

2020 — COLLEGE — WRESTLING

AUGUSTANA UNIVERSITY

Regan Bye

Senior

Recipient of the NCWA Academic All-American team. Was part of the NSIC All-Conference Team. Awarded the Dean's Food Athlete of the Month. Regan has amazing leadership skills and incredible work ethic. He was a pleasure to coach and I wish him the best of luck in his future endeavors. ~Michael DiClementi

IOWA WESTERN COMMUNITY COLLEGE

Melvin Hernandez

Weight Class: 149lb

Sophomore

Melvin Hernandez is the definition of a complete student-athlete. Academically, he holds a 4.0 GPA while also hosting team study halls in his dorm twice a week. He demands excellence from himself and his teammates, exemplifying true leadership. Athletically, he's ranked as one of the best 149lb wrestlers in the country and is on the hunt for an individual national title come March! Melvin's intensity and relentless desire to get better uplifts every athlete around him to do the same. Whether it's during strength training, drill sessions, or in the classroom; Melvin holds himself to the highest standard possible. ~Dakota Moran

ITHACA COLLEGE

Ben Brisman

141 / 149

Senior

Ben is a great standard for commitment and consistency. His success is due to repeated efforts day in and day out. Named to both the National Wrestling Coaches Association (NWCA) and Empire Collegiate Wrestling Conference (ECWC) All - Academic Teams, Ben excels on and off the mat. Persistent in pursuit of excellence, Ben became the wrestling programs 12th NCAA Individual National Champion. ~Victor Brown

MARYVILLE UNIVERSITY

John Anderson

Senior

John is an outstanding student, athlete, and leader. John shows a great deal of pride and leadership in the weight room and has used it to greatly excel in his sport. He has been able to overcome several injuries in his career and has used strength and conditioning to help return to a high level of performance. John is a model student athlete and a perfect example of who you would want as a leader on the team and in the weight room. ~Jake Fitts

MENLO COLLEGE

Tiana Jackson

Junior

Tiana shows outstanding qualities of leadership, hard work, and accountability. Her work ethic is undeniable as she prides herself on becoming as strong as possible. Tiana shows up early and stays late, without complaints, and ensures that her entire team follows the same example. She holds herself and her teammates to a higher standard, and it shows through her achievement as All-American and the team winning National Championship honors. ~Jess Sayo

MENLO COLLEGE

Blaysen Terukina

Junior

2019 All American and he is Conference winner at 133 weight class ~Sam Burciaga

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MILLIKIN UNIVERSITY

Bradán Birt

165lb

Junior

Bradán has been devoted to school and wrestling for his entire high school and collegiate career. His hard work in the classroom, weight room, and wrestling room is contagious and is on display in his personal and the team accomplishments. Already a 1-time Scholar All American, 2-time All American, and 2-time individual CCIW Champion, this season he led Millikin Wrestling to its first team conference championship in school history and he is hoping for a run at the National Championship at 165lbs (currently ranked 5th nationally). ~Ben Clawson

SAN FRANCISCO STATE UNIVERSITY

Maximillian Schneider

Junior

Schneider is currently ranked No. 4 in the nation, at 157 pounds, for the No. 13-ranked San Francisco State wrestling team. The Chicago native was named RMAC Wrestler of the Year and selected for the All-RMAC First Team. He posted an incredible perfect 18-0 regular season record, including 14-0 in duals. Schneider has notched a total of 12 pins this year, including 11 in the first period and six in the first minute of action. His impeccable season began with his hard work and dedication in the weight room. Here Schneider leads by example, takes initiative, and can be seen pushing himself during every lift, regardless if the focus is on strength or technique. Schneider demonstrates that belief in oneself, dedication, trust in the process, and passion for a sport can lead to success. ~Ryan Durk

UNIVERSITY OF DUBUQUE

Jevontea Yarbrough

141lbs

Senior

Jevontea is a standout athlete on and off the mat. He has put his efforts to work in the weight room which have translated tremendously to the mat. Jevontea is highly

respected by his teammates and is a leader who is an excellent example for his team. During the current wrestling season, Jevontea led the team in overall wins, during the first semester. Jevontea represents the University of Dubuque with a great work ethic, phenomenal effort, and outstanding attitude. He has bought in to our philosophy and knows that better never stops in all areas of life. Bodyweight 148lbs, hang clean 1RM 245lbs, bench press 1RM 200lbs, back squat 1RM 315lbs, pull-ups 26 ~Nate Hansen

UNIVERSITY OF MICHIGAN

Jack Medley

125lb Weight Class

Junior

Jack Medley, a redshirt sophomore wrestler, has continually progressed his leadership in and commitment to the strength and conditioning program, along with the wrestling program as a whole. His dedication, positive attitude, attention to detail and relentless effort to both his physical preparation and wrestling, have been instrumental in earning the starting spot on the team at 125lbs, along with all the numerous personal records he established this past off-season. His personal bests include 315lb deadlift, 210lb bench press, 160lb power clean, 30 pull-ups and an 8:09min 1.5-mile run, all while being in the 125lb weight class. In addition, he smashed the team push-up record with an amazing 300 push-ups without rest. Jack's leadership by example has been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program, leading to new levels of physical preparedness. Jack has repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge and fulfill any role in order to make Michigan Wrestling successful. Additionally, Jack earned the University of Michigan Academic Achievement Award and Academic All-Big Ten conference recognition as a School of Kinesiology major this past year, further demonstrating his dedication to excellence. ~Katlyn Haycock



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

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UNIVERSITY OF MICHIGAN

Mason Parris

Heavyweight

Sophomore

Mason Parris, a sophomore wrestler, has continually progressed his leadership in and commitment to strength and conditioning, along with the wrestling program as a whole, leading to him being named a team captain for the 2019-20 season. His dedication, positive attitude, attention to detail and relentless effort to both his physical preparation and wrestling, have been instrumental to him not only earning the starting spot on the team at heavyweight, but also in winning the 2019 Freestyle Junior World Championship in the 125kg weight class. Among his numerous personal bests this year is setting the team all-time Clean record at 345lbs. Mason's leadership by example has been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program leading to new levels of physical preparedness. Mason has repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge in order to make Michigan Wrestling successful.

~Michael Favre