

2020 — COLLEGE — SOFTBALL

ALBANY STATE UNIVERSITY

Mikiayah Harris

Infield

Junior

Mikiayah is an extremely hard worker, and it shows in her performance in the weightroom and on the field of play. She has improved to a 235 lb back squat, 115 lb bench press, and a 135 lb hang clean. ~Troy Williams

AQUINAS COLLEGE

Brooke Wila

Centerfield

Senior

Brooke Wila is an all-conference performer for Aquinas College Softball. Her commitment to Strength & Conditioning has allowed her to maximize her God-given athletic ability to Strength & Conditioning is an example for our younger athletes to follow. It has been an honor to be her Strength & Conditioning Coach. ~Brooke Wila

AUGUSTANA UNIVERSITY

Kara McDougall

Outfield

Senior

Kara's tremendous work ethic and grit has allowed her to achieve excellence in the weight room, class room, and on the diamond. She is one of Augustana's strongest athletes pound-for-pound. Kara's 2019 accolades are numerous. NSIC All-Academic Team of Excellence, Easton/NFCA DII Scholar-Athlete, First-team All-NSIC, NSIC All-Tournament Team, NSIC Tournament Champion, Central Region II Champion, and NCAA DII National Champion. The same toughness and drive that Kara used to lead the Vikings to the national championship will carry her on to great things in the future. ~Andy Stocks

AVILA UNIVERSITY

Kelsei Davis

Outfielder/Catcher

Senior

Kelsei provides incredible energy to the weight room. She is a phenomenal athlete on the field, in during her training, and by far one of my strongest female athletes. She is a great mentor to underclassman and drives anyone in her rack to try to achieve more. Over her four years at Avila she has fully committed herself to the process and program. She is the epitome of how I want all my athletes to perform and the best example of an Avila Eagle athlete. ~Brian Ciolek

BLACK HILLS STATE UNIVERSITY

Maddie London

Catcher

Senior

Maddie is one of the most consistent athletes' around. She always shows up ready to work whether in the weight room, or on the field. Maddie has grown over the last 4 years to become the best softball player she can be. ~Aaron Siekmann

BRADLEY UNIVERSITY

Kealia Wysocki

Catcher

Senior

Kealia's drive to become a better player is exceptional. Not only does she push herself in her training, but the willingness to push others to become better is what sets her apart. Within her own training, she has been able to accomplish milestones only a few female student-athletes have achieved such as a 300 lb back squat, 185 lb bench press and 400 lb dead lift. She is the type of student-athlete that always wants and strives to become a better person and player. Her future is very bright! ~Matthew Friend

2020 — COLLEGE — SOFTBALL

DENISON UNIVERSITY

Angel Ehrenschwender

Infield

Senior

Angel is a 3 time team captain, displaying leadership qualities both on and off the field. She is a 4 time NFCA All-American Scholar Athlete (GPA of 3.5 or higher), in addition to being on the NCAC Academic Honor Roll in 2018 and 2019. Angel was also selected as one of the top 50 student athletes with the highest GPA in both 2018 and 2019 at Denison. Angel is a biology major, with a concentration in neuroscience and has worked as a student intern in the weight room as well. She has also been a resident assistant for 3 years, and is the founder and president of the Community of Christian Athletes group on campus.

During her time at Denison, she has seen her weight room numbers improve tremendously. Over the course of her college career, she has increased her squat max from 195 to 355 lbs, her bench press max from 105 to 165 lbs, and her hang clean max from 100 to 155 lbs. ~Beau Scott

EASTERN NAZARENE COLLEGE

Dominique Santos

Junior

Dominique is the type of athlete that gives her all in everything that she does. She pushes herself and her teammates to get better each and every day. Dominique is determined, loyal, passionate, and hungry for success! ~Kylie Waldroop

EMERSON COLLEGE

Lexi Semanchik

First Base

Sophomore

Lexi leads the softball team this year on workout completion dating back to the start of team lifts in September. She has also set personal bests on the bench press, trap bar deadlift and box squat this season. ~Jennifer Boyden

EMORY & HENRY COLLEGE

Caitlyn Yates

Outfield/Pitcher/Utility Player

Senior

Caitlyn is an amazing person to work with and has a passion for bettering herself and those around her. As a four year member of the Emory & Henry softball program, Caitlyn helped her team to two NCAA DIII Regional appearances. According to her softball coach: "On the field, Caitlyn is a true utility player. Most players who call themselves utility players can play infield and outfield. Caitlyn can play infield, outfield, pitcher, and catcher. She also can hit for power right-handed or slap hit left handed. Her skill set as a softball player expands larger than any other player I have ever coached. She is really fast, a great baserunner, a great hitter, and a great defensive player." Physically, Caitlyn is an outstanding athlete. She has several top ten performances in the weight room, including the college's all-time back squat ratio record at 2.219 times her bodyweight. In addition to her athletic accomplishments, Caitlyn is also an active campus sorority member and heads the softball team's "Light It Up Blue" autism awareness event, during which she helped the program to raise a record-breaking \$2400, which was donated to a local Autism Achievement Center. Caitlyn constantly strives to challenge herself, encourage those around her, and she always faces adversity with a great attitude. ~Mike Caro

2020 — COLLEGE — SOFTBALL

FITCHBURG STATE UNIVERSITY

McKenzie Lambert

OF

Senior

McKenzie is the strongest female athlete to come through our program and one of the strongest women I have coached in my career. She holds career PR's of 225 on Front Racked Split Squat and 300 on Trap Bar Deadlift. McKenzie is an outstanding softball player and a great example of effort, accountability, and commitment for her teammates. ~Jim McGuire

GEORGIA GWINNETT COLLEGE

Anya Vandersip

Catcher/OF

Senior

Anya has continued to advance herself each semester of her athletic career. The Criminal Justice major showed a significant increase in her vertical jump as well as split squat this past fall and continues to show improvement every day. Her strength and power increase coupled with her innate capacity to run has developed her athletic ability permitting her to be a more versatile softball player. Her dedication to the weight room has paid off. ~James Williams

HOFSTRA UNIVERSITY

Kristin Hallam

Shortstop

Senior

I have had the absolute pleasure of knowing and working with Kristin for the past four years. Not only does Kristin excel in the weight room, but she has a relentless work ethic towards softball, academics, and extracurricular activities. For those reasons, Kristin exemplifies what it takes to be a NSCA All-American Athlete of the Year. For the past four years, Kristin has demonstrated a consistent work ethic and positive mindset and continuously makes herself and her teammates better. In the weight room, she holds a personal-best back squat

at 285 pounds, a 175-pound hang clean, 140-pound bench press, and a 27.8-inch vertical jump. Not only does her performance reflect in the weight room but she also shines on the field. Kristin has collected several athletic accolades and was named the 2019 CAA Defensive Player of the Year while collecting NFCA All-Northeast Region and All-CAA Accolades as a sophomore. While performing both in the weight room and on the softball field, Kristin also succeeds in the classroom and participates in several extracurricular activities. As an Exercise Science major, Kristin holds a 3.90 GPA and has been awarded with many impressive academic accolades at the University, Conference and national level. She also serves as the Hofstra Student Athletic Association Committee President and serves as the lead voice for the entire Hofstra student-athlete body. Although Kristin has had some injury setbacks, she has always found ways to get better while making her teammates better. She is currently fulfilling an internship with the Strength and Conditioning staff at Hofstra and she is doing a phenomenal job. Kristin has aspirations to become a coach one day and regardless of sport or industry, I believe she will be successful in any career that she wishes to pursue. ~Ashley Christy

IOWA STATE UNIVERSITY

Hannah Carter

Left Fielder

Senior

Hannah has been the hardest working worker in training and has set a high standard for all athletes at Iowa State. ~Jovon Shaw

2020 — COLLEGE — SOFTBALL

JUNIATA COLLEGE

Alyssa Shedlock

Outfield

Senior

Alyssa Shedlock shows consistently outstanding effort during team training sessions and leads her teammates to perform their best in the weight room and on the field. She is a team captain of the Juniata College softball team and has achieved All-Conference - Landmark as well as Academic All-Conference honors. ~Kristopher Bookamer

KENTUCKY STATE UNIVERSITY

Moana Pinner

1st Base

Junior

Moana brings exceptional energy into each training session. Her Hard Work in the Weight Room has benefited her tremendously on the field and allowed her to become a great addition for the KSU program. She is as resilient as they come and never backs away from any challenge. ~Cory Minnie

KENTUCKY STATE UNIVERSITY

Tanisha Valdez

INF

Freshman

Tanisha has done a phenomenal job coming in as a Freshman and establishing a strong work ethic that will benefit her tremendously throughout the rest of her career at KSU. I am looking forward to seeing her continue to grow and and push, not only herself but her teammates, in the years to come. ~Cory Minnie

LIPSCOMB UNIVERSITY

Hannah DeVault

2nd Base

Senior

Hannah is one of the hardest working athletes on her team and is the epitome of what it means to be a Bison. She is always looking for ways to get better and improve

her performance on the field and she loves to get after it in the weight room. She has helped create a culture of a team that has high standards and pushes each other in the weight room. She has a reputation for working hard and not being out worked. She has won the award for Defensive Player of the Year for the last two years in the ASUN conference and last year was named the Player of the Year while winning the conference championship. She has achieved all of this as well as many lifting records all while dealing with the hectic nursing school schedule. She is a great supporter of all of our school's athletics and is well liked amongst all the other athletes.---Clint Woods
~Clint Woods

MARY WASHINGTON UNIVERSITY

Hannah Bruns

Outfield

Senior

Committed Leader on and off the field ~Asau Rodriguez

MARYVILLE UNIVERSITY

Alyssa Callans

Pitcher

Senior

Alyssa displays everything that you would want from a student athlete. She is a great student, leader on the field, and in the weight room. Her accomplishments on the field show the hard work and dedication that she puts into her strength and conditioning. She has achieved First Team All-GLVC honors and been named to the D2CCA Third Team All-American list. ~Jake Fitts

2020 — COLLEGE — SOFTBALL

MENLO COLLEGE

Lauren Harrison

Senior

Broke out during her junior season, playing in 46 games with 44 starts...featured a .401 batting average, good for second best on the Oaks and eighth best in the GSAC...scored 44 times to set the single-season runs record at Menlo College, while also swiping a career-best 21 bases to lead the team...led the Oaks with 22 walks and an on-base percentage of .491...recorded seven outfield assists to finish second on the team...ranks in the top-ten in five different program records at Menlo College including average (7th), hits (7th), steals (3rd), runs (3rd), and triples (2nd)...GSAC/Daktronics-NAIA Scholar Athlete...Google Cloud Academic All-District team member. ~Sam Burciaga

MENLO COLLEGE

Keeley Hernandez

Outfield

Senior

Keeley's hard work and dedication have allowed her to have a significant impact on her team for all 4 of her years. From the moment she stepped into the weightroom, she embraced and attacked any challenge that came her way. She brought a consistent attitude and effort that her teammates and coaches admired. Her efforts translated on to the field, becoming the team's 4 spot hitter every year and becoming one of the team's successful hitters and one of the best outfielders in the conference. Even when things don't go her way, she still brings a positive attitude to motivate her team and herself. She ranks 5th in program history in doubles, ranks in the top-ten in program history in home runs and RBIs, games played and runs scored. What's most impressive, is Keeley's leadership, and how she can be such a momentous presence for the team. ~Karl Reyes

MERRIMACK COLLEGE

Amber Gibbons

Catcher

Senior

"Amber Gibbons has demonstrated the value and importance that physical preparation can play on an athletes development. Her sacrifice and dedication to self - improvement has enabled her to experience success in all domains. Her bestowment as a team captain demonstrates the commitment to herself, her teammates, and the program." ~Michael Kamal

MILLIKIN UNIVERSITY

Kalli Farmer

IF

Senior

Kalli has developed into a well rounded leader in the classroom, weight room, and on the field. Last year as a junior, Kalli was named to the Google Cloud Academic All-America Softball Team as an infielder and was named CCIW First Team All Conference for the second time, while maintaining status as a Millikin Presidential Scholar and a 3.99 GPA. Her performance and effort in the weight room are never questioned and have reflected in her growth as an athlete and inspiration of her teammates. Kalli's overall excellence as a student-athlete and person make her a great candidate for NSCA All American Strength and Conditioning Athlete of the Year. ~Ben Clawson

2020 — COLLEGE — SOFTBALL

MORNINGSIDE COLLEGE

Hallie Misiaszek

Pitcher

Senior

Hallie Misiaszek has been a tremendous asset for the softball team. Possessing a tremendous attitude and hard-nosed work ethic, she has been a leader on and off the field. An everyday type of player as well as an All-GPAC Conference performer and also earning honorable mention All-American, she has been consistently improved in the weight room each year at Morningside College.

Best weight room performances- Squat:160lbs
Bench:115lbs Vertical Jump: 21 inches.

~Aaron Jung

NOVA SOUTHEASTERN UNIVERSITY

Sydney Lageyre

Outfield

Senior

Sydney embodies the characteristics that Strength and Conditioning coaches hope to teach. After suffering a knee injury her freshman year, she dedicated herself to strengthening her body to endure the rigors of the college Softball season. Her work ethic and dedication have made her a natural leader on her team. She is consistently a top performer in every competitive drill she completes. She has shown great improvement in her strength, leads by example, and brings her team with her. Sydney will graduate in May 2020 with a 3.57 gpa in Exceptional Student Education. ~Steven Orris

OAKLAND UNIVERSITY

Lauryn Debono

Pitcher

Junior

Lauryn is a true leader--her drive to succeed, and to see her teammates succeed, is very strong, and her positive attitude, even in the face of adversity, is seemingly

without end. Her work ethic is second to none, as is her desire to improve herself in all facets of her performance. Lauryn truly embodies the ideal of what it means to be an All-American strength and conditioning athlete.

~Jim Seratt

OHIO UNIVERSITY

Caroline Spacek

First Base

Sophomore

Caroline exhibits an uncommon and relentless work ethic to improve herself mentally and physically on a daily basis. Not only has she drastically improved her own strength, speed, and mobility in the weight room but she brings an energy that motivates and excites her teammates to bring that same relentless effort. To fully capture what this young woman means to the weight room culture of this team is not possible within the one paragraph limit. I can think of no person more deserving of this award than Carloline Spacek! ~Jared Azar

RADFORD UNIVERSITY

Sofia Tapia

Catcher/Outfield

Senior

In my 7 years of coaching, Sofia is the most devoted student-athlete I have ever had the opportunity to work with. Her relentless effort, dedication, and passion for strength & conditioning during all of our training sessions are clearly evident and have been proven by her accomplishments. Among the greatest of those are reaching a back squat max of 310lbs and a conventional deadlift max of 350lbs. Not only is she among the strongest female athletes in division I softball, but she also possesses a tremendous amount of speed and quickness. Sofia never settles for second place and consistently creates a gritty and competitive atmosphere leading her teammates to new levels of success in the weight room. ~Jennifer Norton

2020 — COLLEGE — SOFTBALL

ROCK VALLEY COLLEGE

Kirstin Fudge

1b

Sophomore

Kirstin Fudge is currently a sophomore at Rock Valley College, a two year community college located in Rockford, IL. For the past two years she has been a member of the 6x defending Division III National Champion softball program. Kirstin was instrumental in maintaining and enhancing the culture we have built to win six consecutive Junior College National Championships. During her freshman year she earned the Pinnacle Academic All American (4.0 GPA), which is the highest level awarded by the NJCAA. Athletically, she was name First Team All Region for her play at first base. Kirstin was very involved with our mentorship program at Trinity Day Care and the community softball camps that the program provides every year. Kirstin has also been a strong leader in our strength and conditioning program, making some of the greatest gains in her strength and speed. She was also one of our first athletes to embrace the Fusionetics Performance Health System that the athletic department is piloting for this year. Lastly, she just signed a national letter of intent to play softball of NCAA Division II Drury University on an Athletic and Academic Scholarship. Based on all her accomplishments, I can't think of a more deserving athlete of this award. ~Timothy Hatten

SAINT ANSELM COLLEGE

McKenna Smith

Pitcher

Sophomore

McKenna Smith's drive to improve both her own and team's performance is inspiring. Her testing numbers (4.78 sec. Pro Agility, 195 lbs. Front Squat, 26 in. vertical jump, 155 lbs. hang clean, and 2.92 20-yd sprint) are tangible proof of her dedication. However, her willingness to aid her teammates and ability to help others to achieve their very best are the main reasons she deserves this honor. She responds to coaching and makes every effort to be the best version of herself at all times. Her approach to training has improved her performance on the softball field and enhanced the performance of her teammates as well. ~Rob Herrick

SALISBURY UNIVERSITY

Kaleigh Edwards

3B

Senior

Kaleigh is a senior third baseman on the Salisbury University Softball team. Not only is it her diligence, positive attitude, integrity, and leadership that makes her a qualified candidate for this award, but her ability to inspire these same qualities in others. Kaleigh steps into the weight room and the softball field with the same mindset: To put forth every ounce of effort into the next rep, set, play or run, while inspiring her teammates to take the same approach. Aside from the fact Kaleigh is an incredible athlete, it is her outstanding character that unites her teammates and makes others want to be in her presence. ~Matt Nein

2020 — COLLEGE — SOFTBALL

SAN FRANCISCO STATE UNIVERSITY

Sydney Jenkins

Catcher/Infielder

Sophomore

As a freshman last season, Jenkins started in 58 of the team's 59 games behind the plate and threw out a conference-leading 24 runners. She was an instrumental part of the team's run into the NCAA Championships. As a freshman last season, Jenkins started in 58 of the team's 59 games behind the plate and threw out a conference-leading 24 runners. She was an instrumental part of the team's run into the NCAA Championships. During the summer months she participates in the Ventura County fire explorer program, where she plans to become an EMT or firefighter. In addition to her continued growth in the SF State weight room, she has participated in CrossFit for the last five years, where she has also competed competitively. ~Ryan Durk

SOUTHEAST MISSOURI STATE UNIVERSITY

Rachel Anderson

Outfield

Senior

Rachel is an extremely dedicated athlete who works exceptionally hard in and out of the weight room. She is the smallest on the team in stature, but also the strongest and hardest worker. She has the highest weight for clean and one of the highest for squat. She not only works really hard for herself but spends a lot of time encouraging others and challenging them to be their best. When she walks in the weight room the energy skyrockets. Rachel is just an overall weight room warrior and is going to do great things with her energy and work ethic. ~Brie Johnson

ST. MARY'S UNIVERSITY

Rebekah Hubacek

OF

Sophomore

On a competitive team full of hard-working athletes, Bekah has stood out for her growth and improvement this past year. She comes in every day with a desire to get better and compete at everything she does. She has seen significant improvements in her strength, speed and power as a result. She is also extremely positive and encouraging of her teammates, which improves the atmosphere during training sessions. Bekah, a sophomore, maintains a 3.8 GPA. ~C.J. Richardson

STEPHEN F. AUSTIN STATE UNIVERSITY

Brittany Crawford

Outfield

Junior

Brittany, "Crawford", has been an athlete that I have had the ability to coach for her entire career thus far. Her growth and progression through her athletic performance is only the beginning of her accomplishments. Crawford has shown an ability to lead in the weight room, on, and off the field. Her motivation to improve her athletic performance and ambition to succeed in all aspects of life separates her from the rest of her peers. ~Christa Robinson

2020 — COLLEGE — SOFTBALL

UNITED STATES COAST GUARD ACADEMY

Audrey Bartz

3B/SS

Senior

Audrey Bartz was a very shy and strong young lady when she entered into my program but she just didn't know how strong she could become. I told her by her Senior year she would be the strongest woman on campus. She didn't believe me at first, but overtime, Audrey started to shatter her max testing every year. Her Freshman year she Hang Cleaned 120lbs, Benched 155lbs, and Back Squatted 220lbs. During pre-season of her Senior year this year she Hang Cleaned 190lbs, Benched 170lbs, and Back Squatted 300lbs. She's a very hard-working and determined young woman who believed she could become more as an athlete and individual, and she has definitely proved it. ~Shaakira Hassell

UNIVERSITY OF CONNECTICUT

Reese Guevarra

Outfield

Junior

Reese Guevarra is the student-athlete you look to when things are hard. She maintains a consistent intensity and effort that not just leads, but drives her teammates toward excellence. Reese does not have a standard of success as her standard is constantly rising. A junior who has ranked in the top of the team in strength and conditioning performance measures all three years, Reese continuously finds ways to improve herself and bring along her team. She is a well respected teammate who represents herself, her team, her family, and her university well. She additionally represents her history as she has competed in the Asia-Oceania Olympic Qualifier for the Philippines. Academically, Reese has been an exceptional student, most recently earning a 4.0 semester as a Psychological Sciences major. Reese is energetic, inspiring, mature, and her passion, dedication and charisma are absolutely infectious.

~Maureen Butler

UNIVERSITY OF LYNCHBURG

Kortney Leazer

Outfield

Senior

A confident strong female that has never shied away from lifting heavy weights and trying to push her teammates to do more. Fantastic strength athlete that has been a solid contributor to our Softball program here at Lynchburg. ~Ed Smith

UNIVERSITY OF NOTRE DAME

Shelby Grimm

Catcher

Sophomore

I have watched Shelby Grimm develop as a player and leader over the last two years. Shelby demonstrates a strong and relentless commitment to her teammates. When unexpected circumstances caused our only other catcher to retire from the team, Shelby stepped up to assume the sole catching role. This was a huge strain on her physically and mentally, but she has demonstrated that she can be relied on every day. She puts in the extra hours for regeneration work and is committed to her physical strength because she know she needs the durability. It would be hard to find a better teammate. ~Colleen Looney

UNIVERSITY OF SOUTHERN MAINE

Erin Martin

Infield

Junior

Erin's commitment to strength & conditioning continues to motivate her teammates and has helped her garner All Conference recognition. Big improvements this year in her Olympic lifts have led to better power indicators.

~James Giroux



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — COLLEGE — SOFTBALL

UNIVERSITY OF TENNESSEE AT MARTIN

Aalia Bivens

Outfield

Senior

Aalia is pound for pound our strongest member on the team. Her commitment to her athletic development saw her transition from second base to the outfield as a junior. A leader to her team in all areas, Aalia has been select each academic year to the OVC Commissioner's Honor Roll. ~Chris Gillies

WAYNE STATE COLLEGE

Kourtney Buresh

Sophomore

Kourtney has been one of the strongest players on the team since her arrival, she has stepped into a leadership role this year and others look towards her for motivation. ~Grant Darnell

WAYNE STATE COLLEGE

Kim Vidlak

Sophomore

Small in size but mighty in strength, Kim shows up to work everyday. Her positive energy and leadership skills make her an example for the entire team.

~Taylor Feenstra

WEST TEXAS A&M UNIVERSITY

SHANNA MCBROOM

Catcher

Senior

Shanna is a very dedicated athlete and pushes everyone around her to be better. The energy she brings to the weight room is second to none and it spreads throughout the entire team. Her commitment to strength and conditioning over the years has helped her become relatively the strongest athlete on the softball team today. Over the course of her career she has added 60lbs to her Back Squat, 25lbs to her Bench Press and has dropped her 20 yard sprint time by .25 seconds. It is with great pleasure that I nominate her for this award.

~Ben Kozak

WINSTON-SALEM STATE UNIVERSITY

Aniyah Jones

Utility

Sophomore

In 2019 As a freshman she hit 8 HR's and stole 11 bases and made the all CIAA-Rookie Team. This year she has improved in the weight room and had a the highest clean at 155 and Squat at 345. One of the quiet leaders on the team but one that continually pushes herself and teammates to achieve perfection in the weight room.

~Marc Heinecke