

COLLEGE — GYMNASTICS

IOWA STATE UNIVERSITY

ANDREA MALDONADO

Senior

Andrea demonstrated consistency and leadership in the weight room with her in season strength training. She reached new career highs on her floor routine, and continued to reach new personal records in all of her strength metrics in the weight room. Every day she demonstrated tremendous focus and intent to continue to get stronger and better, and that focus was contagious with the rest of the team. She also committed to extra 1on1 strength training sessions to accelerate her progress after returning from injury. She is a great ambassador of Iowa State university and provides a great example of how to overcome adversity and achieve your goals with hard work and consistency. ~Ben Durbin

UNIVERSITY OF MICHIGAN

ABBY HEISKELL

All-Around

Senior

Abby is currently a Senior in the All-Around for the University of Michigan Women's Gymnastics team and a member of the 2019, 2020, and 2022 Big Ten Championship teams and the 2021 National Championship team. Abby's commitment to strength and conditioning has grown tremendously over the course of her career. Abby arrived on campus while still rehabilitating a significant time loss injury. She worked progressively and intentionally through that rehab, along with overcoming several other personal setbacks, to reach the level she has sustained over her Junior and Senior seasons. During the onset of the Covid-19 pandemic, which abruptly ended her team's season on the precipitous of post-season competition, she made no excuses and found ways to stay physically prepared. As a Junior, she achieved All-American status and served as the anchor on the final event at NCAA Championships, scoring a 9.925 on Balance Beam to clinch the first National Championship in program history. Abby's perseverance in overcoming setbacks, coupled with her increased level of commitment to strength and conditioning within weeks after playing a vital role in her team's National Championship, has earned the respect of her teammates, coaches, and support staff alike. As a team captain, her success, and that of her team's during her Senior season is not surprising, however, it all speaks to her character as an individual and a competitor. In sport that relies on individual performance, her focus on team success and elevating those around her has helped take our program to new heights. I am fortunate to be able to work with Abby as she continues to pursue greatness and achieve immense personal and team success. It is with great pleasure that I nominate her for this award. I look forward to continue helping her reach her goals as a student-athlete and beyond. ~Lew Porchiazzo III