

COLLEGE — LACROSSE

CENTRE COLLEGE

Jack Shannon

Midfielder

Senior

Over the past four years, Jack's dedication to using strength and conditioning to improve his sport has been unparalleled. He lead by example each day in the weight room and is a great example of what a student athlete can achieve if they dedicate themselves to both athletics and academics. An Economic and Mathematics double major, Jack was selected to the Southern Athletic Association (SAA) Academic Honor Roll all four years. In 2019, Jack was selected to the All-SAA Second Team for his on-field performance. His positive attitude and energy are qualities that all athletes should strive for in the weight room, on the field and in the classroom. Jack, thank you for all you have done for Centre Men's Lacrosse and this strength and conditioning department over the past four years. —Coach Carlson & Pearson. ~Jeremy Carlson

COLORADO COLLEGE

Isaac Atencio

Defense

Senior

Isaac is an honest and selfless student-athlete who puts his teammates and the program first. His leadership and experience have had a huge impact on the team - both on the field and in the weight room. He always puts in extra work and it shows in his performance on the lacrosse field. Isaac's resilience, discipline, and integrity will leave a lasting legacy on this program. ~Emily Andersen

CULVER-STOCKTON COLLEGE

Ally Frazier

Midfield

Senior

Ally is the definition of a blue collar athlete in the weight room and on the field. She comes in every day with the mentality to not only making herself better but also her fellow teammates. The competitiveness and energy she brings to the group is second to none. Not only has her work payed off in the weight room but it has made her a force to be reckoned with on the field as well. ~Tyler Aulbur

DREXEL UNIVERSITY

Anthony Rosato

Face-Off

Sophomore

Anthony, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Anthony's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. ~Michael Rankin

DREXEL UNIVERSITY

Lucy Schneidereith

Midfield

Senior

Lucy Schneidereith has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Lucy's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~Brigita Roemer

COLLEGE — LACROSSE

EMERSON COLLEGE

Hunter Gervais

Attack

Junior

Hunter is a dedicated student-athlete who has seen the importance of strength and conditioning to help him physically prepare for the demands of Lacrosse. He leads by example in the weight room, training with intent, effort and energy. He does all the little things asked of him and it shows. He is an athlete that any coach would be blessed to have. ~Ron Smithers

FITCHBURG STATE UNIVERSITY

Julia Miele

M

Junior

Julia is a highly motivated athlete, leading her team through by the example she sets for work ethic and effort, along with being the top weight room performer on the lacrosse team. ~Jim McGuire

HOBART AND WILLIAM SMITH COLLEGES

Dan Ryan

LSM

Senior

Aside from being a tremendous individual, Dan Ryan was named to the NEC Academic Honor Roll last year in a shortened 5 game season. Dan is a relentless worker in the weight room boasting great numbers across the boards but what separates Dan from others is his work ethic. Dan has incredible personality, leadership and is a once in a decade type individual. ~Chris Gray

LINDENWOOD UNIVERSITY

Andrew Hasz

Attack

Senior

Hasz defines hard work and determination when it comes to bettering himself as an athlete and as an individual. He is fully bought into the process of developing himself, and he is always looking for ways to go above and beyond to get there. He gives 100% with every session, whether it's a team or individual session, and he does not waste any reps or sets. He demonstrates an exceptional "will do" attitude, whether that pertains to his own training or helping teammates out. He is a leader in more ways than one. He always looks to push his teammates, whether that be with some friendly banter, or plain old motivation. Hasz knows what it takes to get to the next level both physically and as a human being. I owe him many thanks for being a pleasure to work with and be around day in and day out. ~Michael Reese

MARYVILLE UNIVERSITY

Tim McCarthy

Senior

Tim is a leader both on the Lacrosse Field and in the Weight Room. Tim has served as a valuable leader for me that I can rely on to help spread the message of our strength and conditioning program to the Lacrosse Team. I was able to put a lot of responsibility on Tim's shoulders to aide in leading warm ups and continuing to maintain the intensity of our lifts as a team. Not only a valuable member of the team in the weight room but also on the field receiving All-GLVC honors. ~Jake Fitts

COLLEGE — LACROSSE

SAINT ANSELM COLLEGE

CJ Hart

Goalie

Senior

CJ Hart has been one of the most consistent athletes in our entire department across all 17 varsity sports at Saint Anselm. He is someone that has seen success due to his diligent work ethic and ability to care for all others around him. Pound for pound one of the strongest athletes in recent years, he is as physically gifted as he is smart. In the classroom, on the field, and off the field CJ is the embodiment of what an NSCA All-American truly is. ~Codi Fitzgerald

SALISBURY UNIVERSITY

Brad Apgar

Defense

Senior

Brad puts the work in! Day in and day out you can find Brad working to improve his game. He is a dedicated and hard working athlete that is always striving to improve. It has been an absolute pleasure to work with such a hard working athlete. ~Matt Nein

SALISBURY UNIVERSITY

Alexis Strobel

Attack

Senior

Alexis is not only a great leader in the weight room and on the field, she is also one of the hardest working athletes in our department. Alexis brings a great attitude and puts in tremendous effort daily. It has been a great honor to work with Alexis over the past four years. ~Matt Nein

SPRINGFIELD COLLEGE

Connor Dubzinski

Defense

Senior

Connor's positive energy and tenacity are infectious. He inspires his teammates daily to push themselves, hold each other accountable, and strive to be the most hard-working, respectful athletes they can be. He is a model athlete who constantly shows up ready to challenge himself, in and out of the weight room, all with a smile on his face. ~Aaron Matthias

STEVENSON UNIVERSITY

Connor Nelson

Attack

Junior

Since the minute Connor stepped foot on campus, I knew he would be a special athlete. His dedication to strength training is fueled by his desire to be the best athlete he can be and is unparalleled on this campus. Connor is the athlete who can never do enough work, who wants to be in the gym on off days and goes beyond what is asked of him. While he is definitely one of the strongest athletes on the lacrosse team, it is his work ethic, his commitment to hard work and his leadership that make him stand out. While it is evident that others have used Covid, the shortened 2020 season and extended time away from campus as excuses, Connor has not, adding 20 pounds to his bench max and 30 to his squat max. ~Mary Clare McFadden

COLLEGE — LACROSSE

STEVENSON UNIVERSITY

Shannon Snyder

Defense

Senior

As a defender on our women's lacrosse team, Shannon knows the effect weight training has on her ability to play the game. She is strong, tough and holds her ground at all times. Be very afraid if you try to go to battle with her on the field as you will not win. Not only is she the strongest athlete in the room during a team lift, but she may be the strongest female athlete on campus. Shannon is inspirational to our younger athletes who see how hard she works in the gym, and in turn, how well she performs on the field. As a two year captain, Shannon not only leads by example but also by encouraging and supporting her teammates no matter the team activity. Mostly, Shannon is a great human as she is encouraging, hard working and kind. ~Mary Clare McFadden

STONY BROOK

Dave Estrella

Midfield

Junior

Dave is an athlete who strives to be better every day he comes into the weight room. Whether it is mastering his hang clean technique or hitting a bench PR he treats everyday with the same intensity. His improvements in the weight room over the last 3 years have reflected his skills on the field as he is one of our most explosive athletes. I look forward to seeing what goals Dave surpasses his senior year. ~Joseph Quattrone

TRANSYLVANIA UNIVERSITY

Salem Carlow

Midfield

Senior

Salem gives effort on every rep, during every session, week in and week out. She exemplifies the hard work that young athletes look up to. ~Zach Turner

TRANSYLVANIA UNIVERSITY

AJ Teague

LS Midfield

Junior

AJ suffered an injury at the end of the fall semester that will most likely end his season. He hasn't missed a lift. Dedication. Toughness. ~Zach Turner

UNIVERSITY OF DELAWARE

Ryan Shaw

Defense

Grad Student

Ryan has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to expand his abilities on the field. Shaw is a leader on the defensive unit that has been ranked inside the top ten scoring defense in the last two seasons. In the 2021 season, his peers recognized Shaw as team captain. Prior, in 2020 and 2019, Shaw has carried the team's Hard Hat, an award that embodies hard work and dedication. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Tom Evens

VIRGINIA MILITARY INSTITUTE

Trajan "TC" Cannon

Midfielder

Junior

TC is a very consistent and focused hard worker. He is the type of student-athlete that is self motivated in all areas to improve his game and compete in anything set out in front of him. He was named to the honorable mention All-Freshman team as a short stick defensive midfielder by College Crosse (SB Nation) 2019. He has been a 3 year starter and consistent performer on the field ranking as a stat leader. He is a good team leader that is humble and dedicated to the teams success. ~Dave Lawson