

COLLEGE — BASKETBALL

APPALACHIAN STATE UNIVERSITY

Justin Forrest

Guard

Senior

Justin is a leader on and off the court. He is a self-starter and easily motivated which makes him one of my picks for this award. In the weight room and on the court, he excels because of his drive and tenacity. I am extremely proud of his accomplishments. He has played in over 100 games in his career, with just as many starts. Averages 15.6 points and 3.1 rebounds. He is rank 14th in program history with 1,484 points. Has reached double figures in scoring 75 times in his career, scoring 20 or more points 26 times and 30 or more points five times. He was named First Team All-Sun Belt and NABC Second Team All-District in 2019-20 and has been named Sun Belt Player of the Week three times in his career. ~Anthony Glass

APPALACHIAN STATE UNIVERSITY

Lainey Gosnell

Small Forward/Power Forward

Senior

Lainey is the athlete every strength coach wants to work with, she listens and understands the lifts so well she can help correct the underclassmen. She leads by example on and off the court by putting in the work to be the best she can. She is an exceptional athlete and leader and will have a very successful future. ~Grant Kastelan

AUGUSTANA UNIVERSITY

Adam Dykman

Forward

Senior

Adam has used strength and conditioning to transform himself on and off the court during his career at Augustana. He has led the Vikings both vocally and by example. The same qualities that make him an outstanding student-athlete will be the same qualities that carry him to great success in the future. ~Andrew Stocks

AUGUSTANA UNIVERSITY

Hannah Mitby

Guard/Forward

Senior

Hannah was a 2x NSIC All-Academic Team. Multiple NSIC South Division Player of the Week. Strength and Conditioning Athlete of Month. She's a natural born leader on the court and in the weight room. Hannah pushes her teammates to be better no matter the situation. It has been a true honor to coach Hannah and watch her grow as an athlete and person. ~Michael DiClementi

BRADLEY UNIVERSITY

Gabrielle Haack

Guard

Senior

Gabrielle's commitment and dedication to her training is unparalleled. This has not only shown on the court becoming a top ten leading scorer in school history, but also posting a 325 pound back squat and 195 pound bench press. Her leadership in the weight room has also been a key contributor to the team's success by not only holding herself accountable but also pushing her teammates to be their best. Every team needs a Gabrielle Haack. ~Matthew Friend

COLLEGE — BASKETBALL

BRIGHAM YOUNG UNIVERSITY

Alex Barcello

Point Guard

Senior

Alex has a relentless drive to get better every day. Over the course of the off-season, he was able to improve in all 5 NBA Draft Combine tests. Most notably his approach jump improved to from 36.0" to 38.5". His Reactive Shuttle score improved from 3.05sec to 2.83sec. Alex's 185 Bench Press Repetition improved from 2reps to 7reps. On the Court his Points per Possession as a pick and roll ball handler coming off screens has increased. Alex's strength has contributed to him going from the 35th percentile to the 83rd percentile scoring around the basket. Alex is the consummate leader, exemplifying a balance of humility, empathy and expectation with his teammates and coaches. ~Erick Schork

COLORADO COLLEGE

McKenzee Gertz

Guard

Senior

McKenzee is one of the most dedicated athletes in our entire athletic dept. She consistently puts in the work to improve herself on a daily basis and lead by example on and off the court. She also always bring a positive attitude to the weight room and shows her teammates both leadership and compassion as a Captain. ~Scott Caulfield

DUQUESNE UNIVERSITY

Halle Bovell

Halle Bovell has been a model student-athlete throughout her time at Duquesne University. 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. Halle is an amazing student making the Dean's List countless semesters. She is also a member of Director of Athletics' Honor Roll, and Atlantic 10 Commissioner's Honor Roll. Halle also represented Duquesne Women's Basketball at the A-10 Leadership Summit in 2019. Like many student-athletes, Halle has faced some challenges throughout her time here but that has never changed her attitude or outlook. Her positive outlook, her efforts to improve daily and push those around her make her a tremendous competitor, leader, and a major part of our Women's Basketball Program. 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. Some of Halle's performance achievements include a 29 inch Vertical Jump, an 8ft 6in Broad Jump, a 220lbs. Back Squat, and 140lbs. Bench Press. ~John Henderson

DUQUESNE UNIVERSITY

Austin Rotroff

Forward/ Center

Junior

Austin Rotroff is a dedicated and self motivated student-athlete who has committed to enhancing his athletic career by means of strength and conditioning. He has demonstrated an elite commitment to training through every obstacle that has come his way. Through injury, remote training, extra lifts he has made exemplary progress in transforming his body, and in doing so, improving his game. His work ethic and consistency are matched by his quality of character. It's a pleasure to be Austin's coach and it is my great honor to nominate him for this deserving reward. ~John Henderson

COLLEGE — BASKETBALL

EASTERN MICHIGAN UNIVERSITY

Yeikson Montero

Guard

Senior

As a senior, Yeikson developed into a gritty weight room leader that any coach loves to have. He took all the uncertainty of this year in stride and took his focus and training to a new level. The 6'4 guard added 12 pounds over the last year, while increasing his vertical by 8 inches. Yeikson has seen improvements on the court as well, becoming one of our top scorers and one of our best rebounders. His willingness to be coached and do whatever is asked of him is second to none in our program, and he deserves all the success he is having. ~Seth Thomsen

EMERSON COLLEGE

Chad DiCenzo

Point Guard

Junior

Chad is a hard-working student athlete and just a wonderful human being. It is a pleasure to work with such an incredible individual. Through injury and challenges that may come his way he works harder than anyone to improve himself in order to be the best person he can be on and off the court. His consistency and drive to get better set him apart. He has found that the time spent working in the weight room helps him on the court. ~Ron Smithers

FITCHBURG STATE UNIVERSITY

Jadelen Harold

F

Junior

Jadelen's consistent commitment to the strength and conditioning program has allowed her to maximize her performance on the basketball court. ~Jim McGuire

GARDNER-WEBB UNIVERSITY

Lance Terry

Guard

Sophomore

Lance is an unbelievable athlete that has bought into the importance of training and displayed tremendous character and perseverance. He leads our team in scoring, and he takes pride in training with great purpose every time he comes into the weight-room. I am excited to see his hard work transfer to success on the court and I look forward to witnessing him continue to grow as both a player and leader over the course of his career. ~Kyle Lodermeier

GEORGIA TECH

Lorela Cubaj

Post Player

Senior

Lo is a relentless and competitive athlete that, not only drives herself, but everyone around her. She has taken responsibility for her own potential in a way that is driven by intention and discipline. Those standards, alone, have helped to shape the legacy and culture that is cultivating here, at Georgia Tech. She has proven to be one of the nation's top rebounders. She is an energy giver and one of the most impactful players that I have had the honor to coach. Her passion, work ethic and relentless energy is infallible and easy to love! ~Yolanda Berryhill

COLLEGE — BASKETBALL

HOBART AND WILLIAM SMITH COLLEGES

Olivia Parisi

Forward

Junior

Olivia Parisi – Better known to her teammates and coaches as “Liv”, Parisi has been an instrumental piece to our weight room culture and also her team culture in the midst of a national pandemic. Leading by example, the USBWA All-Rochester Area second team and All-Liberty League second team selection as a sophomore on the court, Liv boasted a 225+ lbs back squat, 100+ lbs bench press and 225+ lbs trap bar dead lift in the fall. Even after the challenging decision was made to not have a D3 Championship season, Parisi has taken solstice in the fact that she and her teammates will have more time to prepare for their 2021-22 season and have already started training in the weight room. Liv is a wonderful individual, coachable and an unparalleled hard worker who makes everyone around her better in the weight room and on the court. ~Chris Gray

LINDENWOOD UNIVERSITY

McKenna Montgomery

Guard

Senior

McKenna is one of the most driven athletes to ever step foot on campus. She is fully invested in bettering herself as a person and as an athlete and is willing to put in the extra time to achieve her goals. McKenna believes that anything is possible through a disciplined, hardworking approach, which she consistently demonstrates through her “will do” attitude. McKenna always gives 100% and sets the standard for her teammates in the weight room. She also helps create a fun training environment by bringing positive energy and being her teammates’ biggest cheerleader on and off the court. ~Michael Reese

LIPSCOMB UNIVERSITY

Parker Hazen

F/C

Senior

Parker works extremely hard at improving his game in the weight room and on the court. His leadership is not only through his communication, but more importantly through his example of being a relentless worker. He pays close attention to the details, no matter what he takes on. His dedication to building his body to take on the rigors of the game and to enhance his athleticism plays direct dividends on the court. I count it a joy to be able to get to work with. ~John Hudy

MENLO COLLEGE

Corey Le'Aupepe

Center / Power Forward

Junior

Corey, did an outstanding job this last year in his home country of New Zealand staying in contact with the Sports Performance staff and following the prescribed training along with utilizing every resource available to transform his body and prepare for the upcoming season and return to play. When Corey returned to campus he had put on about 12lbs of muscle while recomping his body with a solid nutrition plan and consistent training. ~Victor Brankovich

COLLEGE — BASKETBALL

MONTANA STATE UNIVERSITY

Amin Adamu

Guard

Senior

Amin has made tremendous improvement in the 2 years he's been apart of our program. He has made tremendous strides in every area of Speed/Strength/Agility/Conditioning. He has also changed his body dramatically in terms of % fat and increased weight. He comes to work and compete everyday with a positive attitude.

All of which has carried over to a more significant improvement in his on court performance in terms of production and minutes played. Amin has made a significant contribution to the team.

It has been a pleasure working with this young man and watching him benefit from his hard work. ~John Sauer

PERU STATE COLLEGE

Kristian Dewitt

G

Senior

There are times that an athlete serves as an inspiration not because of the numbers posted in the weight room, but because of the perseverance demonstrated through overcoming injury. Having first suffered a back injury, and then later hit harder than most as a result of COVID, Kris was forced to overcome these ailments to return to her "game shape" and finish the basketball season. Her determination and resolve served as an inspiration to her teammates and coaches alike and raised the intensity of all those around her. ~Kyle Ryan

SAFFELL PERFORMANCE TRAINING

Celeste Ryman

Guard

Sophomore

Celeste is the quintessential gym rat. With her court awareness and superior ball handling skills, she routinely slices up defenses like fruit salad. Celeste was my very first client over seven years ago. This past Summer I had the pleasure of once again working with her. With her tenacious work ethic she has not only gotten significantly stronger, but faster as well. ~Mike Saffell

SPRINGFIELD COLLEGE

Sam Hourihan

Forward

Sophomore

She is the example of working hard in silence and letting her success be the noise. ~Nicole Jimenez

STONY BROOK

McKenzie Bushee

Forward

Senior

McKenzie is driven to do her best at everything she does. Whether it is on court or in the weight room, she will always give everything she has. Her hard work on the court got her the America East All Rookie Team in her freshman year as well the America East 6th player of the year for the 20-21 season. Her ability to show up is not limited to the court, in the weight room she has attained a bench press max of 135lbs and a back-squat max of 245lbs. It is my pleasure to nominate McKenzie Bushee as an All-American. ~Joseph Quattrone

COLLEGE — BASKETBALL

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

Nick Mora

Guard

Senior

Nick has been a constant presence in the weight room that has grown every year from his freshman to his senior year. He has helped to set the tone for a positive training environment for his whole team during his time at UTRGV, and has even ran team warm-ups while they were on the road. ~Eric Sparks

UNION UNIVERSITY

Ousmane Gueye

Forward

Sophomore

Ousmane is a prime example of the NSCA's all-American athlete. His dedication to improving his physical ability in the off-season was unmatched. He spent every available hour of his day in the off-season months preparing for the 2020-2021 season; he gained a significant amount of muscle and his dedication in the weight room paid large dividends toward his ability to withstand contact in the paint. His resilience likewise skyrocketed, remaining seemingly bullet-proof all season long, even in the face of grueling weekend series and long weeks of practice. His strength and power are tied directly to his devotion to training. ~Jonathan Wilson

UNIVERSITY AT BUFFALO

David Skogman

Freshman

David Skogman made the most of his redshirt year by getting extra reps in the weight room to work on his physical development, as well as extra reps on the court to enhance his game. David transformed his body and added 5 inches to his vertical jump. This season David has been a major contributor coming off the bench for the Buffalo Bulls! ~Sean Conaty

UNIVERSITY OF ALABAMA

Tyler Barnes

Forward

Senior

Tyler has been a tremendous person, student-athlete, worker, and leader for our basketball program. He gives his all every day while continuously bringing a positive spirit to the team and motivating his teammates to do the same in the weight room, gym, and classroom. ~Mike Snowden

UNIVERSITY OF DELAWARE

Ryan Allen

Guard

Senior

Ryan 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 to expand his abilities on the court. He is pound for pound one of the strongest players on the team with a 250-bench press, 440-back squat, and 41.5-inch standing vertical jump. Ryan ranks second in three-pointers made (242), and ninth in points (1441) in Blue Hens history. ~Rich Levy

UNIVERSITY OF DELAWARE

Jasmine Dickey

Guard/Forward

Junior

Jasmine is the type of athlete that every coach dreams of coaching. Every day she brings the same relentless energy and commitment to weightlifting, conditioning, practice, and her academic pursuits. She is the CAA Player of the year and averages 24 points per game and 9 rebounds. Over the last 3 years, Jasmine has been undefeated when it comes to sprints/conditioning in practice and off-season conditioning drills. The best feature Jasmine possesses is her ability to lead others with positive verbal communication and by example with her actions. ~Rich Levy

COLLEGE — BASKETBALL

UNIVERSITY OF MISSISSIPPI

Valerie Nesbitt

Guard

Senior

Valerie has shown exceptional growth over her time at Ole Miss. She boasts a 32 inch max vertical leap (4.5" improvement over 1 year), a 1.17 second 10yard fly and a 310lb squat. She has helped established a culture of hard work, consistency and energy. Valerie has become a leader on the court and in training, all while maintaining academic excellence. It has been a pleasure to work with her. ~Tim Boeni

UNIVERSITY OF WISCONSIN - WHITEWATER

Emily Schumacher

Guard

Senior

A first team All-Conference player, Emily is a ballhawk who shuts down opponents as a defender and can score from anywhere on the floor. She is an incredible leader by example who motivates her teammates with words of encouragement, both on the court and in the weight room. This work ethic has helped her recover from a terrible knee injury as she and her team competes for a conference title. ~John Schimenz

UNIVERSITY OF WISCONSIN-WHITWATER

Brian Conaghan

Guard

Sophomore

Brian is a tireless worker on the court, classroom and in the weight room. He is the first one in and last one to leave. His work ethic and the gains he has made in strength and conditioning have helped him into playing significant minutes as a freshman and sophomore. Brian is great leader and is respected by his coaches and teammates. His attitude throughout the pandemic has been great and he is looking forward to playing a lot of basketball in the future. ~Lee Munger

WAYNE STATE COLLEGE

Ben Dentlinger

Forward

Senior

Ben power cleans 275lbs with his 6'7 frame; he also has an approach jump of almost 12 feet. This has helped hi become the all time shot block leader at WSC. ~Grant Darnell

WAYNE STATE COLLEGE

Erin Norling

Forward

Senior

The conference player of the year on the court, if you watch her train you would understand. She has embraced training and her frame has put on some great lead body mass during her time at WSC which has resulted in her being bigger, faster, stronger and more physical than her competition. This is an example of the best player also being the best in training. Watching her dominate throughout her career has been fun and I will miss it! ~Grant Darnell

WEBBER INTERNATIONAL UNIVERSITY

Rasheem Etienne

Guard

Senior

Rasheem spent the entire summer of 2020 training every day while working a full time job. Rasheem went from being a role play his junior year to starting nearly every game his senior year, averaging 12.5 points per game, shooting 43% from the field, 80% from the free throw line, 4th in the nation for steals in the NAIA which landed him as a 2nd Team All Conference winner in The Sun Conference. I can't say enough about Rasheems work ethic and character as not only a basketball player, but a man as well. ~Austin Tomaz

COLLEGE — BASKETBALL

WILLIAM WOODS UNIVERSITY

Matt Burgess

Guard

Senior

Matt Burgess is the definition of a team player. He is humble, hard-working, and driven. Matt is a senior basketball player and has been on the team for all 4 years of his college career. Matt has continued to use the weight room to better his game. He comes in on his own accord to get workouts in. Some of his notable PRs are Bench at 200lbs, Hang Clean at 225lbs, and Back Squat at 375lbs. He has continued to get better both in the weight room and on the court over the course of his 4 years. His freshman year he appeared in 13 games out of 31 and averaged 1.4 points per game, sophomore year he appeared in 15 of 30 games. Junior year Matt appeared in 25 of 29 games and had a 41.7% field goal percentage. Matt's senior year he has appeared in every game, as is a part-time starter. He has 20 assists on the year. The last notable thing about Matt is he has been awarded Academic All-Conference every year and was Named NAIA-Daktronics Scholar-Athlete his junior year. ~Bob Jones

WRIGHT STATE UNIVERSITY

Loudon Love

Senior

Loudon has excelled in the weightroom, not only from a physical aspect, but also as a leader. His desire for continued improvement is contagious and I believe it is a large contributor to our team's culture of success. Horizon League Player of Year x2, Horizon League Freshman of the Year, All Conference First Team x3, All Conference Second Team x1, All Conference Defensive Team x1. ~Cole Pittsford