

## COLLEGE — BASEBALL

### APPALACHIAN STATE UNIVERSITY

**Robbie Young**

**Infielder**

**Senior**

Robbie is an exceptional leader on and off the field who leads by his actions. He represents himself with class and works hard every day. Robbie understands the weight room is a place where the culture is set and has lead from the moment he stepped on campus. ~Grant Kastelan

### AURORA UNIVERSITY

**Skylar Yamamoto**

**Starting Rotation Pitcher**

**Senior**

Skylar is one of our outstanding student-athletes here at Aurora University currently in his senior year in the classroom and junior year on the baseball field. In 2019 Skylar received recognition for being an AU and NACC scholar athlete for the year. In 2020, even though the baseball season was cut short, Skylar elevated himself as a regular starting pitcher on the team recording 3 starts, 3 wins, 13 strikeouts, and a 2.84 ERA on a nationally ranked baseball team. Skylar currently prepares for his junior season to continue to build on his past accomplishments while also interning as a strength coach for Aurora's strength and conditioning staff. Skylar not only continues to better himself, but volunteers to help the growth of over 700 other student athletes across 23 varsity sports in a weight room and laboratory setting. ~Michael Freeze

### BRANDEIS UNIVERSITY

**Dan Frey**

**Outfielder**

**Senior**

Dan has been an exemplary student-athlete for our program. He is always willing to push himself and others during our workouts. He leaves our program with the heaviest squat and deadlift, but the impact he has had on our students and staff stretches far beyond that. ~Jay Mendoza

### CLEMSON UNIVERSITY

**Bryce Teodosio**

**Outfield**

**Senior**

Bryce Teodosio has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman three years ago. He attacks every workout, warmup and sprint session with the same intensity and focus that he has roaming the outfield for the tigers. Bryce is one of the strongest athletes on the team, demonstrated by his 350 pound reverse lunge and 300 pound barbell row . Bryce is also one of the fastest athletes on the team running a 6.5 60 yard dash. Bryce's greatest contribution to the team has been the leadership that he has provided in the weightroom and off the diamond. Weather it be firing up one of his teammates in the weightroom or inviting one of the "weight-gain guys" over for a steak dinner, Teodosio has exemplified the team credo of "plant trees you will never see." ~Rick Franzblau

## COLLEGE — BASEBALL

### CULVER-STOCKTON COLLEGE

**Caleb Antonacci**

**Outfield**

**Senior**

A weight room warrior for our Baseball program. Caleb can be found in the weight room almost every day training. Whether it's a scheduled or an additional session working on getting himself better. He always brings great energy to the group and challenges his teammates daily as well as him accepting the challenge back. Never afraid to ask questions and is very knowledgeable in the weight room. His work ethic shows with his performance on the field. ~Tyler Aulbur

### DALLAS BAPTIST UNIVERSITY

**Ryan Wroblewski**

**Utility**

Ryan came to DBU in the fall of 2019. While he is not the biggest guy on the team, it was immediately clear that he was no stranger to the weight room. He is incredibly strong and very powerful! After the 2020 baseball season was cut short due to the COVID-19 Pandemic, Ryan did everything he could to continue to train to be ready to return. He stepped up his level of investment to performance when he purchased himself a Whoop. He takes his recovery seriously and it shows in his performance. Ryan brought his vertical jump from 30" in Feb 2020 to 37.5" in Feb 2021. There is no doubt in my mind that he will reach his goal of 40" before the years end. ~Alex Spencer

### EASTERN MICHIGAN UNIVERSITY

**Anthony Sharkas**

**Outfielder**

**Sophomore**

Sharkas is one of the most competitive athletes in our baseball program. He's put on over 10lbs in the last calendar year, while also adding 4.5 inches to his vertical, and 50lbs to his trap bar deadlift. Anthony is an incredibly hard worker who leads by example with his work ethic, dedication to proper nutrition, and ability to take coaching. ~Seth Thomsen

### EMERSON COLLEGE

**Bryan Simmons-Hayes**

**RHP**

**Junior**

During a difficult year in terms of gym access, Bryan has remained one of the most consistent lifters on the team and is always willing to ask questions to better understand the movements and to help convey this information to the underclassman pitchers on staff. ~Jennifer Boyden

### EVOLVE FITNESS STRENGTH AND CONDITIONING

**Jacob Small**

**Pitcher**

**Junior**

Jacob has displayed his commitment to his desire to be the best that he can be over this past year. When many may have used the pandemic as an excuse to take time off, he found equipment and found a way to get better. Just recently when his team was quarantined he requested a training program that he could do in his room during that time period just so that he could continue to improve. As a result of his commitment in the off-season, Jacob has added velocity to his fastball and his arm feels better in between pitching sessions. ~David LaPlaca

## COLLEGE — BASEBALL

### FITCHBURG STATE UNIVERSITY

**Aidan Ward**

**Pitcher**

**Senior**

Aidan is one of the strongest student-athletes to ever come through our program, regardless of sport or position. His work ethic and consistency serve as a great example to all of his teammates and have served to carry on the high standard of performance in the weight room for our baseball program. ~Jim McGuire

### GEORGIA GWINNETT COLLEGE

**Jacob DeFries**

**Infielder**

**Sophomore**

The sophomore transfer has believed in the goals of the weight room from his first day in the room. Jake exemplifies what it means to be trainable and is always working to be a better athlete. A Business Management major and AD Honor Roll recipient, Jake has been dynamic in the weight room over the last year. His dedication to workouts year-round has helped him continue to improve his strength and power, showing significant increases in squat, deadlift and broad jump. ~James Williams

### MENLO COLLEGE

**Devin Burleigh**

**Outfielder**

**Senior**

Devin exemplifies everything a coach is looking for in an athlete with strong leadership, work ethic, and exceptional talent. On the field, Devin showed off his athletic ability by hitting a .333 batting average last season. Off the field, he continues to perfect his craft by spending time in the weight room and training field, developing his strength, power, speed, and agility. His desire to be better is evident as he continuously asks coaches what they see from him and what he can improve. Devin has a bright future in his sport and beyond. ~Jess Sayo

### MENLO COLLEGE

**Dylan Cole**

**1B / DH**

**Senior**

Dylan has been an outstanding representative of the Menlo College College Sports Performance Department throughout his four years at Menlo College. He arrived on campus and immediately bought into our system. His steady increase in stats on the field and weight room at Menlo College is a testament to his work ethic and character. Dylan's attention to detail during training is only matched by his attention to detail in recovery and nutrition. ~Victor Brankovich

## COLLEGE — BASEBALL

### PERU STATE COLLEGE

**Reiner Mendez Yopez**

**Pitcher**

**Senior**

Playing through injuries, Reiner has maintained a commitment to his strength and conditioning and ground-based power philosophy by increasing his squat to 335 and his power clean to 245. He has also taken a leadership role on the baseball team by encouraging his teammates to commit to the strength & conditioning program of the college. He has also taken a leadership role in the campus offerings of high intensity functional training by encouraging both students and student-athletes to participate. His commitment to strength & conditioning has further resulted in a career path of becoming a certified strength & conditioning specialist.  
~Kyle Ryan

### SAFFELL PERFORMANCE TRAINING

**Jagger Jefferis**

**Pitcher**

**Freshman**

This 5'10" 185lb southpaw can dismantle a batter with precision. Known for his control on the mound, Jagger is a true student of his craft. Combining his dedication to the weight room with attention to his mechanics, has allotted him a 500lb deadlift and a 90+ mph fastball. Had his senior season not been canceled due to covid, there is little doubt Jagger would own every pitching record for his high school. ~Mike Saffell

### STEPHEN F. AUSTIN STATE UNIVERSITY

**Sarah Gill**

**Senior**

Qualities: Team player, resilient, always positive, role model to the freshmen, in the weight room and on the bowling alley, even when she has bad days. Very fast and springy. She had a short season last year due to COVID but helped win the National championship for Stephen F Austin State University. S&C has helped her stay healthy physically to perform her best. She has learn the importance of taking care of her body and how much getting stronger will benefit her not just now but in the long run. S&C has also helped her become even more of a team player and has aided her in helping the freshman become better. Has won all-tournament multiple times. Sarah Gill 5 800 160.00 206 1 68th (Track Kat Klash) Helped win Southland conference championships. Major star in High school (most of her college stats have not been updated). ~Sarai Flores

### STONY BROOK

**Cole Durkan**

**Outfield/Catcher**

**Junior**

I have been working with Cole since his freshman year and every year he makes improvements that continue to amaze me. He is consistently in the weight room pushing himself with heavy weights while also focusing on mobility and flexibility. Coming off of a hamstring injury in his sophomore year he has made it a point to improve his hamstring strength. I look forward to seeing what Cole does his senior year. ~Joseph Quattrone

## COLLEGE — BASEBALL

### TRINITY COLLEGE

**Anthony Egel**

**Pitcher**

**Senior**

Anthony is the most dedicated athlete I have ever coached. He does everything right and is always looking to get himself and the team better. ~Bill DeLongis

### UNIVERSITY OF CONNECTICUT

**Randy Polonia**

**Pitcher**

**Senior**

Randy has a great work-ethic and a consistent approach to training which has served him very well over the years. He has set a great example of attacking adversity on multiple occasions while overcoming multiple potential career ending injuries. He has embraced the grind with countless hours in the weight room as well as in rehab just to have a chance to put on the UConn jersey. Through all of these obstacles, Randy has been consistent, displays great work ethic, and a positive attitude in the face of uncertainty. He has grown to be a great teammate, a source of inspiration for others and displays great drive to improve every day. He has been among the top of our performance rankings multiple times and will continue to push his own limits. ~Joel DeMarco

### UNIVERSITY OF DELAWARE

**Kyle Baker**

**Outfielder**

**Grad Student**

Kyle has worked hard 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 on the field and at-bat. Baker missed last season due to an injury, but in 2018 he led the CAA in batting average, hitting .354 and led the team in batting average (.354), hits (75), triples (5), RBI (39), and slugging percentage (.481). He was nominated as a 1st Team All-CAA in 2018 and was selected to the ABCA/Rawlings All-East Region First Team. As a senior, he understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways as he comes back this season after an injury. 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. ~Stefano Pietrobono ~Stefano Pietrobono

### UNIVERSITY OF TEXAS RIO GRANDE VALLEY

**Deryk Serbantez**

**Pitcher**

**Junior**

Deryk is the strongest athlete we've had in my 7 years at UTRGV. He attacks the weight room with the same intensity he has on the mound. He pushes his teammates to rise to higher levels. ~Lucas Monroe

## COLLEGE — BASEBALL

### WAYNE STATE COLLEGE

**Bryce Bisenius**

**Infield**

**Senior**

Bryce is a future strength and conditioning coach that has a VERY bright future. His combination of genetics and work ethic make him a great lifter and more importantly a success in whatever he chooses to do. ~Grant Darnell

### WEST TEXAS A&M UNIVERSITY

**Kyle Moos**

**Catcher**

**Senior**

Kyle is a leader both on the field and in the weight room. He shows up each day ready to put in the work, prepare for competition and better himself in all facets of the game. Vocal when needed, his example sets a very high bar for his teammates to reach for in their own training. Kyle is a great teammate along with expecting the best from not only himself each day but his team. ~Sarah Ramey

### WRIGHT STATE UNIVERSITY

**Alex Alders**

**Senior**

Alex has been a tremendous asset in the weightroom during his 6 years at Wright State University. He is a dedicated worker and has truly earned every bit of success on the field. Alex's desire for improvement has helped drive competition and continues to push our baseball program forward. ~Cole Pittsford