

## NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

### 2020 — COLLEGE — WATER POLO

# UNIVERSITY OF MICHIGAN Maddie O'Reilly

#### **Junior**

Maddie is a Junior attacker on the Michigan water polo team. Since her freshman year, Maddie's role in the pool has grown and developed but her desire and effort to be the best has been there from the start. She is very savy, technical and detail oriented with her training and demands the best from not only herself, but her teammates also. She leads the team in almost every absolute and relative strength test we perform, with no sign of slowing down in her pursuit of success in and out of the pool. "Ashley Jackson"

## UNIVERSITY OF MICHIGAN Sofie Pontre'

#### **Junior**

Sofie is a Junior defender and 2020 captain of the Michigan Water Polo team. She has grown into her role as a leader, in and out of the pool, by putting in the work behind the scenes. Though sometimes the quiet type, leading by example, she tends to be the thermostat for the team's training sessions. She is methodical with her approach and makes sure she is doing her best work, every rep. She also holds the team to a high standard and asks for their best each day, and is not afraid to push them to their limits for the benefit of the whole. Sofie seeks understanding in her weaknesses and demands the responsibility for success, but never the credit! "Ashley Kowalewski"