

COLLEGE — GYMNASTICS

University of Bridgeport

BROOKLYN WEINGARDT

Vault, Beam

Senior

As a two-year team captain and multi-year GEC Scholar Athlete, she leads not only with her performance but with her academic preparation. Her commitment to training, academic excellence, and elevating those around her makes her a standout example of how dedicated physical development directly enhances success in gymnastics. Brooklyn's work ethic, leadership, and approach to performance are why I proudly nominated her for this honor. ~Paul Spada

University of Wisconsin - La Crosse

GRACE KEHR

Vault/Floor

Senior

Grace has shown incredible growth in her strength training during her time at the University of Wisconsin-La Crosse. She puts quality first and has improved her strength greatly. During the 2025 gymnastics season, Grace became the NCGA National Champion in the vault with a score of 9.850. During the current season, Grace has dealt with some injuries but still brings the same quality and intensity into her training. She communicates very well with her strength coach and is willing to make adjustments to give her the best opportunity to improve. Grace is a leader on her team and has helped them maintain a top team ranking throughout the season. She puts the same effort and quality into her academics and has achieved a 3.960 GPA. Grace is a prime example of someone who pays attention to details in her training and is truly resilient. ~Philip Whitesitt

United States Air Force Academy

GRACIE WILLIS

AA

Senior

Gracie Willis' dedication to the strength program is a true reflection of who she is across every facet of collegiate athletics, academics, and military academy standards. Excelling in even one of these demanding areas is a significant accomplishment; Gracie distinguishes herself in all three. Year after year, she has elevated her performance, setting the standard in the weight room, upholding elite expectations, and inspiring her teammates to push beyond limits and break program records.

Her leadership extends far beyond physical training. As an Academics Officer, she mentors and supports fellow cadets working to overcome academic probation, demonstrating both accountability and compassion. In her role as Community Support Representative for Air Force Women's Gymnastics, she strengthens the connection between the team and its broader mission, embodying service before self.

Gracie's excellence has been recognized through numerous honors, including the Superintendent's List Achievement, five-time United States Air Force Academy Athletics List distinction, the Unsung Hero Award, and a three-time Coaches Award recipient. Gracie Willis exemplifies what it means to be a complete cadet-athlete—relentless in pursuit of excellence, unwavering in character, and committed to lifting others along the way.

~Bryce Taylor

COLLEGE — GYMNASTICS

College of William & Mary

KATE PEBBLES

Freshman

Kate Peebles has had an amazing year in the weight room as a freshman. She has shown major improvement over the year. She pushes herself while encouraging the rest of her team during the lift. Her hard work does not go unnoticed, and she strives to be one of the best in the weight room. Always comes in with great energy and is always ready to work. It has been a great experience coaching and working with her in the weight room this year. ~Jonathan Alducin

Springfield College

KORA DONLEY

Junior

Kora is one of the best athletes around. Her constant work ethic, despite the toll on the body throughout the season, is impressive. She dominates the weight room every day. She is a vocal presence that stands out in the weight room. She is an exceptional leader for her teammates as well. ~Anthony DeVito

College of William & Mary

MATTHEW NAVARRO

Sophomore

Matthew Navarro has had a tremendous year. He started the year with a knee injury, which he has almost fully recovered from. This injury did not hold him back at all, and he came in still with a positive attitude and passion for trying to improve. He pushed himself and gave it his all during his upper-body workouts. It has been a joy and honor to see him progress throughout the year.

~Jonathan Alducin

COLLEGE — GYMNASTICS

University of Michigan

REYNA GUGGINO

Vault, Beam, Floor

Senior

Reyna is currently a graduate student competing in her final season for the University of Michigan Women's Gymnastics Team. Reyna has earned multiple accolades for her athletic and academic achievements including WCGA Scholastic All-American, Big Ten Sportsmanship Award recipient, and a member of 2 Big Ten Championship teams and a National Championship team. Reyna's growth as a gymnast and leader has been steady and consistent, albeit with challenges along the way. During the 2025 season opening meet of her intended final year, Reyna suffered what would result in a season ending injury. To her credit, she trained with a high level of purpose and intent to return to sport. Due to the severity of her injury, she was unable to return during the 2025 season, despite her diligent efforts in the weight room and during her rehab. She earned the ability to return for a 6th and final season, which she chose to pursue

with a rigorous discipline to her physical development during her post-op recovery and continuing into her successful full return to sport for the 2026 season. She committed to the process, more so than she ever had before, and has exemplified what a consistent work ethic and effort help a student-athlete accomplish. Strength and Conditioning Coaches, Sport Coaches, Medical Professionals, and others in the high performance realm talk extensively about "trusting the process". As it relates to Strength and Conditioning, Reyna has embodied that motto, through uncertainty and adversity. She completed her training with tremendous effort and enthusiasm, and sought supplemental training sessions to maximize her preparation, encouraging other teammates to join alongside her. It has been a joy and privilege working alongside Reyna and helping guide her physical development as she pursues personal and team success. It is with great pleasure that I nominate her for this award. I look forward to continuing to help her reach her goals as a student-athlete and beyond. ~Lew Porchiazzo