

2020 — COLLEGE — TRACK AND FIELD

AUGUSTANA UNIVERSITY

Sarah Westerman

Sprints / Jumps

Senior

Sarah's tireless work ethic has led her to success on the track, in the class room, and in the weight room. She has earned Academic All-NSIC honors and is a recipient of the Butch Raymond Scholarship. She is also the holder of multiple weight room records. Sarah's toughness and determination will undoubtedly allow her to achieve great things after collegiate athletics. ~Andy Stocks

AUGUSTANA UNIVERSITY

Alex Woods

Long Sprints / Hurdles

Senior

Alex Woods

Alex's love for lifting has greatly benefitted his career at Augustana. He earned Academic All-NSIC honors during his junior campaign and is consistently a high performer in the weight room and on the track. Alex has thoughtfully pursued both short and long term goals during his athletic career. This foresight will lead him to success after collegiate athletics.

~Andy Stocks

CALIFORNIA LUTHERAN UNIVERSITY

Kayla Cross

Pole Vault

Senior

Kayla's consistency, care, determination, work ethic, persistence, and unmatched commitment to physical preparation over the past four years has enabled great athletic success despite a tremendous academic load. A gifted and hard-working student, Kayla will pursue a PhD in Molecular Biology upon matriculation. Indeed, Kayla is the epitome of what Cal Lutheran Athletics represents and, genuinely, a true joy to coach. ~Patrick Holmberg

CENTRE COLLEGE

Allen Richardson

DL

Junior

Allen is a force on the DL due to his power and strength, and he is a top performer as a thrower for the Track & Field team. Allen posts the following marks: Clean - 325, Jerk - 315, Squat - 635, Bench - 405

~Carter Conley

COLORADO STATE UNIVERSITY

Amelia Harvey

Pentathlon/Heptathlon

Senior

Amelia has worked incredibly hard this year to develop herself into one of the best multi-event athletes in Colorado State University history. She currently ranks in the Top 20 All-Time in many individual events and recently earned #3 All-Time in the Indoor Pentathlon. This is a testament to her hard work and dedication on the track and in the weight room. Things have not always come easy for Amelia as she has had to battle many personal and athletic setbacks on the way, but she has overcome all of them and earned the respect and admiration of her teammates and coaches. She is an absolute pleasure to coach and will go on to succeed in her future endeavors after her time at CSU. ~Adam Parsons

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DEPAUL UNIVERSITY

Adam Nelson

Short Sprinter

Senior

Adam has been one of the most interesting athletes I have ever had the chance to coach throughout the last 7 years of my career. While he possesses a superhuman amount of strength and power boasting numbers like a 500lb squat and a 335lb clean, the aspect I love most about Adam is his quest for knowledge and continually trying to find ways to improve. His knowledge level is akin to that of a college level strength coach and his questions into our program has driven me to become a better strength and conditioning coach. This past year, he brought that same level of focus into the track and set a school record of 6.82 in the 60m dash. Outside of athletics, Adam is a member of DePaul's Captain's Council, which is a leadership organization for athletes and is a member of Black Student Union. He holds a 3.3 GPA as a Health Science major and he is planning on going into coaching after graduation. ~Ryan Nosak

EMORY & HENRY COLLEGE

Justin Fannon

Shot Put, Hammer, Discus, Weight Throw

Senior

Justin is a bright, engaging, and motivated student-athlete. A three year veteran of the football program, Justin made the switch to track and field his junior year and has been one of the college's top throwers ever since. Finishing as the runner up in last year's Indoor Conference Championship, Justin is currently ranked second going into this year's championship. He is also the all-time record holder in the men's 35 lbs. weight throw for the college. Away from the track, Justin is a double major in Business and Technology with a 3.2 GPA and has achieved multiple conference All-Academic Team honors. Aside from his athletic and academic accomplishments, Justin is a leader on the track and field team and is always seeking out ways to help his

teammates and peers at practices and in the weight room. ~Mike Caro

FITCHBURG STATE UNIVERSITY

Cody Soderlund

Sophomore

Cody has set the standard for the Track and Field program in terms of work ethic and performance in the weight room. He a technician as a lifter - likely our most technically proficient on campus and has shown great improvements in all of his lifts. More than that, Cody has been critical as a leader for the team and is the definition of "lead by example." ~Jim McGuire

FORT HAYS STATE UNIVERSITY

Courtney Batchman

Hurdles & Multi

Senior

Courtney began her track career as a hurdler and developed into a Multi (indoor and outdoor). Her drive and determination to be her best was what made her into the athlete and person she is today. Courtney has tremendous work ethic. She loved the weight room and the work it took to develop her for performance and competition. Her commitment to training was outstanding, and that commitment reached far beyond athletics as she was able to graduate in four and a half years with a degree in Nursing. She understood the values of hard work and applied it to all aspects of her career as a student athlete. ~Doug Boucher

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JAMES MADISON UNIVERSITY

Meredith Willis

100m, 200m

Senior

Meredith Willis is not just an exceptional athlete but an exceptional person. In my 7 seasons at JMU, she has had more impact on me than any other person I've coached. In the weight room, as a 125lb sprinter, she's full squatted and full cleaned 275 and 170, respectively. She holds the school record outdoor 200m at 23.84 and multiple positions on the school's top 10 lists. Additionally, she's been on the Dean's List and was the Athletic Director's Scholar Athlete of the Year Award Winner as an accounting major. As a person, Meredith continually shows care and leadership for her team on the track, in the weight room, and in life. Meredith is often thought of as the "team mom". She has taught me to be a better, more compassionate person, and I'm proud to have been her coach for the last 4.5 years. I cannot think of a better, more deserving athlete than Meredith Willis. ~Christian Carter

KING'S COLLEGE

Jackie Ni

Throws

Junior

Jackie's personality and work ethic is a foundation for the throws group. His effort is always 100 percent. He bought in to the program and continues to improve in his events as well as the weight room. Jackie always pushes himself to the limits and continues to seek improvement. Jackie is one of the hardest workers at King's College.

~Bryonne Herring

KING'S COLLEGE

Sarah Zultevicz

Jumps/Hurdles

Junior

Sarah has worked extremely hard to improve her performance. She is a leader in the weight room, and on the track. Her drive for improvement is second to none. ~Bryonne Herring

LEWIS & CLARK COLLEGE

Morgan Taylor

Heptathlon

Senior

Morgan Taylor epitomizes the importance and benefits of strength and conditioning from her freshman year to her senior year. Her commitment to our coaching staff and programs have led Morgan to climb the Heptathlon ranking in the Northwest Conference. Her great work ethic, discipline, and attitude, all of which epitomize what the Lewis & Clark Strength and Conditioning Program is all about, resulted in Morgan statically improving year after year in every event of the Heptathlon. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas-Pleasant

LIPSCOMB UNIVERSITY

Ahmed Amaar

Senior

Ahmed captures every opportunity to improve not only his own physical capabilities in training but those of his teammates as well. He is an exemplary leader in the way he is able to receive instruction, mentor those around him, and relentlessly attack his training. Every coach who is blessed with an opportunity to work with athletes like Ahmed understand the value of someone who lifts others up and provides another voice in the weight room. His work ethic is evident both in the results of the weight room and on the track. ~Trey Kilgore

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MCKENDREE UNIVERSITY

Tsitsi Mahachi

Triple Jumper, Long Jumper, and Sprinter

Senior

Tsitsi was a Second Team All-American as a Triple Jumper qualifying for both indoor and outdoor National Championships in 2019. Has won several GLVC Championships in the triple jump, long jump, as well as the 100m and 200m events. Was a member of the NCAA DII Outdoor Championship 4x400m relay team that earned fourth place in the nation with their 3:40.18 finish. In the weight room Tsitsi has been a very hard worker and coachable athlete. She is everything you look for coaching an athlete. Most importantly Tsitsi has been very successful academically, as she has been on the Dean's List (3.6 GPA or higher) for the past 5 semesters in a row. ~Guillermo Blanco

MENLO COLLEGE

Hannah Dumaine

Cross Country/Mid-Distance

Freshman

~Laura Patrick

MENLO COLLEGE

Logan Pine

Junior

Logan exemplifies leadership and hard work. He constantly pushes himself and others around him to exceed their goals and expectations. He also shows the mark of great integrity by fulfilling all his responsibilities in the weight room, on the track, and in the classroom.

~Jess Sayo

MENLO COLLEGE

Iaan Shodiss

Sprints

Junior

Iaan Shodiss is one of the hardest workers you'll find on the track and in the weight room at any given time. He is a student of the sport and possesses an eagerness to be challenged. He holds school top-10 marks in events ranging from the 60m all the way the 600m. He's one of those athletes that is asking great things of himself before his coaches even ask great things of him.

~Laura Patrick

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MIDAMERICA NAZARENE UNIVERSITY

Ardeen Walker

Multi

Senior

I chose Ardeen because she is an incredible athlete but not only is she a good athlete, she encourages her teammates, is a great student and I have seen her progressively improve her performance as well as observed her work ethic improve dramatically in the weight room. She began her time at MNU as a shy athlete and is finishing a confident strong woman. She has been a big contributor to the 4th straight Women's Team Indoor Conference Championships and 2nd back to back Women's Team Outdoor Championships. She claimed 1st place at the 2019 Outdoor Conference in the 400m—56.52 & Long Jump—5.95m. At the 2019 Outdoor Nationals, Ardeen came in clutch and cleared the next height on her last attempt to move her into 3rd place. She couldn't complete her 3 attempts at the next height because she had to run to the start line for her 400m hurdle final. After almost 2 hours of high jump competition in the middle of the afternoon, Ardeen was able to run an even faster time than she did in the prelim. Her new personal best time of 1:01.4 landed her 5th overall for her first All-American honor in the 400 hurdles and second All-American honor of the outdoor season. The Women's team claimed a 12th place overall finish at the 2019 Outdoor Nationals. That is their top overall team finish since rebooting the program. At the Indoor 2020 Conference Championships Ardeen won first place in the 400m—56.91*, 600m—1:34.96*, Long Jump—5.52m[^], and High Jump—1.65m[^]. She also anchored the 4x400m with a team time of 4:01.82 which is currently 6th in the nation! I'm excited to see how she will finish her senior year and then move on to her teaching career. I know her experiences will help her as she moves into her role as a teacher and coach. ~Whitney Rodden

ROCHESTER INSTITUTE OF TECHNOLOGY

Zach Darling

Thrower

Senior

Zach is one of our strongest overall student-athletes. His name appears frequently on our leader board and he is always seeking additional opportunities to demonstrate his strength. Zach approaches all aspects of training and preparation with a must win mentality. He frequently visits the weight room outside of training to discuss current/future programs, learn how to improve as a lifter and a thrower or just for casual conversation. His abilities and personality make him a great individual to coach and be around. Currently Zach has a Hang Clean of 275#, Front Squat of 415# and Bench Press of 335#. ~Ryan Kelly

SOUTH DAKOTA STATE UNIVERSITY

Oksana Covey

Senior

Proved to be a passionate individual about their training that demonstrated endless enthusiasm to their teammates. Those around them felt their commitment to training and lead by example through their dedication to perfection. ~Noah Meyer

SOUTH DAKOTA STATE UNIVERSITY

Sam Zenner

Senior

Sam Zenner is the ultimate student athlete, community member and team leader. His approach to life on a daily basis is infectious and his work ethic unmatched. Sam is more than deserving of this award. ~Andre McIntyre

2020 — COLLEGE — TRACK AND FIELD

STEPHEN F. AUSTIN STATE UNIVERSITY

Caitlin Lennon

Multi Events

Senior

Caitlin Lennon has helped the women's track and field team at SFA continue to be a dominant force within the Southland Conference. Caitlin shows great discipline and effort through the training process, and the consistency in her actions has truly paid off. Her competitive nature makes her an exceptional fit as a multi-event athlete and her drive to be her best has aided in the overall success of the track and field program at SFA. Her collegiate career best marks include:

200:	25.76
600:	1:28.14
800:	2:15.18
60 Hurdles:	9.17
100 Hurdles:	14.42
400 Hurdles:	1:01.79
High Jump:	1.62 Meters (5' 3.37")
Long Jump:	5.36 Meters (17' 7")
Shot Put:	11.39 Meters (37' 4.5")
Pentathlon:	3675
Heptathlon:	5039

These qualities that Caitlin possesses have led to an impressive collegiate career thus far, and will continue to lead to another productive year during her senior season. Additionally, these same qualities Caitlin possesses during training are seen in her academic career as well. Caitlin graduated with her Bachelor's degree in Accounting, and has begun her pursuit of a Master's degree in Professional Accountancy in her final year of eligibility. Caitlin's consistent and persistent effort to be her best on the track and in the classroom has opened the doors to many professional opportunities away from sport. Whatever endeavor Caitlin pursues, she has the necessary tools for success to last a lifetime. ~Dan Wenger

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

Yariel Matute

Sprints

Senior

Yariel has a long list of athletic accomplishments, including the 2019 WAC Athlete of the year for the WAC Indoor Championships. Yariel is a member of Track & Field National team for the country of Honduras, and currently holds Honduran national records in the indoor 200 meter dash, as well as, the outdoor 400 meter dash. Yariel has been a leader for the UTRGV Track & Field program in the weight room that constantly pushes all of his teammates to give their best every day. ~Eric Sparks

TRINITY UNIVERSITY

Androniki Defteraiou

Heptathlete

Senior

Androniki has made an incredible commitment to growth and development in her time here at Trinity. She holds herself responsible to the highest standards, and this is reflected in what she has achieved in our program. We are grateful for these efforts and what it means to our program. ~Daniel Martinez

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UNIVERSITY OF DETROIT MERCY

Kyri Jackson

Sprint, Hurdles, Decathlon

Senior

Since Kyri stepped on campus at Detroit Mercy, she has set an example for her teammates and fellow Titans. From day one, Kyri has fully committed herself to her improvement through strength and conditioning. That commitment has helped Kyri attain multiple top five league finishes throughout her career, highlighted by a 2018 heptathlon Horizon League Championship. She has also taken her success and leadership out of the weight room as a leading member of the Detroit Mercy Student-Athlete Advisory Committee, for which she was nominated President for the 2018-19 school year.

~Eric Davis

UNIVERSITY OF DETROIT MERCY

Eric Leduc

Throws

Senior

Eric has been a remarkable example for his teammates at the University of Detroit Mercy. Eric's work ethic, consistent positive attitude, and dedication in the weight room and in the ring has established him as one of the top weight and hammer throwers in Titan history. Eric has also transitioned his weight room habits in the classroom, graduating with a degree in computer information systems and pursuing his Master's degree.

~Ian Samuelson

UNIVERSITY OF HOUSTON

Nora Monie

Field Athlete

Senior

Texas relays discus champion 2108

Texas relays shotput champion 2018

https://www.tfrrs.org/athletes/5602144/Houston/Nora_Monie.html ~David Miller

UNIVERSITY OF NORTH DAKOTA

Adam Mehr

Throws

Senior

It has been a privilege to coach Adam and be a part of his athletic journey. He has dedicated himself to get better in the class room, in the throwing circle, and in the weight room his entire career. This dedication and commitment has led Adam to accomplish All-Academic Honors and All-Conference Honors in the Big Sky Conference. His throwing personal bests are 20.05m in the weight throw which is the school record, and 59.94m in the hammer throw which ranks him second in school history. Adam has been a great example to his teammates of what hard work and dedication can achieve. He has been a wonderful ambassador of not just effort in the weight room, but also that quality of training must be the highest priority. ~Alex McKee-Crow ~Alex McKee-Crow

UNIVERSITY OF NOTRE DAME

Summer Thorpe

Hurdles

Senior

Summer is an inspired athlete. When I started working with her a year ago, she had a quite confidence and determination to get the job done regardless of the task. I have watched her develop into a leader on the team and holding her teammates accountable. Just yesterday I saw her take time out of her workout to make sure one of her teammates was able to finish a pull up set that she had been hesitant to put effort towards. She understands that hard work breeds success, in and out of the weight room. It has led to her achievements as a track athlete, qualifying for the NCAA Outdoor Championships and racing her Junior Year. I am excited to see what this year brings for Summer and her leadership role on the team. ~Colleen Looney

2020 — COLLEGE — TRACK AND FIELD

UNIVERSITY OF SOUTHERN MAINE

Kayla Hoggard

Sprints/Jumps

Sophomore

Kayla has had a record setting indoor season in 2019 now owning school records in 55/60 and long jump. The latter event is also a qualifier for the upcoming NCAA championships. She has dramatically improved her lifts this year to help power her performances on the track.

~James Giroux

University of Tennessee at Martin

Brady Fry

Sophomore

As a freshman, Brady made his presence known by winning the 60 hurdles at the OVC Championships. Since then, he has added two OVC Conference runner-up finishes while battling through time lost due to sickness. Brady's approach to training and concern for performance both on the track and in the weight room is one of the highest standard. ~Chris Gillies

WEST TEXAS A&M UNIVERSITY

Valda Kabia

Sprinter

Senior

Valda has been an incredible athlete to work with. She is the type of person who isn't satisfied and always pushes herself to be better. This mentality has helped her add 10lbs to her 1RM Power Clean, 50lbs to her 1RM Back Squat, and 20lbs to her 1RM Bench Press. All the hard work she has put in has paid off for her tremendously on the track. She holds the schools 200 meter record for both indoor and outdoor, is a 4 time All-American, the 2019 LSC Indoor Outstanding Female Track Athlete, and helped in winning the 2018 NCAA D2 Indoor National Championship. I'm proud to nominate Valda for this award. ~Matt Segura

WEST TEXAS A&M UNIVERSITY

Tyler Pickens

Shot Put

Junior

Tyler is very dedicated when it comes to training and works hard every time he's in the weight room. He embraced the difficult off season training and pushed past limits that he didn't think he could. With his commitment to strength and conditioning he has added 75lbs to his 1RM Power Clean, 40lbs to his 1RM bench press and 175lbs to his 1RM deadlift. Due to his added strength he has become our best male shot putter and has added over 4 feet since his freshman year. His efforts in the ring aided in winning the 2019 LSC Indoor Track and Field Championships. He has also been nominated for the LSC Men's Field Athlete of the week. I am proud to nominate Tyler for this award. ~Matt Segura

WILLIAM WOODS UNIVERSITY

Megan Van Harn

Multi's, Shot Put

Senior

Megan Van Harn has been dedicated to our program from the first time she stepped into Weider Fitness Center. Few student-athletes work harder than she does. This has been infectious to many of our athletes. Megan appreciates being pushed and accepts trying various training methods. She has developed into a great multi-event athlete. She has qualified for nationals in multiple events on several occasions. She has finished 3rd in the nation in Heptathlon twice and is a many time NAIA All-American. She would have been able to graduate after the fall semester but choose to stay in order to train and compete with some of her teammates. Megan has been one of the best student-athletes I've had the pleasure to work with at William Woods University. ~Bob Jones



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

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WINTHROP UNIVERSITY

Taryn DeLeon

Heptathlete

Senior

~Eli Foy

WINTHROP UNIVERSITY

Will Metcalf-Shull

Sophomore

Will's Dedication, not only to the sport of track & Field but also to the weight room, has laid the ground work for success. This success is demonstrated in his individual performances as well as in his ability to lead the team. Will is a role model within the weight room and leads by example during each session. ~Benjamin Abbott