

2020 — COLLEGE — LACROSSE

ARCADIA UNIVERSITY

Julia Imbert

Attack

Senior

Julia is a member of the Women's Lacrosse Team and a Biology/Pre-Physician Assistant Major with a 3.39 cumulative GPA. She has started in every game since her freshman year, and is a time captain. In 2019, Julia totaled 38 points with 29 goals and 9 assist, leading her team in goals, assists and points. A two time Iron Knight, and previous winner of the Strength & Conditioning Athlete of the Year award, Julia has been integral part our strength and conditioning program. Through her hard work, dedication, leadership, and effort, she continues to help raise the bar for all of the athletes in our program. ~Todd Barnes

DENISON UNIVERSITY

Peter Pittroff

Attack

Senior

Peter is a team captain and communication major. He was honored as one of the top 50 students athletes with the highest GPA at Denison in both 2018 and 2019. He is a two time 1st team all North Coast Athletic Conference honoree, a two time USILA All American, and entering his senior season he is the program leader in assists (169), and is third in points (250). His effort and leadership in the weight room during his career have helped to set an example for his teammates. Entering his senior year, Peter squatted 475 lbs and bench pressed 255 lbs, with a 33 inch vertical jump. ~Beau Scott

EMERSON COLLEGE

Hunter Gervais

Attack

Sophomore

Hunter has been a consistent presence in the weight room. He has emerged as a leader and example for his teammates and other athletes at Emerson. His dedication to physical preparation through strength and

conditioning has allowed to perform at a high level on the field. ~Ron Smithers

HARTWICK COLLEGE

Michael Majchrzak

Attack

Senior

"Shack has grown exponentially from a physical standpoint in the past year I have had the pleasure to work with him. From team training sessions, to conditioning, and additional work that is put in on a weekly basis, Shack has gone above and beyond what is asked of him from a development standpoint. What is more impressive is the leadership qualities he has developed in the time working with him, and now focuses not only on himself in the weight room, but pushes everyone on the lacrosse team to be the best they can during each and every session. It has been a pleasure to see Mike grow, and I look forward to seeing him become a successful young man." ~Andrew Parker

HOBART AND WILLIAM SMITH COLLEGES

Mekayla Montgomery

Defense

Senior

Over her illustrious career, Mekayla has been named an IWLCA All American and to the IWLCA Empire Region First Team multiple times, however it is her character and work ethic that stands out the most to me. She absolutely crushes the weight room hitting an almost 200lbs back squat, a 135lbs hang clean and over a 100lbs bench press. In addition to these marks, Mekayla constantly finds ways to go above and beyond the normal call of duty. Throughout the off season she found herself in the weight room late on Friday evenings just working the technical aspects of her Olympic lifts. While her on field success will help garner much of her praise, it is my belief that who she is as a person and how she works deserves much of the attention and recognition. Mekayla is an unbelievable young woman and a pleasure to coach. ~Chris Gray

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HOBART AND WILLIAM SMITH COLLEGES

Dan Ryan

LSM

Junior

Dan Ryan is an outstanding young man who is a multiple year member of our team leadership council. Dan is a lead by example worker who constantly is improving on the field and in the weight room. Ryan boasts a 30+” vertical jump, 275lbs bench press, a 300+lbs squat and has been a huge part of the Statesmen's success on the field playing in over 30 career games. Dan exhibits this first class work ethic in all areas including academics as he is a Dean's List member who maintains a 3.64 GPA as an Econ Major. ~Chris Gray

HOFSTRA UNIVERSITY

Darcie Smith

Midfield

Senior

In my time at Hofstra Darcie Smith has been one of the most impressive student-athletes I've met. She has trained with me year-round (including every summer) over the three years that I've known her. She is our team captain and has an incredible ability to hold her teammates accountable and at the same time encourage them just how they need it. She is always the loudest person in the room. Darcie has demonstrated incredible cardiovascular fitness as one year, she was 1 of only 3 people to pass the fitness test. I am often in my office late, and I see Darcie on a regular basis running at night after training with me earlier that morning. Her work ethic is relentless. This year she has already been one of our Lifters of the Month and will be a finalist for the Strength and Conditioning Athlete of the Year. Here are some of our performance assessments on Darcie:

Front Plank: 10 minutes

Front Squat: 175 lbs.

1 Mile Run: 6 minutes 1 second

Beyond our performance metrics in the weight room, Darcie is one of our best women's lacrosse players on the team. Here are some of her accomplishments:

Ranked fourth all-time at Hofstra in draw controls with 161...Ranked 13th all-time in Colonial Athletic Association history in draw controls.

2020 (current season): CAA Defensive Player of the Week (2/24/20) - our season has just started so no further accolades yet.

2019: Intercollegiate Women's Lacrosse Coaches Association First Team Mid-Atlantic All Region...All-CAA Second Team

2018: Started all 17 games...Tallied 37 ground balls, 30 draw controls, 15 caused turnovers and one goal...Led Hofstra in ground balls, Ranked fifth in the CAA in ground balls

2017: CAA All-Rookie Team...Played in all 16 games and made 14 starts

Serves on the 2019-20 Hofstra Student-Athlete Advisory Committee (SAAC) Executive Board as the media coordinator.

CUM GPA= 3.71

It is my pleasure and honor to recommend Darcie Smith as a 2020 NSCA All-American. ~Justin Bentivegna

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HOOD COLLEGE

Olanrewaju Aribisala

Defense

Junior

1 RM Backsquat - 375lb

1 RM Benchpress - 275lb

This year Olanrewaju has gone above and beyond my expectations as a coach. He is an outstanding leader, both on the field and in the weight room. He attacks every lift session with tenacity and energy and exudes that confidence to his teammates. He deserves this award as he is always looking for extra reps to better himself to be the best athlete he can be at Hood. I look forward to working with him next year. ~Erika Moyer

HOOD COLLEGE

Samy Brandt

Midfield

Senior

1 RM Backsquat - 185lb

1 RM Benchpress - 115lb

Samy has been a standout athlete at Hood in the weight room this year. She has a high work ethic, and is constantly pushing her teammates to perform their best. She has excelled in technique and increased her maxes since the beginning of the year. Samy is one of the most coachable athletes I have had the pleasure to work with, and I look forward to hearing about all of her accomplishments after graduation. ~Erika Moyer

KING'S COLLEGE

Jacob Wrede

Defense

Senior

Jacob bought in to the program from the very beginning. Every week he put in the work, and was a vocal leader in the weight room. His efforts showed in his numbers and his efforts were rewarded. He is a phenomenal leader. ~Bryonne Herring

LIMESTONE COLLEGE

Kendall Collins

Defense

Senior

Pure example of a dedicated student-athlete. Kendal is a true leader by his example on and off the field and is the catalyst for how our defense plays. One of the most coachable athletes that I have had the pleasure of working with over my tenure and is an example to our younger players by his unselfish play, his work ethic and his leadership. ~Curt Lamb

PACE UNIVERSITY

Mary Kate Longan

Attack/Midfield

Senior

Mary Kate's effort and approach to strength and conditioning has continued to accelerate the culture of the Pace Women's Lacrosse strength and conditioning program. Mary Kate holds testing numbers of 300 pounds in the box squat, a 6 foot 4 inch broad jump and a 6:22 mile time. Mary Kate has appeared in 54 career games recording 45 career goals, 122 draw controls and caused 44 career turnovers. Last season as a junior she earned NE10 second team all-conference honors.

~Troy Thompson

2020 — COLLEGE — LACROSSE

ROCHESTER INSTITUTE OF TECHNOLOGY

Meghan Donahue

Attack/Midfield

Junior

Meghan is a leader for her team in all regards. As a sophomore, she started all 16 games and recorded the second-most goals for the Tigers, all this in addition to being placed on the Liberty League All-Academic Team. Meghan has grown exponentially in the 2019-2020 season in the weight room, improving her Clean, Snatch and Bench performance, and significantly increasing her Front and Back Squat 3RM over the fall semester. Meghan always comes prepared to challenge herself and her teammates each and every day to be their best and leads by example with her attitude and actions.

~TJ LaVigne

SAINT ANSELM COLLEGE

Joseph Hartigan

Defense

Senior

Joe has shown an immense amount of growth as a leader during his time at Saint Anselm College. At the center of Joe's growth, has been an unwavering commitment to strength and conditioning. Not only does he lead from the front in all aspects, his dedication to empowering his teammates and being a "team first" leader represent why he is deserving of the honor to be an NSCA All-American. His approach to training has improved his performance on the lacrosse field, and has given him the platform and confidence to help lead his team.

~Codi Fitzgerald

SPRINGFIELD COLLEGE

Marella Verde

Middle

Junior

Marella is an athlete who excels physically and as a leader in the weight room during her time with the Springfield College Women's Lacrosse program. She has set the standard for attitude, effort, and work ethic by holding her teammates to a high standard and holding herself to an even higher standard. There was never a day that Marella didn't come to lift full of energy, cheering on her team, and ready to crush whatever we had for planned that day. Physically, Marella also sets a high standard for her teammates. Marella is easily the strongest athlete on the team. At 145lbs, her maxes currently stand at: front squat at 220lbs, bench at 145lbs, and clean at 162lbs. As a conditioning program, we often talk about leaving it better than you found it, and Marella has done that in every way possible. She made her teammates better by showing them how to do things the right way, paying attention to little details, holding herself and her team accountable, and giving 100% effort whether it was after a hard practice or a big win. She made our staff better by challenging us to think outside the box every day and giving interns feedback on how they can become better coaches. Though her time with our program has only just started, Marella is already having an impact on Springfield College Strength and Conditioning and we confident she will leave this place better than she found it. ~Terrie Bradshaw

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STATE UNIVERSITY OF NEW YORK AT POTSDAM

Alexa Ferrer

Midfield/Defense

Senior

Alexa is a graduating senior, 4 year player and Exercise Science major. I am the chair of the Health and Human Performance Department and have advised Alexa for the past 4 years. In addition, I also provide Strength and Conditioning to her team and have had the privilege to observe her as she grows into a competent strength coach. Over the past two years, Alexa has embraced a leadership role on her team in the area of Strength and Conditioning. She chose to complete her 120 hour internship under my supervision, writing their off-season and pre-season workouts. She also took the lead in designing testing batteries for both her team and our women's soccer team. She ensures consistency, safe and effective technique and strives to enhance motivation and dedication with her teammates. After her required internship was completed, she requested to continue on that capacity and has also taken on the challenge of writing an annual program for the team. In addition, she is a TA in our PE Weight Training course- providing leadership and exercise instruction to the student body. Alexa exemplifies what we hope our graduates to be and I feel that she is deserving of this honor. ~Tanya Hewitt

STEVENSON UNIVERSITY

Sarah Roerty

defense

Senior

Sarah has been an all conference player since she was named to the MAC first team as a freshman, as well as, IWLCA All Metro and ECAC 1st team. It is no coincidence that she is one of the strongest, hardest working female athletes at Stevenson University. Not only does her ability encourage her teammates to raise the level of their performance in the gym, but it has also given Sarah the confidence to know that she is not going to be pushed around on the field. Rather, her opponents most certainly will. Sarah loves to lift, loves lifting heavy, and

also loves that she is one of the strongest females on campus. She wears this knowledge as a badge of honor. She's actually much stronger than many of our male athletes, works hard to be so, and relishes that fact. As a nursing major, Sarah knows the importance of taking care of one's body, including eating well, resting, hydrating and Crushing Weights!

~M.C. McFadden

STONY BROOK UNIVERSITY

Ally Kennedy

Midfield

Senior

Ally Kennedy is the definition of a blue collar athlete in the weight room and on the field. She comes in every day with the mentality to not only making herself better but also her fellow teammates. Her work has gotten her to have a squat of 225lbs, a bench of 120lbs, a 20yd dash of 2.9sec and a pro agility of 4.6sec. Not only has her work payed off in the weight room but has made her one of the top players in the nation being nominated for the Tewaaron Award as well as being one of 5 females in collegiate lacrosse to currently be on the United States National team. For these reasons Ally has my full backing to be an NSCA All-American. ~Joseph Quattrone

TRANSYLVANIA UNIVERSITY

Hannah Maroni

Defense

Junior

Hannah is a strong young woman who put in a lot of work to earn such recognition ~Zachary Turner

TRANSYLVANIA UNIVERSITY

Trenton Sneed

Attack

Senior

Trenton has a great work ethic and lead by example mentality ~Zachary Turner

2020 — COLLEGE — LACROSSE

UNITED STATES COAST GUARD ACADEMY

Riley McNulty

M

Senior

Riley McNulty has had an uphill battle with knee injuries throughout his career. However, he excelled despite the injuries, surgeries, and rehab. Going into his junior year I collaborated with the Physical Therapists to make sure that we could bring him back stronger and more stable for his Junior and Senior Year. His freshman year, he Hang Cleaned 180lbs, Benched 185lbs, and Back Squatted 275lbs. During this pre-season of his Senior year he was able to come back stronger and crush his 1st year maxes with a Hang Clean of 205lbs, Bench of 225lbs, and Back Squat of 365lbs. He is a great story of hard-work, dedication, perseverance, determination, and inner-fight to come back better than he started.
~Shaakira Hassell

UNIVERSITY OF DELAWARE

Matt DeLuca

Goalkeeper

Senior

Matt has overcome adversity to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to recover from injury and expand his abilities in cage. DeLuca is a four year starter in goal and currently one of the CAA's best goalkeepers, while ranking sixth in school history with a 10.08 career goals per game average. He is an Inside Lacrosse All-American and has earned 2nd Team All-CAA in 2018 & 2019. As a senior he understands the extra work necessary to recover fully and has identified the weight room as one of the best ways for him to be the best in his position. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level.

~Christina Rasnake

UNIVERSITY OF DELAWARE

Mia DeRuggiero

Midfield

Senior

Mia has worked hard to accomplish her goals in the classroom, community, weight room, and on the field. She has used her time in the weight room expand her abilities on the field. Currently Mia has registered 100 assists and counting in her collegiate career and ranked nationally in 2019 with 3.12 assists per game (6th nationally). She was nominated as a 1st Team All-CAA in 2019 and was Preseason All-CAA starting the 2020 season. As a senior she understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways to remain dominate at her position. She is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level.
~Thomas Evans

UNIVERSITY OF DETROIT MERCY

Alex Jarzembowski

Face Off

Senior

Jarz has come a long way in his 4 years. He has a 3.7 GPA in our engineering program. He has been amazing at balancing a heavy, heavy school work load while becoming the best face off guy in Detroit Mercy history. Jarz has embraced the Detroit Mercy "brand" and has lead the way the whole time.
~Nick Wilson

2020 — COLLEGE — LACROSSE

UNIVERSITY OF LYNCHBURG

Colin Dean

Mid-Field

Senior

Colin has been an absolute four-year leader in the weight room and on the field. You can find this man under a 400lb Squat, 300lb Hang Clean, and a 285lb Bench Press. Colin's efforts in the weight room over his four years have pushed many others to work hard and dominate every opportunity they get to train. ~Ed Smith

UNIVERSITY OF LYNCHBURG

Erin Gardner

Defense

Senior

A staple for four years in the game day line up. Erin has continued to put in high effort and lead from the front in the weight room and during conditioning sessions.

~Ed Smith

UNIVERSITY OF MARY WASHINGTON

Jennifer Bosserman

Runner

Senior

4 time CAC all academic team with a 3.85 GPA. UMW President's List: Fall 2016, Spring 2019: UMW Dean's List: Fall 2017. Member of SAAC committee. 1 of 5 out of state students accepted into the 3 year Doctor of Physical Therapy Program at the University of North Carolina at Chapel Hill. Captain of the women's lacrosse team at UMW, who has been consistently in the top 25 programs in the country each of her 4 years, ranking as low as #6. Tremendous work ethic, who manages to make every single person around her, both players and coaches, better. ~Brett Longobucco

UNIVERSITY OF MICHIGAN

Molly Garrett

Midfielder

Senior

Molly Garrett, a two time team captain and the first Michigan player named to the Tewaarton watch list has been a consummate professional in her time spent here at Michigan. She has been a fearless leader in the weightroom and on the field for the past 4 years and her dedication to her sport and preparation is unmatched. Molly owns several relative strength records, as well as some of the top speed and agility times for the lacrosse team and her attitude and intensity towards her training will leave a legacy with the program and beyond. She is always looking for an edge on her competitors and seeks out her weaknesses with a vengeance, which is why I have nominated her for this award. ~Ashley Jackson

VASSAR COLLEGE

Alessandra Fable

Attack

Junior

Alessandra Fable is asking all the right questions. She is constantly questioning and wondering how she can improve an exercise to achieve maximal performance. Alessandra embraces what it means to be a strong woman and is doing just that by becoming one of our strongest and most well-rounded student athletes.

~Alice Read

VASSAR COLLEGE

Zack Henig

Defense

Junior

Zack Henig is a year-round leader and motivator. He leads by example for both his teammates and all our student athletes. He asks questions and is engaged in every aspect of improving his athletic ability. He is quietly and steadily becoming one of our strongest student athletes and his commitment to the process is what sets him apart. ~Alice Read

2020 — COLLEGE — LACROSSE

WASHINGTON COLLEGE

Kayla Catts

Defender

Senior

Kayla is a stout defender for the Washington College Women's Lacrosse Team. Kayla notched 19 ground balls in 18 games in 2019 and recorded 13 ground balls and nine caused turnovers in 18 games played in 2018, along with playing in eight games in 2017. Kayla is poised to have a fantastic spring season in 2020, but her leadership and work ethic define her more than stats. Kayla is a team captain and leads by example in the weight room. Suffering through several injuries in her college career, she has battled back with great dedication, and loves the weight room. On top of all her on field accolades, Kayla earned Centennial Conference Academic Honor Roll in 2018 and 2019, and was on the 2019 IWLCA All-Academic Team. ~Jonathan Jenkins

WINTHROP UNIVERSITY

Sara McGuire

Goalie

Junior

Sara exemplifies what it means to be a leader both on and off the field. As a coach I can count on her to bring the energy every session, and to push her teammates when needed. No matter the time of day she is always the first one out on the court and always has a positive attitude about training. Not only is Sara constantly pushing herself to be better by coming in outside of her teams scheduled lifting times she also encourages her teammates to do the same. Sara is an amazing example on campus and within the surrounding community of what it looks like to be a Winthrop University student-athlete. ~Shayna Covington