

## COLLEGE — LACROSSE

### Colorado College

#### AIDAN NIKLAUS

##### Junior

What doesn't he do right? Holds his team accountable, communicates with me when the team is running a little late, and he stays after lift to finish anything he couldn't during the allotted time. He simply wants to work. Truly a great teammate and leader of men. ~Derek Savage

### Converse University

#### ALYSSA CORDER

##### Defense

##### Senior

Alyssa's extreme work ethic has enabled her to obtain an excellent fitness level and make a comeback from back to back ACL tears. She boasts a 145 bench press, and a 350 trap bar deadlift, and can run the 300 yard shuttle in under a minute. ~Kevin Darlington

### Springfield College

#### ANDERS NORMAN

##### Defensive Midfielder

##### Senior

Anders Norman sets the example for the Springfield College Men's Lacrosse team by consistently meeting then surpassing the standard every single day. His dedication to elevating the program, especially through relentless effort in the offseason and in the weight room, establishes the tone for the entire year. No one can outwork him. He has an unwavering work ethic will continue to distinguish him in all of his future pursuits. ~Keeley Durkin

### Washington & Lee University

#### ANDREW LEHMAN

##### LSM

##### Senior

Andrew Lehman is a very hard worker whose conscientious and analytical approach to training sets him apart in the men's lacrosse program. He is deeply dedicated to the process, constantly refining his preparation and holding himself to a high standard in both the weight room and on the field. He is a high-operator who lives out his commitment to hard work and personal development, he consistently sets the tone for his teammates.

~David Forman

## COLLEGE — LACROSSE

### **Clemson University**

### **BRIDGET BABCOCK**

#### **Midfield**

#### **Senior**

Bridget defines what it means to invest in others. As a team captain, she models self-accountability, intentional effort, and an unwavering standard of excellence. She is the most consistent presence in our program and a true tone-setter in both the weight room and on the field.

She is not only our most accomplished lifter, but also our strongest cultural leader. Bridget relentlessly pushes herself to the highest standards while creating an environment that challenges those around her to rise with her. Her performance reflects her discipline and preparation. She is the only Clemson lacrosse athlete to surpass 50 on the beep test, reach 18 mph in competition, and lead the team across every major strength testing metric.

Clemson lacrosse is better in every respect because of Bridget's presence, and she has set an exceptionally high standard for all current and future Tiger lacrosse athletes to follow.

~Sam Aswegan

## COLLEGE — LACROSSE

### Regis University

#### BRIGIT GOETSCH

#### Goalkeeper

#### Senior

Brigit Goetsch exemplifies the standards, culture, and long-term impact of the Regis University Strength & Conditioning program. A fifth-year senior, Brigit has been a foundational member of the program since its inception five years ago and has played a critical role in shaping both the women's lacrosse team and the overall strength and conditioning culture at Regis.

From her first year on campus, Brigit established herself as a leader through both her actions and her voice. She consistently set the standard in training, demonstrating exceptional focus, effort, and integrity while achieving personal performance improvements every year of her collegiate career. As the starting goaltender throughout her tenure, Brigit has been a dominant presence within the RMAC, earning recognition as one of the top goalkeepers in the conference while helping lead the program to multiple conference championships and deep NCAA Tournament runs.

In her junior year, Brigit faced a season-ending injury that could have derailed her development. Instead, she approached rehabilitation with the same intensity and discipline that define her training, returning the following season stronger, more resilient, and back to All-American form. Her senior-year comeback culminated in another RMAC conference championship, NCAA Tournament run and reinforced her reputation as one of the most reliable and mentally tough competitors in the program.

Returning for a fifth year, Brigit once again earned preseason All-American recognition and continues to set the standard as she prepares to lead her team toward another NCAA postseason run. Beyond her athletic performance, Brigit consistently demonstrates selflessness and pride in the program by volunteering her time in the weight room to help maintain and organize the facility, viewing the Strength & Conditioning department as an extension of her team.

Brigit Goetsch's sustained excellence, leadership by example, resilience through adversity, and commitment to team and department culture make her an outstanding candidate for the NSCA Strength & Conditioning All-American Award.

~Spencer Bowersmith

## COLLEGE — LACROSSE

### University of North Carolina at Chapel Hill

#### BROOKLYN WALKER-WELCH

##### Defense

##### Senior

Brooklyn Walker-Welch is a senior defender on our Women's Lacrosse team and current team captain. "B-Dubs" has been a staple in the weight room since I began training the Women's Lacrosse team a few years ago. She holds herself to the highest of standards when it comes to physical preparation, leading our team in every weight room standard. Her enthusiasm and energy are infectious both in the weight room and on the field whether it be during a practice or a game. She is a highly decorated lacrosse player: National Champion, All-American, and a member of the Canadian National Team. Her intensity is contagious and her competitiveness is exciting to watch. She has been the backbone of one of the nation's best defensive units, constantly challenging her teammates to work harder and to get better each and every day. On the field, she's the one asking for another rep and holding her teammates to a higher standard, which has played out in our team success in recent years. It is with great pleasure that I nominate Brooklyn Walker-Welch for the NSCA All-American Strength and Conditioning Athlete of the Year. ~Jared Jarvi

### Vassar College

#### CADE CHEZUM

##### Sophomore

Cade Chezum embodies strength. He deadlifts over 600 pounds, front squats 350 pounds, and has a vertical jump of more than 31 inches. Cade consistently asks the right questions to convert his strength into explosive power both in the weight room and on the field. His drive to maximize every

opportunity for growth, combined with his elite strength, sets him apart. ~Alice Read

### Norwich University

#### CAITLYN FIELDER

##### Senior

Caitlyn is the definition of a workhorse. No matter what the task is she puts her head down and goes to work. In the weight room she pushes herself beyond her thinkable limits and on the field she's a feisty relentless middy. She's the type of person that is able to connect and relate with people and then get the most out of them. Whether that's on the field, in the weight room, or in the classroom. Her character and hard working spirit will carry her far in anything she decides to pursue.

~Rhyan Stephens-Socash

### University of Michigan

#### CALLI NORRIS

##### Attack

##### Senior

Calli Norris is a senior attacker on our Women's Lacrosse Team. Calli embodies the resilience and dedication to training we expect from the leaders on this team. She's the first to hold herself and her teammates accountable, pushing the program to new heights. Not only is she hard working on the field, she also hard at work on her studies having been awarded multiple Academic All-Big Ten awards as well as the Big Ten Distinguished scholar. It has been a pleasure to work with Calli and am proud to nominate her for the NSCA All American Strength and Conditioning Athlete of the Year. ~Trevor Klump

## COLLEGE — LACROSSE

### **Pace University**

#### **CHRIS BUTLER**

##### **Defense**

##### **Senior**

There is always hype in the weight room when Chris is present. As a Captain for both his Junior and Senior year, Chris leads on the field, in the classroom and in training. Always willing to work hard himself but also cheer, support and encourage his teammates. His sense of humor carries a positivity that emanates in the weight room, especially when the skills are challenging but not grand in scope.

Chris Butler was selected to the USA Lacrosse Division II Men's Preseason All-American Teams after leading the defensive end in 2025. He was also named United States Intercollegiate Lacrosse Association Division II Preseason All-American. He continues to earn Academic Distinction on the NE10 Academic Honor Roll. ~Kristen Idalski

### **University of Bridgeport**

#### **CONNOR CULLEN**

##### **Faceoff**

##### **Senior**

Connor is highly deserving of the NSCA All-American Award because he embodies what it means to lead through discipline, consistency, and accountability — This can be seen in the weight room the classroom and the field. A team captain and multi-time All-Conference performer, he sets the standard with his focused approach to training, relentless work ethic, and commitment to doing things the right way. He holds his teammates to a high standard while demanding even more from himself, understanding that success on the field is built through preparation and intent behind the scenes.

Equally impressive is his academic dedication as a multi-year CACC All-Academic Team, consistently earning Academic Honor Roll recognition. Connor represents the complete student-athlete and the culture of excellence this award is meant to honor.

~Paul Spada

### **Ashland University**

#### **CORINNE SCHMIDT**

##### **D**

##### **Sophomore**

Corinne has been a joy to have in the weight room. She always walks in with a positive attitude and lifts up her teammates no matter what. While she isn't the absolute most vocal leader, you can tell some of her teammates are inspired by how hard she pushes herself. Not once have I heard her complain about putting in work to be better, matter of fact she just wants to know how to be better. While only in her sophomore season, it is exciting to see what will become of her college career.

~Isaac Ridgwa ~Corey Mason

## COLLEGE — LACROSSE

### William Smith College

#### DELANEY CASSIDY

##### Midfield

##### Senior

Delaney Cassidy is a force to be reckoned with in the weight room and on the field. Her determination and hunger to be the best she can be is truly an inspiration. After having battled back from two knee injuries, she played in all 19 games her Junior year and even had the game winning goal in the first round of the NCAA tournament that allowed her team to advance to the Sweet 16.

Currently she is a senior captain and embodies leading by example. Her commitment to building her strength after injuries and her own physical development has led Delaney to increase her bench press and front squat by 60 and 70 lbs with a personal best of 120 lbs. and 150 lbs. for reps. She has a vertical jump of 23 inches and is one of the fastest on the field which is shown by her ability to reach level 23 in the Manchester Field Conditioning Test. Delaney's competitive spirit, work ethic and dedication to her team/sport makes her a valuable asset on the field and an absolute pleasure to coach in the weight room. ~Brittany Krivicich

### USM

#### ELIZA PATTERSHALL

##### Midfield

##### Senior

Has done a great deal of work off the field with physical therapy to improve her scoliosis. Is now able to participate fully with all team practices, games and lifting workouts. ~James Giroux

### USM

#### ELLA SCAGGS

##### Defense

##### Junior

Continues to show improvements in strength and power as well better play and more time on the field. Is a good motivator for teammates.

~James Giroux

### Hobart College

#### ELLIS WILSON

##### Goalie

##### Senior

Ellis Wilson exemplifies what it means to be an exceptional teammate and leader. He leads by example, particularly through his work ethic in the weight room. Ellis consistently demonstrates a "first in, last out" mentality, pushing himself to his limits while holding those around him to the same standard.

His commitment to long-term development has produced remarkable results over his four years in our program. During that time, his front squat increased from 260 to 320 pounds (31%), his vertical jump improved from 18.8 to 25 inches (32%), his bench press rose from 265 to 305 pounds (15%), and his trap bar deadlift progressed from 420 to 580 pounds (43%).

What stands out most about Ellis is his investment in his teammates' success. His daily example raises the standard of our entire program, and his influence consistently enhances the performance and culture of those around him.

~Brittany Krivicich

## COLLEGE — LACROSSE

### Nichols College

#### EMMA PATTON

##### Senior

Emma goes above and beyond every time that she steps into the weight room. Through spending extra time in the weight room to work on her weaknesses, she demonstrates that she is willing to do whatever it takes to help her team succeed. Her perseverance through adversity and hard training blocks is a testament to how strong her character is and how willing she is to go the extra mile for her team. ~Kevin Mooney

### William Woods University

#### ETHAN NEWMYER

##### Attack

##### Senior

He helped kickstart the MLax program here at our campus. Exceptional leader ~Robert Jones

### Colorado College

#### GRACE BEAN

##### Senior

Grace Bean is the epitome of what I would expect from a Strength & Conditioning Athlete of the Year. She not only pushes herself in the weight room but also motivates everyone around her. She has a great attitude and always brings the energy while providing top-tier leadership as a senior. ~Derek Savage

### Converse University

#### HAILEY OBENCHAIN

##### Senior

Hailey is a leader during strength and conditioning sessions, and has turned in consistent sub 60 seconds 300 yard shuttle times. She's also a team leader and holds her teammates accountable when it comes to training. ~Kevin Darlington

### USM

#### HERB BRYANT

##### Defense

##### Senior

One of the stronger Huskies. Has had a significant impact making the Huskies lacrosse team train regularly and in season. ~James Giroux

### Washington & Lee University

#### IMAN HADDAD

##### GK

##### Senior

Iman Haddad is a steady and dependable presence within the women's lacrosse strength and conditioning culture, bringing great energy and a no-nonsense approach to every session. Her consistent commitment and head-down work ethic set a strong example for her teammates and contribute to the team's positive environment. With solid performance rooted in effort and reliability, she embodies the qualities of preparation and dedication that make a meaningful impact. ~David Forman

## COLLEGE — LACROSSE

### University of Michigan

#### JACK WELCSH

##### Midfield

##### Senior

Jack Welsch is the blueprint for a student athlete to represent the University of Michigan. He is a leader in the truest sense of the word both on the field and off. He was a 2024-25 Big Ten Distinguished Scholar Award Recipient as well as Academic All-Big Ten four times.

Jack has been a captain and a leader in the weight room and on the field. He has had to overcome physical setbacks and continued to lead from the front and be an example to his teammates and other student athletes alike. When he was sidelined he was always coaching, teaching and encouraging his teammates. Jack never missed a session in the weight room with his team and attacked his rehab with relentless passion. He is one of the most selfless individuals I have ever worked with during my career.

It is an absolute honor to nominate Jack Welcsh as an NSCA All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

### Rochester Institute of Technology

#### JOE HOLENSTEIN

##### Defense

##### Senior

Joe is a strong leader in the weight room who leads by example every day. He competes relentlessly — not only against his teammates, but against himself. His consistency, effort, and intensity set the standard for our program. Joe finished first on the team in our off-season strength testing, ranking in

the top five in nearly every category. His performance speaks for itself, highlighted by a 350 lb. front squat, a 335 lb. weighted pull-up, and a 260 lb. hang clean. ~Ryan Kelly

### Clark University

#### JOSEPH ZELAYA-FIALLOS

##### Sophomore

Since Joey joined the team last year, he has come into the weight room with energy and positivity every single day. He is incredibly coachable and has made a lot of progress since being at Clark which means he is a pleasure to work with and coach day to day. He is one of the strongest athletes on the team and so he is able to lead by example as well as always encouraging and pushing his fellow athletes. His coach agrees that this energy transfers to the field and describes him as a rocket ship of energy, positivity and effort. ~Erin Hunter

### Point Park University

#### KADEN BROWN

##### Defense

##### Freshman

Kaden has developed as a leader for the Pioneer Men's Lacrosse program. He has a strong commitment to strength and conditioning and improving his on-field performance. Kaden is a hard worker, approaches each training with a positive mindset and is a teammate everyone can look up to. I am excited to see Kaden's development over his collegiate career and I am proud to nominate him as a NSCA All-American Strength and Conditioning Athlete of the Year. ~Timothy Schachtner

## COLLEGE — LACROSSE

### Trinity College

#### **KAELY ZITO**

#### **Attack**

#### **Senior**

She has been steadfast in her desire to improve with a focus on S&C to stay injury-free and performing at an All-Conference level. ~William DeLongis

### Converse University

#### **KARTER LAUER**

#### **Senior**

Karter is a very driven worker who trains in the weightroom year round to stay prepared for lacrosse. Karter has endless endurance and consistently runs a sub 60 second 300 yard shuttle. ~Kevin Darlington

### Huntingdon College

#### **KATE HUDSON**

#### **Midfield / Attack**

#### **Senior**

Kate is a consistent presence in the weightroom, and on the field, for our Women's Lacrosse program. She has been committed to her training, her team, and her academics throughout her career.

~Charles Goodyear

### USM

#### **KAYA JOSEPH**

#### **Forward**

#### **Sophomore**

A two sport athlete also playing field hockey. A self motivated trainer. Has good abilities in all aspects of strength and conditioning. Has squatted 225. Excellent conditioner. ~James Giroux

### Huntingdon College

#### **KELCEY MARSTON**

#### **Attack / Midfield**

#### **Senior**

Kelcey is a committed player, leader, and teammate. He has been consistent with his training & development in the weightroom, and on the field.

~Charles Goodyear

## COLLEGE — LACROSSE

### Westminster University

#### KELLER HOPKINS

##### Defense

##### Senior

Keller exemplifies everything the NSCA All-American award represents. He consistently demonstrates an elite work ethic, discipline, and commitment to continuous improvement in the weight room. In our program, we emphasize three core standards every day: attention to detail, attitude, and effort. Keller embodies all three without exception. He brings a positive and focused attitude, attacks each session with relentless effort, and maintains a high level of attention to detail in every aspect of his training.

Keller takes full ownership of his development. He tracks every prescribed load on his iPad, communicates proactively if he is unable to complete a prescribed weight, and works collaboratively to make appropriate adjustments. His accountability and professionalism ensure that he maximizes every training session. When it comes to executing the program, there are no questions asked. He does exactly what is prescribed and does it the right way.

Beyond his own performance, Keller elevates those around him. He leads by example, pushes his teammates to uphold the same standards, and helps create a competitive yet supportive training environment. His consistency, leadership, and commitment to excellence make him highly deserving of NSCA All-American recognition.

~Kasey Janes

### Salisbury University

#### KICKY CROWELL

##### Defense

##### Senior

This award is a testament to the unwavering dedication to the training process and commitment to continual growth by these ten athletes. Their recognition of this award reflects the daily effort they invested in refining their craft and pushing beyond perceived limits. Through consistent leadership in the weight room, these athletes set the standard for excellence and embodied what it means to pursue development with purpose and discipline. ~Matt Nein

## COLLEGE — LACROSSE

### University of Wisconsin - La Crosse

#### LYDIA SPENCER

##### Defense

##### Senior

Lydia epitomizes what the National Strength and Conditioning Association is looking for in their All-American selections. I have had the privilege of working with Lydia for 4 years. During that time, I have seen her not only grow physically, but also as a person. We have been through a lot together, but regardless of the situation, she is in the weight room doing what she can to better herself and set an example for the younger players on the team. This tenacity and confidence has translated onto the lacrosse field and into the classroom. Lydia earned a cumulative GPA of 3.39 at the time of this write-up. On the field, she has started 20 games, recorded an impressive 5 goals (as a defensive player), and has caused 16 turnovers (all prior to the 2026 season), including an impressive 13 in the 2024 season. It has been a great honor to watch Lydia blossom into the athlete and person she has become. I am excited to see what the future holds for her after her collegiate career is done. ~Philip Whitesitt

### Duke University

#### MABEL OVERBECK

##### Defense

##### Sophomore

Mabel is tough as nails. She pushes herself in training, both physically and mentally, to improve every day. This is what makes her a strong defender and the fastest sprinter on our squad. Mabel's greatest strength is her humility, and she is always striving to make gains in all aspects of her performance. Whether we are in the weight room or on the field, even as a younger teammate, she leads upwards by example...without complaint, and with a positive attitude that fosters belief in herself and those around her. ~Nicole Shattuck

## COLLEGE — LACROSSE

### Regis University

### MAGGIE SCHIPFER

### Midfield

### Senior

Maggie Schipfer has been a model of consistency, resilience, and accountability within the Regis University Strength & Conditioning program throughout her four-year career. From her first year on campus, Maggie has approached every lift and speed/agility session with focus and intent, consistently demonstrating a commitment to maximizing each training opportunity regardless of circumstances.

Her dedication to long-term development is reflected in her steady performance improvements, as she increased her trap bar deadlift and back squat personal records during every offseason of her career. Maggie's physical growth was the result of disciplined effort and a mindset centered on continuous improvement.

During her junior year, Maggie faced a significant setback with a torn ACL. Rather than allowing the injury to define her season, she attacked rehabilitation and training with renewed determination. She did not miss a single lift, maintaining a consistent presence in the weight room even while on crutches. Her approach to recovery was intentional and disciplined, driven by her goal of returning to her All-American level of play. Equally impactful was her leadership during this time—despite being sidelined, Maggie remained a positive and motivating presence for her teammates.

As a nursing major with an exceptionally demanding academic schedule, Maggie consistently demonstrated professionalism and responsibility by proactively communicating with the strength and conditioning staff to arrange make-up sessions when necessary. Her accountability and time management reflect a maturity beyond her years.

Maggie leads by example in every sense. Her work ethic, resilience through adversity, and commitment to both personal excellence and team culture make her highly deserving of recognition as an NSCA Strength & Conditioning All-American.

~Spencer Bowersmith

## COLLEGE — LACROSSE

### Mars Hill University

#### MAKENNA OLSON

##### Defense

##### Sophomore

Back Squat 1RM: 250 lbs (Relative Strength: 2.00) — recognized on the Mars Hill Women's PR Board (4th in total back squat; 2nd in relative strength)

Bench Press 1RM: 115 lbs (Relative Strength: 0.92)

Pro-Agility: 5.30 s

10-Yard Sprint: 1.62 s — Mars Hill Women's PR Board (3rd)

Countermovement Jump Flight Time: 0.65 s — Mars Hill Women's PR Board (4th)

A key defensive contributor in her sophomore season, Makenna has demonstrated strong on-field impact paired with elite commitment to physical development. Across her freshman and sophomore years, she has recorded 20 ground balls and 16 caused turnovers.

Her voice and presence help organize the defense and keep the team operating as a unit, reinforcing her role as a leader both on and off the field. In the weight room, she consistently performs at a high level, earning multiple placements on the Mars Hill Women's PR Board — a testament to her well-rounded athleticism.

She was selected for this nomination based on her high performance across strength and athletic testing, combined with measurable on-field contribution and leadership qualities. Her dedication to training and competitive mindset exemplify the standards of All-American Strength & Conditioning recognition.

~Malgorzata Andersohn

### Westminster University

#### OLIVIA PETROSKY

##### Attack

##### Junior

Olivia represents the culture and standards we strive to uphold in our program every single day. While her work ethic in the weight room is outstanding, what truly sets her apart is her servant leadership and commitment to her team. She is consistently the first to help set up and the last to leave, making sure the weight room is organized and ready for others. She takes pride in maintaining our training environment and understands that excellence extends beyond just her own performance.

Olivia is also a constant source of encouragement for her teammates. During lifts, she actively supports those around her, celebrates their successes, and pushes them to stay locked in and finish strong. Her positive attitude is contagious and elevates the energy and focus of the entire group.

She embodies attention to detail, attitude, and effort in a way that strengthens not just herself, but our entire program. Olivia's leadership, selflessness, and commitment to her teammates make her highly deserving of NSCA All-American recognition.

~Kasey Janes

## COLLEGE — LACROSSE

### William & Mary

#### PIPER KIENZLE

##### Attack

##### Junior

Piper has been a standout in the weight room. Not only are her physical capabilities impressive but she has a true passion for lifting. She enters the room excited to train and does not let any set go to waste. She does a great job of holding herself and others around her accountable as well. Piper is most deserving of this award. ~Brian Sutton

### Swarthmore College

#### RYAN PRETZER

##### Goalie

##### Senior

Ryan Pretzer is a leader for his teammates in every training session. His dedication to the team is something to be truly admired. He is one of the team's strongest and fastest athletes and it can all be attributed to his strong work ethic and dedication. He leads through action and holds himself to an incredibly high standard. The work he has done to maintain a strong, team-centered approach in the weight room never goes unnoticed. ~Tara Griffiths

### Swarthmore College

#### SAM PALMER

##### Defense

##### Senior

Sam Palmer is a relentlessly hard worker. The dedication and energy he brings to each training session is truly something to be admired. He is one of the team's strongest athletes in both physicality and character. Sam has spent his career dedicating

himself to the process for the betterment of himself and the team. ~Tara Griffiths

### Point University

#### SHAUN MCLAUGHLIN

##### Attack

##### Senior

Shaun McLaughlin brings contagious energy and leadership to our lacrosse program. As a senior attackman, he consistently sets the standard for effort and enthusiasm. His presence uplifts those around him, and his commitment to both preparation and performance reflects his character. Shaun's leadership extends beyond the field and has been instrumental in shaping team culture. ~Bradley Bonner

### Maryville University

#### SHEA RAEBURN

##### Senior

Shea consistently trains hard, his strength goes beyond the impressive weights he lifts and extend into the example he sets for his teammates. Additionally his team spent on the strength and conditioning staff had been extremely beneficial for many other athletes on campus. ~Mitchel Schwartzman



# NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## COLLEGE — LACROSSE

### Point Park University

#### TAYLOR DESKO

##### Attack

##### Junior

Taylor is one of our hardest working student-athletes in the Strength and Conditioning Program. She approaches all training sessions with a positive attitude and serves as a team leader for her younger teammates. Taylor has a strong work ethic and motivates and challenges her teammates. I have enjoyed working with Taylor this year and I am proud to nominate her as a NSCA All-American Strength and Conditioning Athlete of the Year.

~Timothy Schachtner

### Amherst College

#### THOMPSON LAU

##### Defense

##### Senior

Thompson Lau is everything that embodies what an All-American Athlete is. He shows up early to every workout and practice, is in the top echelon of every metric we test physically, is a 4.0 student in the classroom, and is one of the most skilled athletes in the country on the lacrosse field. It has been a pleasure to watch him grow and evolve over the past 4 years physically and see that work translate to being an amazing athlete on the field. His work ethic and dedication to his sport are an inspiration and I am a better coach for working with him.

~Christopher Boyko