



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — COLLEGE — DIVING

DUKE UNIVERSITY

Nathaniel Hernandez

Senior

Nathaniel's unmatched work ethic, discipline, and attitude epitomizes Duke Athletics. Respected by all teammates and coaching staffs, Nathaniel is determined to make himself and those around him better every day, and in every way. It has been a privilege to work with him. ~Carl Christensen

MARYVILLE UNIVERSITY

Mariah Hagerty

Junior

Mariah has used dedication to the weight room to better herself for her sport. She is a leader in the weight room and for the Maryville Dive Team; her work and dedication show in her results. She has become one of the top Female Divers in the GLVC this year, setting school records in the 3-meter dive and posting NCAA qualifying marks this season. She is a great example of a student athlete with high achievement not only in her sport but in the classroom. ~Jake Fitts