

College — Baseball

Glendale Community College

ANDREW SHAKESPEARE

OF

Sophomore

Shakes arrived his freshman year and immediately went to work, setting the tone with his focus and determination. From day one, he has demonstrated excellence, discipline, and leadership both in the weight room and on the baseball field. Whether training with us or putting in extra work back home during the offseason, Shakes consistently pushed himself to improve his strength, power, and overall athleticism. Even when faced with injury, he never complained and instead did whatever was necessary to rehab, train, and continue developing into a better player. The results of that commitment were clear throughout his freshman season, as his dedication in the weight room translated directly to his performance on the field—where he led his team in HR, RBIs, SLG. , and several other key offensive categories. He will look to continue his dominance going into his sophomore season. ~Michael Woods

Centre College

BEN PRATHER

IF/P

Senior

Ben Prather has firmly established himself as one of the most accomplished student-athletes in Centre College history, distinguishing himself through elite performance on the field and exceptional development in the weight room. As a 2x All-American—and the only All-American in program history—he has set a new standard of excellence within the program. His dominance was further recognized when he was named Conference Player

of the Year, in addition to earning 3x All-Region honors and SAA Newcomer of the Year.

Prather's athletic success is matched by his extraordinary physical preparation. Ben's success is not accidental; it is the product of intentional preparation, discipline, and a relentless commitment to development. His ability to translate weight room performance into competitive dominance makes him a model student-athlete and a deserving nominee for the NSCA All-American recognition. Congratulations, Ben! ~Jeremy Carlson

Pace University

College — Baseball

BENJAMIN TULLO

Infielder

Senior

Ben Tullo represents everything that a well-rounded, successful collegiate student-athlete should be.

On the field, Ben is a 4 year contributor and a 2 year full time starter.

The Pace Baseball Program reached new heights in terms of success, all during the past 4 seasons. The program won the NE-10 Conference Championship in 2023, and again in 2025. Ben was an integral part of both championship teams.

Ben is a quiet leader, someone who leads by example and with extreme effort, intensity, and focus in the weight room. Across the 4 years I have been with Ben, I have NEVER seen him act inappropriately or 'goof around' in the weight room, not even once. Ben is strictly all business when it comes to training. Guys gravitate towards Ben, and he doesn't even have to say anything to garner his teammates attention and focus. For someone who is small in stature, Ben has a lot of presence.

In identifying the improvements in his physical qualities, the progress is simply off the charts compared to when I first met Ben in 2023. He has simply taken his body to a much different level, and his durability on the field is a testament to his work ethic and dedication because he has never missed time due to injury.

Ben is a grade A human being, scholar athlete, and deserving of the highest possible accolades that a student-athlete can receive. ~Matthew Ambrose

UVA-Wise

BRADEN HAMILTON

Right Handed Pitcher

Senior

Braden shows up to lift with a good attitude and energy; he lifts with intent and never slacks; he is seen as a leader on his team by his teammates; he keeps his teammates accountable; checks in on other athletes; helps keep the athletes at his rack on task; communicates well; leads team cool down each lifting session; he is reliable and a good athlete for me to talk with to get a pulse on the team; he doesn't complain about playing time; he is smart about when to push himself based on how his body feels; Braden is involved in community service/outreach and also maintains a great academic status. Braden is an ideal athlete to work with because he is consistent and leads with both action and his voice. ~Ryan Metzger

College — Baseball

Lewis & Clark College

BRANDON GONZAGA

Infield

Senior

Brandon Gonzaga (aka Zags) put together the best season of his career to earn his first career All-Conference honors. Set new career-highs for hits, runs scored, RBI, extra-base hits (seven) and stolen bases during his junior campaign. Finished the season as one of two players to have started all 39 contests. Led the team in runs scored and stolen bases and finished third overall in hits. Zags also leads the team in the weight room as he has consistently improved his strength and speed. Brandon is a staple of hard work and dedication to the college's strength and conditioning program.

~Angela Dendas- Pleasant

Minnesota State University - Mankato

BRANDON VLCKO

Catcher

Senior

Brandon fully bought in to the strength training program the minute he stepped on campus. He is a tough, resilient, and driven athlete. He used the weight room as a place to thrive and ensure his body stayed strong and durable to be able to catch multiple games here for our Baseball program. He pushed himself always, and consistently found a way to improve every session. He led by example to make sure the standard of training was held high for our baseball program! Brandon's hardworking attitude will propel him to success in his future!

~Samuel Lee

William Woods University

BRENDEN ROCHELLE

INF

Senior

Brenden has been with us all four years of his college career. He bought in and trusted the process.
~Robert Jones

University of Wisconsin - Whitewater

CADE HONKAMP

Infield

Junior

Cade has improved tremendously each year both on the field and in the weight room due to his hard work. He was a member of the National Championship team in 2025 and has locked down a starting position this year as the Warhawks try to win back to back titles. Cade has all the qualities you look for in a student-athlete with his leadership standing out. His teammates look up to him and he elevates the room with his work ethic. ~Lee Munger

Baylor University

CALEB BERGMEN

OF

Senior

Caleb Bergman has committed to his training for the past 2 seasons, leading to the healthiest 2-year stretch of his career. Caleb has operated like a true professional both in the weight room and in the classroom since his arrival on campus. Bergman is a respected veteran on the team who has made a positive impact on his teammates and will continue to do so in his future beyond baseball. ~Javier Salas

College — Baseball

USM

CARSON BLACK

Pitcher

Junior

Has continued to develop as a pitcher in part because of improved strength and power numbers. Will be one the top pitchers in the conference this year ~James Giroux

Avila University

CASHEN SCHRANZ

Pitcher

Senior

Cashen has always been a reliable staple in the weight room. This year he has taken a significant step into a primary leadership roll for his team from both an administrative accountability level but also in monitoring the teams overall well being. He is always positive, attacks every workout with maximal intent, and ensures his teammates are also bringing the same effort. To top it all off he has already had an amazing start to his senior year on the mound. ~Brian Ciolek

University of Wisconsin - La Crosse

CHARLEY ROWAN

Infielder

Sophomore

Charley has shown in two short years what it takes to be a National Strength and Conditioning Association All-American. As a freshman, Charley quickly bought into the idea of lifting to get better at baseball. This buy-in helped him achieve a .500 batting average while only playing 4 games as a freshman. Charley's love for strength and conditioning has continued into his sophomore year where he has seen not only a shift in his body

composition, but an increase in his strength. He is a great example of how following a properly designed program and eating to meet the demands of lifting and sport can impact your sports career. Current freshmen have taken notice and are now striving to imitate him. I (and he) hope that these strength gains will pay huge dividends this season. Outside of baseball and the weight room, Charley's buy-in has helped him academically as well. He is now understanding the demands that are placed on him and has risen to those demands, achieving a GPA of 3.9. With at least two years of eligibility left, Charley has all the potential in the world to achieve great things both athletically and academically.

~Philip Whitesitt

College — Baseball

Ashland University

CHRIS FRANKS

OF

Senior

Chris has been a vital part of the baseball team at Ashland for the short time I've been here and prior to that. He is a leader on the team and has a consistent voice among the guys. His energy and commitment in the weight room or during speed sessions is always present and is more often than not the one to learn as much as he can from the program. Chris gives his all no matter what and goes above and beyond to stay healthy year-round. He is taking all he has learned both in sport and in team training, as well as with his own education here, and working with younger baseball athletes on the skill side as well as the strength and conditioning side as part of a job he holds while not busy with the season. The dedication in the weight room reflects in his performance on the field with being a part of the team to see three regional appearances (2023, 2024, and 2025), being on the 2024 All-GMAC Tournament Team, and, in 2023, being named Rawlings/ABCA Second-Team All Midwest Region, GMAC Freshman of the Year, and Second Team All-GMAC Honors. He has been a joy to work with here at Ashland and I wish I had more time with him. ~Aaron Barnhart ~Corey Mason

Fairmont State University

CONNOR BAILEY

OF

Senior

Connor Bailey, a senior from Charles Town, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our baseball program. Connor has been

extremely consistent with his training, both in the weight room and on the field. That consistency has helped him attain PRs of a 245 lbs. bench press, a 465 lbs. deadlift and a 500 lbs. back squat. Additionally, on the diamond, Connor has career averages for batting at .297 and fielding at .988. Connor's work ethic and dedication as a student-athlete also carry into the classroom, where he currently has a 3.72 GPA, while majoring in accounting. He has been honored on multiple all-conference academic teams and D2 ADA academic achievement awards. Connor also represents the baseball team as part of the SAAC. Our baseball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Connor Bailey. ~Adam Kolberg

University of Wisconsin-Platteville

CONNOR GRESENS

C

Junior

Connor has bought into every step of the system from the day he committed to our baseball program. No matter the time of the year, Connor has trusted the process for his physical development in all facets. This has seen his clean, snatch, squat and bench press increase significantly in 3 years. Not only has his actions spoke loudly, but his leadership of teammates has also grown to encouraging others to push themselves to the limit in every training session. He has been named a team leader as well. Connor has been a staple of consistency, dedication, trust and commitment for 3 years. Connor has been a leader of development, culture & commitment. ~Kellen Bornbach

College — Baseball

William & Mary

COREY ADAMS

Infielder

Junior

Corey is the embodiment of work ethic, resilience, and intention. It is clear to anyone in the room that Corey not only loves training but has a presence of positivity that elevates his teammates. He has a smile that lights up a room while also leaning into discomfort and adversity. Overcoming multiple injury setbacks without a moment of reluctance, Corey is a guy who finds a way. On a team with an excellent culture Corey still stands out. I am proud to endorse him for this award. ~Colton Krueger

St. Edward's University

DAWSON STUTZ

Second Baseman

Senior

Dawson's commitment to the baseball team's strength and conditioning plan has set an excellent example for his teammates and driven the team's buy-in in the improvement process. His intense yet consistent effort in every workout not only demonstrates his value to the team but also inspires the younger student-athletes. His performance during team testing, including a 32.4-inch vertical jump, 400 lb sumo deadlift, 385 lb back squat, 135 lb Rolling Thunder deadlift, 540 lb Zercher rack squat, and 22 softball grip pull-ups, earned him the distinction of being named the "Hilltopper Hoss" for the 2025/26 season. ~Zachary Phillips

Hobart College

DREW BOLDUC

Third Baseman

Senior

Drew Bolduc has demonstrated exceptional dedication and consistency during his four years as a student-athlete in the weight room. As a freshman in Hobart Baseball's inaugural season, Drew played a key role in helping establish a strong, disciplined weight room culture that continues to define the program.

His commitment is clearly reflected in his physical development. Since his freshman year, Drew has made impressive gains across all major lifts, including a 45-pound increase in his bench press, reaching a personal best of 280 pounds. He has also added over 50 pounds to his front squat, achieving a personal best of 395 pounds—an especially notable accomplishment given that his previous best was performed with a safety bar. In addition, Drew has increased his vertical jump by four inches and improved his chin-up repetitions by ten reps. These results are a direct reflection of Drew's work ethic, discipline, and unwavering commitment to both the weight room and the Hobart Baseball program. ~Brittany Krivicich

College — Baseball

Point University

ELI KIRBY

Pitcher

Senior

Eli Kirby exemplifies what it means to be a senior leader. As a consistent presence in the weight room, he sets the standard for preparation and accountability. Eli is always looking for ways to improve his craft, and his commitment to development has elevated both his performance and the culture of our program. He leads by example and represents our program with professionalism and discipline. ~Bradley Bonner

Fresno Pacific University

GABE HENDERSON

Infielder

Senior

Gabe Henderson is a model example of the impact structured strength and conditioning can have on performance development. Through 15 games in the 2026 season at Fresno Pacific University, Gabe is batting .385 with a .558 slugging percentage and .484 on-base percentage, totaling 20 hits, 16 RBIs, six stolen bases, and two home runs. His offensive production reflects significant gains in lower-body power, bat speed, and overall strength-to-weight ratio developed through consistent offseason training. Defensively, he has elevated his fielding percentage to .972, demonstrating improved first-step quickness, lateral stability, and arm strength endurance. Gabe's year-over-year growth is evident, improving from a .304 average in 2024 and .295 in 2025 to his current breakout season. Beyond statistics, he is a leader in the weight room, fully committed to high-intensity training, recovery protocols, and competitive excellence. His

discipline, consistency, and measurable performance gains embody the mission of the NSCA and make him highly deserving of recognition as a 2026 NSCA Strength & Conditioning All-American Athlete of the Year. ~Whitney Leyva

Norwich University

GEFFEN FRANUS

Senior

Geffen is the definition of Norwich University through and through. He's a squadron leader in the Corp of Cadets, team captain of the baseball team, and one of the hardest workers I've ever met. He's a 3 year starter for the NU baseball team and is looking to have a breakout senior season. This past offseason he set team records in squat, DL, and bench all while building up the culture of the team. He's great at communicating and has taken on the role as a leader seamlessly. Once he graduates he will be eloping with his fiancée and then moving to his military base. ~Rhyen Stephens-Socash

Point Park University

HAROLD BOYCE

Pitcher

Senior

Harold "Shaggy" has been a great leader for the team this year. He has a strong work ethic, makes sure everyone is on task and has been someone all of our players can look up to. He has made great progress in the weight room, maintains a positive attitude and understands the impact strength and conditioning can have on his performance. It has been a pleasure to work with Shaggy this year and I am excited to see what he accomplishes after he graduates. ~Timothy Schachtner

College — Baseball

Dodge City Community College

HUNTER MORGAN

Freshman

Hunter committed to speed, power, sports psychology, and strength training as a freshman in high school and pursued elite performance with relentless focus all through high school. From the state of the art sports performance facilities, to zoom calls, to Olympic weightlifting gyms, to local parks for speed sessions, Hunter never let up. Under the guidance of his sports performance coach who was also a certified nutritionist, he refined his nutrition and added 50 pounds of mass while growing four inches—transforming into one of the best players in the state.

As a senior he posted a 6.4-second 60-yard dash, a 98 mph throw-down velocity as a positional player, and a 111 mph exit velocity. His honors include 2x All-PPAC (2024, 2025), All-State (2025), Colorado Top 50 Team (2025), and MVP of the Colorado State Top 50 Game (2025).

Signed by Dodge City Community College as a senior, Hunter started as a freshman and now the top performer on the team in multiple statistical categories: batting average (0.435), slugging percentage (0.804), runs scored, hits, home runs, at bats, total bases, games played and started, and stolen bases. ~Kelli Brightwell

Barry University

JACK ENSELL

Pitcher

Sophomore

This pitcher consistently demonstrates elite commitment both in the weight room and on the

field. He understands that his success on the mound starts with the work he puts in behind the scenes. Every lift is performed with intent — whether he's building lower-body strength for power off the rubber, developing rotational explosiveness, or prioritizing shoulder stability and arm care to stay durable throughout the season.

In the weight room, he is focused, competitive, and detail-oriented. He pushes himself during challenging sessions while maintaining excellent technique and professionalism. He embraces recovery and mobility work just as seriously as heavy lifts, showing a mature approach to long-term performance and health.

On the field, his preparation is evident. He competes with confidence, maintains composure in high-pressure moments, and consistently performs at a high level. He leads by example through accountability and work ethic, setting the tone for his teammates.

His dedication to strength and conditioning, combined with his performance and integrity, make him a standout student-athlete and a true representation of what preparation and discipline can achieve. ~Giuliana Gomez

College — Baseball

Vassar College

JACK JOHNSON

Freshman

Jack Johnson is steadfast and hardworking. His dedication is evident through his outstanding progress and consistent effort in the weight room. His ability to jump explosively, perform maximal push-ups and chin-ups, and then pull a 500+ pound deadlift demonstrates his well-rounded training. Jack's relentless effort in every session is what truly sets him apart. ~Alice Read

Regis University

JACK MOULIN

Infield/Outfield

Senior

I would like to nominate Jack Moulin of Regis Baseball for the Hard Work in the Weight Room Award in recognition of his exceptional commitment, resilience, and consistency.

Jack's approach to the weight room reflects a standard of excellence. He shows up every day with intent, attacks every lift with focus, and never looks for shortcuts. His work ethic is evident not only in his physical progress, but in the discipline and accountability he brings to every training session.

What makes Jack especially deserving of this award is his response to adversity. During his sophomore year, Jack battled through injury, yet his commitment never wavered. While sidelined from competition, he remained fully invested in the weight room and his rehabilitation, using that time to improve physically and mentally. Instead of allowing injury to slow him down, Jack used it as motivation to grow stronger and more prepared.

Jack leads by example and helps set the tone for Regis Baseball's culture of toughness and work

ethic. His consistency, perseverance, and mindset embody what this award stands for.

~Spencer Bowersmith

Springfield College

JACK SOLOMON

RHP

Junior

Jack has a relentless work ethic and has unwavering energy when in the weight room. He helps set the tone at every lift and pushes his teammates to be better every day. ~Max Grzymala

Salisbury University

JACKSON INMAN

Infield

Sophomore

This award is a testament to the unwavering dedication to the training process and commitment to continual growth by these ten athletes. Their recognition of this award reflects the daily effort they invested in refining their craft and pushing beyond perceived limits. Through consistent leadership in the weight room, these athletes set the standard for excellence and embodied what it means to pursue development with purpose and discipline. ~Matt Nein

Huntingdon College

JACOB MCFARLING

Pitcher

Senior

Jacob has developed into a great leader, competitor, and teammate. He takes his academics, professional development, and training for sport all very seriously. ~Charles Goodyear

College — Baseball

Clemson University

JAY DILLARD

Infielder

Senior

Jay Dillard has made an incredible physical transformation during his 4 years at Clemson. He has dropped 3 tenths of a second off of his 30-yard sprint time, while increasing his peak power on the force plate by nearly 50%. These changes have also led to significant changes in his bat speed and peak exit velocities. This transformation has helped make Jay an important piece of the position player group on the Clemson baseball team, capable of playing multiple positions and providing important leadership to the squad. ~Erika Troutman

Wright State University

JP PELTIER

Junior

JP is a tremendous worker and helps set the weight room culture for our baseball team. ~Cole Pittsford

Queens University of Charlotte

JUSTIN HUDSON

Senior

Justin "Huddy" is consistent and reliable in how he continues to show up for day-to-day weight room and team activity. He works hard during every lift and does the small things that can sometimes be overlooked. Although he does not need much correction during lift, he is easily coachable and gives great effort during each phase of training. ~Patrick Rawle

University of Michigan

KURT BARR

Pitcher

Senior

Kurt Barr is a senior right-handed pitcher for our Baseball team. Kurt has been a consistent presence on the mound since his freshmen year. He's the definition of coachable, and eager to continue to better himself in the weight room, on the field, and in the classroom earning multiple Athletic and Academic All-Big Ten awards. His hard work and dedication to his craft allow him to be a leader in the weight room and in the clubhouse. Kurt has been a pleasure to work with and am proud to nominate him for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

Washington & Lee University

LANDEN RUCKER

INF

Senior

Landen Rucker has consistently been one of the strongest athletes on the Washington and Lee baseball team, bringing elite physical strength that sets him apart across all sports at our school. He approaches every aspect of his training with discipline and intentionality, showing a diligent commitment to recovery, conditioning, and improving his physical capacity year after year. His ownership of his training process and his unwavering consistency in the weight room and on the field make him a stand-out choice for this honor. ~David Forman

COLLEGE — BASEBALL

USM

MIKE ANQUILLARE

Outfield

Junior

One of the stronger Huskies. Trains hard all year helping set an example for younger players. Has deadlifted over 500. Returning All Conference player ~James Giroux

Saint Joseph's College of Maine

MIKE RICHARDS

Catcher

Senior

Mike has been an outstanding contributor to our strength and conditioning program and our baseball team during his career at Saint Joseph's. As a captain, he brings leadership, accountability, and a high standard of effort to every session. Pound for pound, Mike is one of the strongest athletes on our team, demonstrating impressive strength relative to his body weight and setting the tone in the weight room. In addition to his athletic accomplishments, he served as an intern within our department, bringing positive energy and enthusiasm each day. His leadership, strength, and commitment to serving others make him an excellent recipient of this award. ~Jameson Collins

Clemson University

NATHAN DVORSKY

Pitcher

Senior

Nathan Dvorsky has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman three years ago. He attacks every workout, warmup and conditioning session with the same intensity and focus that he has on the mound

for the Tigers. Nathan has added 5 inches to vertical jump since his time at Clemson which has translated to an increase in velocity. He also commits a lot of energy to his mobility work, which has been a key unlock for enhancing the efficiency of his pitching delivery. Dvorsky is an instrumental cog in the pitching staff and his energy is a force multiplier. ~Erika Troutman

Saint Joseph's College of Maine

PADRAIG MAC SEAIN

Pitcher

Senior

Padraig has been a steady and disciplined presence in our strength and conditioning program throughout his time at Saint Joseph's. As a captain of our baseball team, he leads by example with his work ethic and commitment to constant improvement. He approaches every lift, conditioning session, and recovery day with purpose, always pushing himself while challenging his teammates to do the same. His discipline in the weight room directly translates to his performance on the mound, where he has earned All-Conference recognition. Padraig's consistency, leadership, and relentless drive to improve make him a very deserving recipient of this award. ~Jameson Collins

COLLEGE — BASEBALL

Regis University

RYAN GARCIA

Pitcher

Senior

I would like to nominate Ryan Garcia of Regis Baseball for the Weight Room All-American Award in recognition of his toughness, consistency, and leadership by example.

Ryan is someone who embraces the grind, especially during the toughest weeks of training. When the weight room gets demanding and fatigue sets in, he continues to show up with the same focus and effort, pushing through challenges rather than backing away from them. His ability to stay locked in during hard stretches reflects a deep understanding of what it takes to improve.

Ryan also plays an important role as a leader for younger pitchers. Through his actions, he demonstrates the value and importance of the weight room in developing durability, strength, and confidence on the mound. He sets a positive example by training the right way, taking pride in preparation, and showing that success is built through consistent work over time.

The Weight Room All-American Award represents commitment, resilience, and setting the standard for others. Ryan Garcia embodies those qualities through his work ethic and leadership, making him a deserving recipient of this honor.

~Spencer Bowersmith

Maryville University

RYAN HOSHAW

Pitcher

Senior

Ryan brings a high level of focus and a hard-to-beat work ethic with him to the weight room every day. Our baseball team and university both benefit from the example he sets. ~Mitchel Schwartzman

Stockton University

STEPHEN DEMILIO

Pitcher

Senior

Steve is one of the most well-rounded athletes I have had the privilege of working with. Throughout his career, we have set ambitious performance goals, and he has pursued—and achieved them with a quiet yet fierce determination. His measurable improvements across key strength metrics are a direct reflection of his disciplined and intentional approach to training. More importantly, the focus and intensity he brings to each session have translated into significant gains in power development that carry over to his performance on the mound. Steve's consistency, resilience, and internal drive have contributed to sustained success both inside and outside the weight room, making him a true representation of what this award is designed to recognize. ~Philip Aumack



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — BASEBALL

Baylor University

TY JOHNSON

CF

Senior

Ty Johnson is “Mr. Reliable.” Leading into his 5th year of college baseball he stayed in town to train in the summer. During this time period Johnson led a true freshman through lift sessions advancing his leadership abilities. Ty is the unquestioned leader of the team on and off the field. His investment has led to being one of the strongest guys on the team. Most valuably he holds a steady demeanor daily that the team reflects through the highs and lows of the season.

~Daniel Darcy

Trinity College

WILL SAWYER

OF

Senior

He is the strongest male on campus due to his hard work and dedication to S&C.

~William DeLongis