every challenge with maturity and determination. Miles has shown steady growth in his skills, work ethic, and leadership, and he takes pride in representing his program with integrity. I am confident he will

continue to excel in the years ahead and make a meaningful impact in whatever path he chooses.

~Ramon Eady

### Huntingdon College

#### MYLES MURPHY

##### Guard

##### Senior

Myles has a relentless competitive spirit, consistently attacking every moment with intensity and purpose. He not only pushes himself to be better every day, but also challenges and inspires his teammates to do the same. ~Charles Goodyear

### Minnesota State University, Mankato

#### NATALIE BREMER

##### Guard

##### Senior

Natalie's determination and competitive attitude has been contagious. Her hardnosed mindset and drive for success have been paramount in furthering the culture of the basketball program in the weight room. Natalie's leadership challenges her teammates to push beyond their limits. She undoubtedly left her mark on Maverick Strength & Conditioning. ~Andrew Stocks

## COLLEGE — BASKETBALL

### Salisbury University

#### NICOLE MILLER

##### Guard

##### 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

### USM

#### NOAH DOWLING

##### Forward

##### Sophomore

Brings strong training background to program. Showed improvement in technique and strength during the season. Important part of much improved team. ~James Giroux

### Roanoke College

#### PAT CLEVENGER

##### Forward

##### Senior

Pat is a classic example of what hard work, determination and class is all about. It was difficult to find a day where we did not find Pat either getting up shots, or getting his lift. For the three years I have had the fortune of coaching him, he always communicated any adjustments he may have to make to his summer workouts and was always humble in his progress. His hard work on and off the court put him in a position to not only play for our

basketball team, but put him in the starting line up, a leadership role and a player we counted on for our success. He set his own goals with no fanfare and drew no attention to himself after he achieved them. No matter how difficult the day, he put his head down and worked, and smiled. ~Scott Bennett

### University of Wisconsin-Whitewater

#### RENEE RITTMAYER

##### Guard

##### Senior

The growth of Renee during her time as a Warhawk has been staggering. Yes, physically, she has improved her strength, speed, agility, hops, and basketball skills. However, I am more impressed with her improvement in leadership and mental skills. In tense situations, even if she is freaking out on the inside, on the outside, Renee keeps her composure, which also helps her teammates stay calm, too. She is constantly giving words of encouragement and gives great feedback to her teammates to help them get better. It is clear she is the “mother hen” of the team and has stepped up big-time with her performance, especially offensively, to fill the void left by the previous senior class. During her career, she has helped the Warhawks achieve multiple conference titles and NCAA tournament appearances. ~John Schimenz

## COLLEGE — BASKETBALL

### St. Edwards University

#### ROBERT CONRAD

##### Guard

##### Sophomore

Unrelenting drive and commitment to pushing strength and power both in offseason and in-season, even as a high minute player. He knows that pushing his strength and speed will give him the edge he needs to be a playmaker in this division, and even when he cannot lift with the team due to class schedules, he goes above to find times to come in or to check in with me. He is a shining example of what pushing in the weight room can do for you out on the court, when pursued with consistency and intention. ~Abrienna Gomez

### Wright State University

#### SAM ALAMUTU

##### Senior

In his one year here at Wright State, Sam has helped transform our weight room culture with Men's Basketball. He immediately took a leadership role and helped push his teammates to give their best effort. Sam is a tireless worker and has been a huge asset for our program this year. ~Cole Pittsford

### South Dakota School of Mines

#### SAVEA MANSFIELD

##### Forward

##### Senior

Saveas dedication to the developmental process has paid off in on court success and sets an example for the rest of her team. She has displayed great leadership for our program especially as she and her teammates went through a coaching staff change. ~Benjamin Servais

### Youngstown State University

#### SOPHIA GREGORY

##### Forward

##### Sophomore

Sophia had a great freshman season. Instead of being content with what she accomplished in her first year, she came in over the summer and in the off-season and pushed herself past the uncomfortable. She had tremendous growth and it is showing in her current production. She is set to have another record breaking year. ~Mary George

### USM

#### STEPHEN GABRIEL LLL

##### Guard

##### Sophomore

Did significant work on ankle rehab during the summer and fall. Has seem strength improve significantly since arriving on campus. A good Olympic lifter. Great attitude keeps team culture positive ~James Giroux

### Nichols College

#### SUMMER KLEIN

##### Senior

Summer has gone above and beyond with regards to doing what she needs to do to best prepare herself for playing college basketball. Day in and day out, she shows up to the weight room ready to work and always strives to become better. As result of this, she has seen great on-court success over the course of her long career at Nichols College! ~Timothy Cahill

## COLLEGE — BASKETBALL

### Mount Marty University

#### THALEN SCHRODER

##### Forward/Center

##### Senior

Thalen was a leader and inspirational player for the MMU Men's Basketball team that had the best place finish in the GPAC Conference in the last 25 years. They secured a home court playoff spot in the GPAC for the first time in 25 years. Thalen had 66 rebounds, shot 80% from the free throw line and had 3 blocks per game. He was a leader in the weight room, benching 185 for 15 reps, working to get to a no step 34 inch vertical, squatting 405 lbs, running a 3.01 in the 75 ft. sprint and a 10.72 in the Lane Agility Run. ~Mark Roozen

### Converse University

#### TRE LOCKLEAR

##### Guard

##### Sophomore

Tre is an extremely hard worker during strength training sessions and during our on the court conditioning sessions. He leads by example in both places, and his endurance level is crazy. He began training voluntarily over the summer and completely transformed his body. He averaged 11.6 points per game and 33.8 minutes per game, which is a testament to his fitness level. ~Kevin Darlington

### Trinity College

#### TREVOR MCDONALD

##### Forward

##### Senior

Trevor has been a dedicated S&C athlete for the last 4 years. He trains 365 days a year and has been a pleasure to have in the weight room.

~William DeLongis

### Smith College

#### VIRGINIA JOHNSON

##### G/F

##### Junior

Virginia Johnson has always been a hard worker in the weight room. Now in their junior year they have started every game for the basketball team after being a role player their first 2 years and focusing on honing their craft on the court. In the weight room they have always asked what they can do better, what they can work on, and what they should do to in the weight room to improve what coach has asked them to on the court. Through applying that advice and work ethic on and off campus in the summer they are now our leading scorer. I'm excited to see what further success Virginia may reach.

~Ian Turner

### Menlo College

#### ZOE CARRILLO

##### Center

##### Sophomore

This athlete consistently shows up with energy and focus. She always pushes boundaries for herself and her teammates. She is coachable and fun to work with because of her positive attitude and desire to get better. ~Caroline Howard