

HIGH SCHOOL— SOFTBALL

Inspiration Academy

ALEXIS MCINERNEY

Center Field

Senior

Alexis has used the weight room in her 4 years of high school to transform and propel her athletic ability. She is consistently pushing herself in the weight room and in speed sessions and has become one of the most improved female athletes in 4 years. Her physical prowess and speed earned her a Division 1 scholarship on top of multiple Florida powerlifting state records. Alexis has embodied why having a top strength and conditioning program is so important in high school. ~Brian Commerford

Elkhart High School

AVA WALKER

2nd Baseman / Shortstop

Junior

Height: 5'4". Weight: 115 lbs. Vertical Jump: 24 in. Pro-Agility Run: 5.0 sec. Forty-Yard Dash: 5.4 sec. Bench Press: 125 lbs. Power Clean: 135 lbs. Back Squat: 215 lbs. Dead Lift: 305 lbs.

Ava has made a lot of strides, not only with her improvements in overall strength, but also in her overall conditioning. She has worked very hard to make gains in both speed and agility, as well as power and explosiveness. Her hard work has translated into helping Elkhart High School to a district championship finish with a 15-9 record. Ava made the All-Northern Indiana Conference Team with a .439 batting average, 43 hits, 29 runs, 18 RBI's, and a .962 fielding percentage. Ava earned All-NIC honors by being named Player of the Week for the league. Her goal of playing college softball at the Division I level is also enhanced by her 3.5 overall

grade point average. – Conner Glon, CSCS and Michael Michelakis, CSCS

Londonderry High School

GINNY FLAHERTY

C/3B

Senior

Following up that legendary 2024 triple with another State Championship in 2025 cements her legacy at Londonderry. However, her most impressive "stat" might be the one happening in the weight room right now: the fact that she is no longer the only girl in the room.

Ginny's leadership style—leading by example and "nourishing the culture"—is paying massive dividends for the program.

By consistently training year-round, she set a standard of physical preparation that helped the Lancers secure back-to-back state titles (2024 & 2025).

Her influence has broken the "only girl in the room" barrier, having several teammates now training alongside her in the off-season. This is a direct reflection of her ability to bring others along.

This is exactly why Ginny is deserving of this recognition, It's not just about the numbers on the bar; it's about the integrity and leadership required to inspire an entire team to level up.

Ginny will continue her academic and athletic career playing softball for Suffolk University in Boston.

~Michelle Hart-Miller

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Meade County High School

KENNEDY LEDFORD

3B, OF, C

Senior

To whom it may concern,

I am honored to recommend Kennedy Ledford for consideration as the NSCA All-American Strength and Conditioning Athlete of the Year. I have had the privilege of coaching Kennedy for the past five years, and she is truly one of the finest young women I have had the pleasure of working with.

Kennedy's work ethic is second to none. In five years of training in the weight room, she has never once complained or attempted to avoid a challenge. Even on days when she was not at 100 percent physically, she consistently found ways to improve and make the most of each session. Her resilience has been especially evident in the face of adversity. During her high school career, Kennedy suffered a significant shoulder injury that caused her to miss the majority of her Junior season, yet she fought her way back stronger.

Because of her relentless work ethic and determination, Kennedy has enjoyed a highly successful high school career both athletically and academically. She received numerous offers to play softball at the collegiate level and ultimately chose to continue her athletic and academic career at IUS. She plans to major in nursing, a path that reflects her character, compassion, and desire to serve others.

Beyond her physical abilities and achievements, Kennedy's leadership qualities truly set her apart. She holds her teammates accountable and consistently pushes them to exceed their own

expectations. Kennedy has a rare ability to elevate those around her, making everyone better through her example, encouragement, and high standards. Without hesitation, I strongly recommend Kennedy Ledford for the NSCA All-American Strength and Conditioning Athlete of the Year. She embodies the values of dedication, perseverance, leadership, and excellence that this award represents. ~Dylan Joiner

Fort Worth Country Day

KERRI TSAI

Second Base

Senior

Kerri has proven to be one of the hardest working athletes that I've had the pleasure of working with. She possesses an innate drive that compels her to continuously improve her performance and achieve her fullest potential. This unwavering work ethic has enabled her to increase her squat by 40 pounds, her deadlift by 30 pounds, her vertical jump by 2 inches, and achieve a transition from zero to four pull-ups during this off-season. She is truly deserving of recognition, and it is my honor to nominate Kerri for this esteemed award. ~Matt Segura

Grand Island Northwest High School

LIBBY LOMAN

Catcher

Senior

Libby has demonstrated an incredible work ethic and drive to succeed the last four years in our program. Her infectious personality is truly contagious. Libby's teammates respect her work ethic and level of commitment. But most of all Libby is a NSCA All-American person. Libby is a great student and has over 40 hours of community service hours. This award is a testament to Libby's hard

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work and dedication to reaching her utmost potential as a athlete. ~Troy McNeil

Community School of Naples

LUCIE NORMAN

Utility

Senior

Lucie is an outstanding leader, on the softball field, in the classroom, and in the weight room. Her dedication and drive to improving herself elevates those around her. She leads by example, showing up early in the morning for her training and staying late for her practices. She is a captain on the softball team and has a .621 batting average. She back squats 225, power cleans 145, and bench presses 145. She is able to do all of this while carrying a 4.49 GPA. Lucie is the true definition of you get what you earn. ~Evan Gentry

Strong Rock Christian School

RAEGAN FOX

Second Base, Infield

Senior

Raegan has competed at the highest level in high school softball the past four years. This year, she helped lead her team to a State Runner Up appearance as the lone Senior on the team. In past seasons, she's helped the Lady Patriots to an Elite Eight as well as a Final Four finish. She received First Team All State Honors, was a member of the GIAA Senior All Star Team this season, and is one of the most hardworking and selfless female athletes at our school. In the weight room, she leads by example. She rarely misses a training session, is always coachable, and has received our Lifter of the Week award more than once. She is always ready to give an encouraging word to her teammates with a

smile and pushes those around her to be their very best. Her dedication to growing as an athlete and person is one of the main reasons she will be playing softball at the next level at Young Harris College this coming year. If anyone is deserving of this honor, it's her. ~Emily Mayer

Bexley High School

SYLVIA LAING

Sophomore

I am proud to recommend Sylvia Laing for the NSCA Strength and Conditioning All-American Award. She exemplifies dedication in the weight room, consistently leading by example and inspiring those around her. Academically, she excels with an impressive 4.36 GPA, demonstrating the same discipline she brings to training. Her commitment has led to remarkable performance improvements, including a 105-pound increase in her squat and a 20-pound increase in her bench press. Her work ethic, leadership, and achievement make her a deserving candidate for this honor. ~Jesse Padgett