

2020 — COLLEGE — GOLF

CLEMSON UNIVERSITY

Ivy Shepherd

Sophomore

Ivy has demonstrated a combination of focus and determination in improving her craft and enthusiasm and joy for the physical training component of her development. She has been a leader in the weight room both as an example and through guiding teammates. She has taken initiative to make the most out of the resources available to her, and has shown interest in understand the reason behind everything we do. Her consistency, positive attitude, and dedication to continual improvement, regardless of circumstance, have earned Ivy the nomination for NSCA All-American Strength and Conditioning Athlete of the Year.

~Thomas Evans

DALLAS BAPTIST UNIVERSITY

Hanna Harrison

NA

Senior

Hanna is in her senior season and has developed into a very strong leader for the program. Always with a smile on her face, she helps make the training process enjoyable for her teammates. Hanna even takes stock in her own training. She offers feedback and recommendations of how she likes to train and what makes her feel like she's at her best. Hanna is always encouraging and holds teammates accountable. Her enthusiasm is infectious and will be difficult to part with.

~Al Spencer

DUKE UNIVERSITY

Ana Belac

Senior

Ana breaks the mold of what its like to train as a golfer. She loves the "big lifts" because it empowers her as a female who plays a sport where "lifting heavy" isn't always seen as a positive. I've seen her push herself in and out of the weight room to become not only a great

athlete, but a great student in the classroom and on the course over her 4 years. I only wish i had more athletes like her who strive to be their best. ~Alexander Merrill

DUKE UNIVERSITY

Harrison Taeae

Senior

Very few athletes can leave everything going on in their lives at the door when the come to train, but Harrison is one of those. He gives great effort in every rep from start to finish. Pairing that great work ethic, with being athletically gifted, Harrison has been a true pleasure to train. Respectful, humble, and overall just a great person. ~Alexander Merrill

GEORGIA SOUTHWESTERN STATE UNIVERSITY

Vincent Norrman

Senior

Vincent is a leader in the weight room setting the example for the underclassmen. Even as he has become a successful golfer he has not allowed his work ethic off the course to falter. Over the course of four years he has set 18, 36, and 54 holes scoring records, the lowest season scoring average (71.55), and so far has the lowest career scoring average in program history (71.63) with 99 rounds currently played with 18 more to go. He is currently on the watch list for the Ben Hogan Award as the only Division II representative. In the '17-'18 and '18-19 seasons he was named to the Peach Belt and All-Region teams. In the '18-'19 season he was a semi-finalist for the Jack Nicholas Award and named First Team All-American. ~Bryce Lawson

IOWA STATE UNIVERSITY

Tripp Kinney

Senior

Tripp has been a great leader in the weightroom for the Men's Golf team at Iowa State. He leads by example and does all of the little things. ~Jovon Shaw

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MARYVILLE UNIVERSITY

Alex Locke

Junior

Alex has been a great leader in the weight room and on the golf course at Maryville University. His performance on the course, in the classroom, and in the weight room make him an ideal candidate for this award. His leadership in the weight room exemplifies what a student athlete should be. He has become a true extension of the strength and conditioning staff's voice in the weight room. ~Jake Fitts

ST. MARY'S UNIVERSITY

Sofia Ruescas

N/A

Junior

Sofia has shown tremendous growth as an athlete and as a leader on her team this past year. She sets the tone daily with her focus, attitude, and desire to push beyond her current limits. She truly competes in the weight room and raises the level of her entire team in the process. She wants to be the very best and puts in the work to back it up. She has broken into the top-100 nationally, and currently sits at #61. Sofia, a junior, is an international student from Spain, and has a cumulative GPA of 3.04.

~C.J. Richardson

STEPHEN F. AUSTIN STATE UNIVERSITY

Justin Benson

Junior

Justin possesses a strong work ethic and is a leader for the golf team, especially when it comes time to train in the weight room. Justin's intent is impressive and among his peers he has served as a source of energy and encouragement that all of his teammates feed off of. Justin considers the weight room a powerful tool for improving his performance. Just this last year Justin has dropped 3 strokes on average on his golf game. One year after walking onto the golf team Justin's hard work paid off when he was put on scholarship in 2019. His work

ethic carries over to the classroom as well where he has maintained a 3.2 GPA. ~Ben Bibby

UNIVERSITY OF ILLINOIS-CHICAGO

Brooke Beyer

Freshman

Since stepping on campus, Brooke has shown a strong commitment and buy-in to the strength and conditioning program. She leads by example with her attention to detail, positive attitude, and willingness to push herself. This approach will serve her well as she continues to chase excellence in the weight room, in the classroom, and on the course! ~Gabe Derman

UNIVERSITY OF TENNESSEE AT MARTIN

Jack Story

Senior

Jack, along with his teammates, have elevated the program's commitment and standard to their physical preparedness. Through this commitment, Jack has won two individual titles, while also helping the team capture four consecutive tournament wins to finish out the fall portion of the 2019-2020 season. Jack has been named to OVC Commissioner's Honor Roll each academic year.

~Chris Gillies

WEST TEXAS A&M UNIVERSITY

Mitchell Downing

Junior

Mitchell shows up each day bringing positive energy and the commitment to improve. In the weight room, he is constantly being the voice of the team pushing his teammates to get better. Along with his voice, Mitchell also leads by example with his 275 pound back squat, 300 pound deadlift, and 30" vertical. His commitment to the process and attention to detail has set the example for the rest of his teammates to follow in the weight room and on the golf course. ~Derek Kennedy



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

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WINTHROP UNIVERSITY

Zak Butt

Senior

Zak has shown dedication to his training through his relentless pursuit of quality over quantity. He has demonstrated attention to detail in his movement patterns, technique, and his approach to training. He has also shown special interest in strength and conditioning by interning with the department this semester and aiding his fellow teammates in their own athletic pursuits. ~Natalie Kamerer