

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

## 2020 — COLLEGE — TENNIS

## CALTECH Miha Valencic

### Singles, Doubles

### **Senior**

A senior, Miha Valencic is a Chemical Engineering major and four-year starter on our nationally ranked Men's Tennis team. Valencic has posted an impeccable record since coming to Caltech, having won 13 regular season singles matches in each of the last two seasons. His willingness to compete to the final point in matches, regardless of the opponent, has made for an exceptional career thus far, and he'll have one more year to pad his resume even further. Valencic is a senior leader of the currently 24th-ranked squad, which has been strengthening their competitiveness through significant dedication to out-of-season strength and conditioning. Valencic pushes himself in year-round training and organizes his teammates to train also. "Sarah Always

# CLAREMONT-MUDD-SCRIPPS ATHLETICS Catherine Allen

### **Singles and Doubles**

#### Senior

Catherine (Cat) is a senior on the Women's Tennis team and is currently pursuing a degree in Legal Studies: Race and Law from Scripps College. Despite a rigorous academic environment, she serves on the Student Athlete Advisory Committee and recently participated in the NCAA Division III Student Immersion Program at the NCAA national convention. She was one of 40 Division III student-athletes invited to participate in the Immersion program. Cat is an extremely motivated and dedicated student-athlete. Her effort and dedication has resulted in five All-American honors and numerous All-Conference and regional awards during her first three years. In addition to being a great teammate and leader, her unrelenting passion to improve and persevere through any set back makes her very deserving of this award. ~Andrew Jones

## HOBART AND WILLIAM SMITH COLLEGES Walker Anderson

#### **Junior**

Walker Anderson is one of the best young men I have had the pleasure to work with. Academically he holds a 4.08 GPA on a 4.0 scale, is a standing member of SAAC and was voted captain of the Men's Tennis team as a junior. Walker embodies our performance motto of "one team" by supporting all and respecting all the student athletes here on campus. He is a tremendous leader in our weight room for all athletes he gets a chance to work alongside of. Anderson has been named a Second Team Google Cloud Academic All-American as well as an ITA All-American in 2019 but is a first class individual through and through. "Chris Gray

# HOBART AND WILLIAM SMITH COLLEGES Kate Foley

#### Senior

Over the past 3 years Kate Foley has served as Co-Captain of the William Smith Tennis team and has been a major catalyst for the team's improvement. A double major in Biology and Environmental Studies, she has been named ITA Scholar Athlete and Liberty-League Scholar Athlete while staying on the schools Dean's List. 15-5 last year in doubles and 7-1 in conference doubles, Kate brings this same intensity and success into the weight room where she leads by example pushing herself and her teammates to always bring their best. ~Chris Gray



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## ST. MARY'S UNIVERSITY Jeremiah Gonzalez

### #1 Singles, #1 Doubles

#### Senior

Playing in the #1 singles and #1 doubles positions, Jeremiah has established himself as a leader both on and off the court. Having been in that position for multiple years, it would be easy to get complacent, but Jeremiah pushes harder than anyone to raise his level, both in team workouts and on his own. He wants to be a better version of himself every single day and his work ethic shows it. He also holds those around him to a higher standard in an effort to become one of the top teams in the nation. He also really works to understand why we train the way we train so that he can gain an edge on his competition. Jeremiah, a senior, maintains a 3.57 GPA. ~C.J. Richardson

# UNIVERSITY OF MISSOURI-ST. LOUIS Marina Prediger

#### Senior

Marina is a tireless worker. You can count on her to give her best every day. She is a great example to her teammates. Marina excels on the court, in the classroom, and in the weight room. ~Josh McMillian

## WILLIAM WOODS UNIVERSITY Sam Bird

#### Senior

Sam Bird transferred into William Woods his junior year but immediately bought into the Strength and Conditioning program. Since coming to Woods Sam's dedication to continuously work towards his goals has been visible both in the weight room and on the tennis court. His motivation and enthusiasm towards the sport and the weight room has allowed him to grow into a great leader. Sam has been a great asset to the tennis team, he helped assist them in winning the AMC Conference Championship as well as making second round of the NAIA National Championships. His drive and strong willed mindset allowed him be a great student-athlete to coach. "Benito Cecenas

# WILLIAM WOODS UNIVERSITY Aaron Westerlund

### Senior

Aaron transferred to William Woods for his junior year. This did not prevent him from becoming a leader in the weight room. Since coming to Woods Aaron has been dedicated to becoming his best. His work ethic has been visible both in the weight room and on the tennis court. His motivation and enthusiasm towards the training have allowed him to grow into a great leader. Aaron has been a great asset to the tennis team, he was crucial in winning the AMC Conference Championship and advancing to the second round of the NAIA National Championships. Aaron truly has been a strength and conditioning All-American. ~Bob Jones