

COLLEGE — FOOTBALL

AUGUSTANA UNIVERSITY

TJ Liggett

Linebacker

Senior

TJ's commitment to strength and conditioning has been incredible. He holds the school record in the clean with 420 pounds. TJ was named Second Team All-NSIC in 2019 as well as earning a spot on the NSIC All-Academic Team of Excellence. His performances in the class room, on the field, and in the weight room are a testament to his unwavering work ethic. All of the things that brought him success at Augustana will carry him to great things in the future. ~Andrew Stocks

AVILA UNIVERSITY

Joey Stark

Defensive Back

Senior

I have had the joy of working with Joey Stark for all four years of his collegiate football career. He came to campus with a good base knowledge of exercise science and chose to become a very active participant in his Kinesiology degree discipline. He spent many hours in my office asking questions he developed in his process of reading and watching new materials to gain a better understanding of the strength and conditioning field. During the last couple of years of his playing career his teammates viewed him as the consistent hard worker who was well respected for this and he helped to bridge buy-in between the S&C program and his teammates. He has persistently pursued the goal of becoming a collegiate S&C coach and has recently move across the country to participate an internship program and a DI program to help expand his knowledge base and networking capability. I look forward to calling Joey Stark a peer in the future. ~Brian Ciolek

CHADRON STATE COLLEGE

Cole Thurness

Wide Receiver

Senior

2019 Omaha World-Herald All-Nebraska DII Offense
2019 Team MVP
2019 RMAC All-Conference 2nd Team Offense, 2nd Team Special Teams
2018 Team MVP
2018 Special Teams MVP
2018 Omaha World-Herald All-Nebraska DII First Team
2016 Scout Team Defensive Player of the Year in 2019
Thurness thrived with quarterback Dalton Holst under center. Thurness finished No. 2 in the RMAC, behind teammate Tevon Wright, with 65 pass receptions, 827 yards receiving, and eight receiving TDs were both fourth-best in the league. Thurness earned All-RMAC Second Team honors for both his offensive and special teams' play, where he returned 12 kickoffs for 218 yards and 10 punts for 131 and a special teams touchdown. Thurness also received second consecutive Team MVP and named to All-Nebraska DII First Team. Thurness has been nominated for two years in a row as the teams' "Lifter of the Year". Thurness has posted a 38 inch verticle, a 335 lb. hang clean, a 445 lb. front squat, a 500 lb. back squat, and a 4.48 40 yard dash. ~EJ Kreis

COLLEGE — FOOTBALL

CLEMSON UNIVERSITY

James Skalski

Linebacker

Senior

James Skalski, a 6'0.5 245 lb. linebacker, is an outstanding leader, student-athlete, person, and worker for our football team.

In 2020, Skalski was elected by his teammates as a permanent team captain and earned 2nd team All-ACC honors. On the football field in 2020, Skalski, battling injury, produced 44 tackles (3.5 for loss), 1.5 sacks, three pass breakups and a fumble recovery which he returned 17 yards for a touchdown in 291 snaps. During Skalski's tenure thus far (2016-2020), the Tigers have posted a record of 65-6, winning two national championships, winning five Atlantic Coast Conference Championships, and appearing in the College Football Playoff five times. Skalski has played 1,222 snaps over 56 games (25 starts) in his career. His 56 career games played entering 2021 are already tied for ninth-most in school history. In addition, Skalski is the only player ever to play in five ACC Championship Games.

In the weight room, Skalski has put in consistent, disciplined, outstanding work each day to improve his abilities, to perfect his craft, and to lead his teammates. As a senior, Skalski's testing numbers were as follows: bench press 405 lbs., bench press 225 lbs. 24 times, squat 560 lbs., power clean 320 lbs., vertical jump 29.5", broad jump 9'0.5. In addition to his strength & conditioning and football accomplishments, Skalski is a graduate of Clemson University, earning a degree in communication, and is a three-time ACC Honor Roll selection. Skalski diligently puts in the work on and off the field. He exhibits respect, personal excellence, integrity, leadership, and incredible work habits in all he does. James Skalski has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Joey Batson

CLEMSON UNIVERSITY

Cade Stewart

Offensive Line

Senior

Voted as a permanent team captain and played the most snaps from scrimmage then any other player on his team. Cade is part of a Clemson senior class that was first in school history to go undefeated at home in a four year span and helped Clemson to ACC titles and CFP berths in all four seasons. 6'4, 305 lbs. Loved the training aspect of the game. Was a leader on the field and in the weight room. ~Larry Greenlee

COLLEGE — FOOTBALL

CLEMSON UNIVERSITY

Regan Upshaw

Defensive End

Senior

Regan Upshaw, a 5'11 240 lb. defensive end, is a tremendous person, student-athlete, worker, and leader for our football team. Upshaw did not begin playing football until college, and started his career at Clemson University as a walk-on. Upshaw earned a scholarship through his tremendous effort, commitment, discipline, consistency, and hard work. On the football field in 2020, Upshaw produced 19 tackles (3.5 for loss), 2.5 sacks, and a pass breakup. He has played in 36 games in his career. During Upshaw's tenure thus far (2016-2020), the Tigers have produced a record of 65-6, winning two national championships, winning five Atlantic Coast Conference Championships, and appearing in the College Football Playoff five times. In the weight room, Upshaw has worked consistently each day to maximize his abilities, to develop his craft, and to set an outstanding example for his teammates. As a senior, Upshaw's testing numbers were as follows: bench press 470 lbs., bench press 225 lbs. 30 times, squat 635 lbs., power clean 300 lbs., vertical jump 31.5", broad jump 9'11. In addition to his weight room and football achievements, Upshaw is a graduate of Clemson University, earning a degree in economics. Upshaw puts in the work on and off the field. He displays personal excellence, leadership, respect, integrity, and tremendous work habits in all he does. Regan Upshaw has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Adam Smotherman

COACH ROZY PERFORMANCE

Salvador Chavez

Defensive Line

Sophomore

Salvador "Sal" Chavez is a Biology Major, attended West Point for 3 years, is Airborne Qualified and is a heavyweight boxing champion - as well as being part of Mt. Marty University new football team that will play it's first season in the fall of 2021. Sal is a defensive end on the team and has worked his way into a starting position on the depth chart because of his hard work, dedication and intense focus. From the weight room, Sal has improved his bench up to 315 lbs, his squat max is 405 lb while hitting 28 inches in his vertical jump. ~Mark Roozen

COACH ROZY PERFORMANCE

Evaristo "Kiko" Nunez

Offensive Line

Freshman

Evaristo "Kiko" Nunez is a Freshman at Mt. Marty University, from Dickinson, TX. He is part of the first ever football team at the University. The first season of play will be the fall of 2021. Kiko is an Offensive Lineman on the football team and also plays baseball on MMU's baseball team as a First Basemen. From the fall coming into school, Kiko has improved his bench 40 lbs by maxing 300 lbs, in the squat he hit 455 for a 60 lb improvement while hitting 30.5 inches in the vertical jump. ~Mark Roozen

COLLEGE — FOOTBALL

DUQUESNE UNIVERSITY

Roman Macek

Offensive Line

Senior

Passion, intensity, and leadership are just a few of the quality attributes that come to mind when describing Roman Macek. Resiliency would be another. On August 14, 2019, Roman suffered a torn ACL which caused him to miss the 2019 football season. Instead of feeling sorry for himself, he committed to the rehabilitation process and has returned better than he was before. His unwavering commitment to his own development, as well as that of his teams, is remarkable. He leads from the front, and brings an energy and passion to the program that motivates his teammates to be better every single day. Roman has a passionate commitment to strength and conditioning that has helped him overcome adversity, and become a leader of the program. Roman's personal records include: 275 Power Clean, 470 Back Squat, 440 (School Record) Bench Press. ~Anthony Longo

EAST STROUDSBURG UNIVERSITY

Keanan Baines

DL

Junior

Keanan is a leader and mentor in and out of the weightroom. He is destined for great things in the future. Keanan lives to prove himself everyday! His devotion to his physical development has helped him overcome a serious knee injury and get back into the best shape of his life. He understands the injury prevention benefits, as well as performance benefits of strength and conditioning. As a result, he is back on track to setting PR's and to get into the 1400lb Club. ~John Kalinowski

EVOLVE FITNESS STRENGTH AND CONDITIONING

R.J. Aron

Offensive Line

Freshman

R.J. is a very committed student-athlete both on the football field and in the weight room. What has impressed me most about R.J. is his commitment towards improvement during in-season competition. While many athletes may disregard continuing to make progress in the weight room during the season, R.J. has come into the weight room after practice on a consistent basis in order to help improve his abilities. Along with his work ethic, he is also one of the more respectful and coachable student-athletes that you will come across. ~David LaPlaca

FITCHBURG STATE UNIVERSITY

Caleb Gonsalves

DL

Senior

Coaching Caleb for the past four years has been great. He always brings energy and a positive attitude that rubs off on his teammates. Along with that he is one of the strongest, most explosive players on the team and has been one of our most productive players on the field throughout his career. ~Jim McGuire

JUNIATA COLLEGE

Keith Caputo

Offensive

Senior

Keith is an exceptional leader on and off the field. Keith took on a leadership role in the weight room and helped develop a culture for his team. Over the past 4 years Keith has committed himself to this program and process of being the best teammate he can be. ~Kaleb Weyant

COLLEGE — FOOTBALL

JUNIATA COLLEGE

Fletcher Hart

RB

Senior

Fletcher is an exceptional leader on and off the field. Fletcher took on a leadership role in the weight room and helped develop a culture for his team. Over the past 4 years Fletcher has committed himself to this program and process of being the best teammate he can be. ~Kaleb Weyant

LINDENWOOD UNIVERSITY

Lloyd Lockett

Defensive Back - Safety

Senior

Lloyd is an outstanding example of dedication on and off the field, which is one of the many reasons why he is such a respected member of our program at LU. Since his surgery early last year he has embraced hard work and consistency to come back better than ever, no matter the obstacle in his path. In the weight room there is no one more vocal, energetic, and enthusiastic to accept the daily challenge of whatever the workout may throw his way. This attitude has not only helped him to have continued success in achieving his post-surgery goal of hitting a new personal best 500lb squat but is also contagious in pushing his teammates around him to achieve more as well. Lloyd's ability to help raise the level of his teammates through vocal encouragement and setting the standard, while keeping the environment of the session positive/lighthearted at times, are attributes that help to further highlight his key role as a leader in our program. ~Jon Hull

MERRIMACK COLLEGE

Cory Hagerman

Defensive Line

Junior

"Cory Hagerman has established himself as a leader on the field, in the weight room, and in the classroom. His commitment to growth and development has shown through in all domains. Putting a disciplined mindset to work, Cory has emerged as a force to be aware of. From conference accolades to shattering weight room records, his potential is limitless. A leader amongst his peers and teammates, Cory's reputation is well recognized through the campus community. Further, he is a high character individual that has proven extremely valuable for the organization." ~Michael Kamal

MORNINGSIDE COLLEGE

Niklas Gustav

Defensive End

Senior

Niklas raised the standard for the entire football team in the weight-room and on the field. While overcoming two significant injuries sustained in his collegiate career he showed what is possible with commitment to rehab and training. He worked tirelessly in becoming the best version of himself which led him to multiple conference championships, two National Championships, and GPAC Defensive Player of the Year his senior season. He always had a strong interest in the training process and would constantly want to know the "why" behind what we were doing. This passion has led him into pursuing a career in coaching. His collegiate football and strength and conditioning experience, as well as his leadership and communication skills, make the perfect foundation for him to go out and have a successful career. ~Aaron Jung

COLLEGE — FOOTBALL

STEPHEN F AUSTIN STATE UNIVERSITY

Dennis Osagiede

Defensive Line

Junior

Dennis consistently has the right attitude brings high intensity to all training sessions. He is a great teammate who sets a high standard for himself and demands that from his teammates. He is mission focused and makes decisions that are good for his team.

Dennis is a example to follow on and off the field, maintaining a GPA over 3.4 as well as being one of the top performers for his position

Bench Press: 380

Squat: 565

Hang Clean: 300

Vertical Jump: 25

40-Yard Dash: 5.30

5-10-5 Agility: 4.50

Dennis' commitment to his preparation has led him to be a productive player on the D-Line. He has played in every game as a Lumberjack not missing time due to injury.

~Joshua Stoner

TROY UNIVERSITY

B.J. Smith

Running Back

Senior

B.J. 's resilience is due to his mindset. Even after two major surgeries in a year and a half, he has a focused, positive approach to weight training and motivates his teammates every day. He's very consistent with his effort. Never feels sorry for himself or expresses any frustration. he's a fighter!

Power clean 280

Squats 460

Bench 320

460 ~Richard Shaughnessy

UNIVERSITY OF DELAWARE

DeJoun Lee

Running Back

Senior

DeJoun has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to enhance his abilities and become the best version of himself. In the 2019 season, he played in nine games as a redshirt junior, rushed for 463 yards, and caught nine passes for 57 yards. DeJoun is the team's primary kick returner and in the first game of the 2021 spring season, he returned the opening kickoff for a touchdown. 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 Stewart

UNIVERSITY OF WISCONSIN - WHITEWATER

Mackenzie Balanganayi

Defensive Line

Junior

As an All-American and Defensive Player of the Year in the region and conference, Mackenzie dominates on the gridiron. He is a leader in the weight room, both in word and in action, bringing out the best in his teammates. His work ethic has driven him to come back from a devastating knee injury in preparation for an outstanding senior season. ~John Schimenz

UNIVERSITY OF WISCONSIN-RIVER FALLS

Luke Fugate

Running Back

Junior

~Carmen Pata

COLLEGE — FOOTBALL

VIRGINIA MILITARY INSTITUTE

Brad Davis

Offensive Line

Senior

Brad is a team captain and leader, not only on the field, but in the weight room, as well as the classroom. He has taken accountability for, and ownership of, his training process throughout his career. He is a reliable, dependable, and valued member of our program. ~Dave Forman

WAYNE STATE COLLEGE

Grant Darnell

DL

Senior

Josh is off the charts strong. A 735lb max squat with a lot more potential in the future. He is a true all American!
~Grant Darnell

WAYNE STATE COLLEGE

Josh Taylor

DL

Senior

Josh has a very bright future in powerlifting as well as weightlifting. His 735lb raw squat puts him in an elite category internationally. He has worked for his successes but his potential is unlimited. I am excited about his future. ~Grant Darnell

WEST TEXAS A&M UNIVERSITY

Hayden Dennis

LB

Senior

Hayden Dennis will be missed in our training! A great leader, excellent worker and all around phenomenal human being. No other football player is more deserving of this award and I wish him the best in his future.

2020 Football Stats: Finished his collegiate career with 245 tackles, 13.5 tackles for loss, two sacks, two forced fumbles and an interception. Recorded the second-most tackles on the team, 49, with 1.5 tackles for loss and a sack. Recorded double digits in three games including a season-high 14 against Angelo State on Sept. 26. Recorded his first career interception against Stephen F. Austin. Recorded his second career sack in the season opener against Oklahoma Panhandle State. ~Benjamin Kozak