

## COLLEGE — FENCING

### DUKE UNIVERSITY

#### KEVIN CHAO

##### Men's Fencing

##### Epee

##### Senior

Kevin is a standout in the weight room, not just in the amount of weight he can move but in the quality of his movement. Unfortunately he has suffered several injuries during his career at Duke, but he has been determined to put in work despite his ailments. Kevin is an incredibly hard worker, a great student athlete, and has shown his ability to come back from injury multiple times by working hard and training with quality while being coachable. He is a pleasure to coach, and I am honored to nominate Kevin Chao as All-American in Strength & Conditioning. ~Jordan Bar

### DUKE UNIVERSITY

#### ALEX GORMAN

##### Women's Fencing

##### Saber

##### Senior

I began working with the Duke Fencing program in the summer of 2021, which is when I began training Alex Gorman. From the start she showed her passion for weight training. Training beyond what is required of her, Alex is always looking to push herself to break new PR's and get an edge. She is dedicated and coachable, and it has been a pleasure being able to work with Alex. I am excited to nominate Alex Gorman as All-American in Strength & Conditioning. ~Jordan Bar