

## 2020 — COLLEGE — SWIMMING

### AUGUSTANA UNIVERSITY

**Linzie Kreizel**

**Fly / Back**

**Senior**

Linzie's love for lifting has propelled her to great heights in the weight room. She has consistently been a top performer, holding many team records. Linzie's strong work ethic will carry her to great things in her career after swimming. ~Andy Stocks

### DUKE UNIVERSITY

**Alyssa Marsh**

**Senior**

Alyssa has proved to have an outstanding work ethic and attitude in her four years with Duke Swimming. Those attributes have led her to have success academically and athletically. She continues to raise the bar when it comes to being a great teammate and team leader both in the weight room and the pool. ~Carl Christensen

### HOBART AND WILLIAM SMITH COLLEGES

**Anna Leffler**

**Senior**

Anna Leffler is a two time captain at William Smith College who excels in every facet of her college career. A Dean's List member who carries a 3.79 cumulative GPA, Leffler has set numerous school records in the pool both individually and as part of a relay team. Anna's superior performance carries over to the weight room as well. She boasts a 315lbs 1RM Trap Bar Dead Lift, a 100+lbs Bench Press and a 1RM Front Squat just shy of 200lbs. Academically, Anna has been accepted to and will pursue her Doctoral Degree for OT at Tufts. In her free time, Anna spends time volunteering at the Happiness House working with preschoolers and service learning reading to children at the Discovery Playground. ~Chris Gray

### MARY WASHINGTON UNIVERSITY

**Erin Whitesell**

**Fly/Back/IM**

**Senior**

Committed Leader both on and off the field  
~Asau Rodriguez

### ROCHESTER INSTITUTE OF TECHNOLOGY

**Nick Trumper**

**Senior**

Nick has emerged as a strong team leader in the weight room. He leads by example, never missing a training session and always bringing energy and focus. His dedication and accountability have helped make himself and his teammates better. Nick's legacy is a swim program that values and is committed to their dry land training. Over the past two years Nick has experienced great improvements in the weight room and in the pool. He has brought his Front Squat to 225# and Hang Clean to 175# while shaving 3 seconds off his 200m backstroke. I have no doubt Nick will continue his training following his senior season. ~Ryan Kelt

### TRANSYLVANIA UNIVERSITY

**Drew Dodds**

**Swimmer**

**Senior**

Drew was dedicated and motivated to be the best  
~Zachary Turner

### TRANSYLVANIA UNIVERSITY

**Mattie Fogle**

**Swimmer**

**Senior**

Mattie had an outstanding work ethic and earned every bit of the success she received ~Zachary Turner

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### UNIVERSITY OF DELAWARE

**Ellie Keck**

**Butterfly/Freestyle**

**Sophomore**

Ellie has worked hard to accomplish her goals in the classroom, community, weight room, and in the pool and is only a sophomore. She is very dedicated and her work ethic in the weight room is contagious. She was our top female lifter at our annual Reps for Kids event in the bench press. Keck understands the value of what strength and conditioning can provide her to accomplish her future goals. ~Stefano Pietrobono

### VASSAR COLLEGE

**Brynn Lautenbacher**

**Junior**

Brynn Lautenbacher has the most impressive body weight strength of all our student athletes. She can do over 100 push-ups without batting an eye and turn around the next minute and complete 10+ chin-ups. Her commitment to improvement sets her apart. She is constantly setting new goals and building a path to achieve them. ~Alice Read

### VIRGINIA MILITARY INSTITUTE

**Sarah MacDougall**

**Freestyle**

**Senior**

Sarah was 4 year member of the swim team at Virginia Military Institute. In 2019, She was a part of record-setting 200 and 400-medley teams. Also in 2019, earned the team's Scholar-Athlete Award, given if a student-athlete has a cumulative GPA of 3.5 or higher at the time of the season-ending banquet... also took home the squad's Workhorse Award, awarded to the member of each team who displayed tremendous motivation and work ethic both in and out of the pool. Then in 2020 she was named team captain. When Sarah showed up you knew you were going to get hard work, a positive attitude, willingness to help others, and a desire to get better. ~Logan Moody