



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

## COLLEGE — SQUASH

### Vassar College

#### KYLE BENSON

#### Senior

Kyle Benson is strong and dedicated. He is in constant pursuit of mastering new movement patterns to build upon his foundation of strength. His commitment to training has made him one of our strongest student-athletes, routinely completing hundreds of push-ups and deadlifting over 550 pounds. Kyle's diverse strength profile and unwavering dedication to his development are what set him apart. ~Alice Read