



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — STUNT

Ashland University

MAKIAH FRANCIS

Athlete

Junior

Makiah is a true warrior in and out of the weight room. Along with being one of the strongest on the team, even on the sore weeks she finds ways to continue to push herself and keep getting better as the season rolls on. Her feats and dedication in training have shown themselves this season and last. Last season she was a part of the team that went to nationals and, so far, this season with only 10 games being played, she has been the highest rated player in a majority of them when they went against Malone, Ursuline twice, Mercyhurst, Walsh, Tiffin, and Kentucky. Also, in 2025, she was College STUNT Coaches Second-Team All-American. I can't wait to see how this season continues to treat her and how she will be in her senior year next season.

~Aaron Barnhart ~Corey Mason