

COLLEGE — SOFTBALL

Converse University

ADDIE BRANEN

Outfield

Sophomore

Addie, is not only a strong athlete, but she also possesses a crazy work ethic that she constantly demonstrates in the weightroom. ~Kevin Darlington

Cal Poly Humboldt

ALEXA GARCIA

Outfield

Senior

Alexa is one of the leaders in the weight room for the Cal Poly Humboldt softball team and shows up each day ready to work. She never shies away from work and has consistently been one of the strongest athletes on her team. One of the most impressive examples of this is her ability to squat 225lbs with impeccable form. She sets a great example for all of her teammates, but especially the underclassmen who can look to her as an example of what to aspire to.

In addition to her impressive numbers in the weight room, she is off to a hot start this season on the field. She currently has the 6th highest batting average on her team. ~Anthony Ratto

Point University

ALEXA MCCOY

MIF/OF

Junior

Alexa McCoy is the definition of a hard worker. As a junior leader in our softball program, she consistently pushes herself and those around her to improve. She is often the last to leave and the first to embrace the work. Her dedication and leadership

make her a cornerstone of our weight room culture. ~Bradley Bonner

University of Wisconsin - La Crosse

AMBER GONZALEZ

Outfielder

Sophomore

Amber has shown early on in her collegiate career, that she is well deserving of the National Strength and Conditioning Associations All-American award. She has shown not only me, but her teammates and coaches as well, that she wants to better herself in the sport of softball. While she may not be the strongest player in the weight room at any given time, she is the first person to hop in and lift with the person that is the strongest. While she may doubt herself, a few words of encouragement are all it takes to get her back into the right state of mind. This ability to push herself and raise her own ceiling translated in her first season on the team. Amber started in 33 out of 37 games and was third on the team in doubles. This led her to be the WIAC Position Player of the Week for April 14th-20th. Earning a GPA of 3.5, her ability to push herself also translated to the classroom. As only a sophomore, I am excited to see where Amber can not only lead herself but also lead her team and her teammates in the upcoming years. ~Philip Whitesitt

COLLEGE — SOFTBALL

Duke University

AMINAH VEGA

INF

Senior

Aminah is a true embodiment of perseverance and commitment, both on the softball field and in the weight room. She is highly coachable, detail-oriented, and is constantly seeking ways to improve. Regardless of the circumstance, she maintains a positive attitude, and her effort is never in question. Aminah is not only an exceptional athlete, but she's an even better person. It has been an absolute honor to coach and get to know her over the past three years. She is truly deserving of the NSCA All-American recognition. ~Erika McCort

Ashland University

ASHLEY VELDHEER

OF

Senior

A Multiple time Academic All Conference performer and multi-year starter, Ashley performance on the field as a Pinch hitter/runner, and later as an outfielder, demonstrate her commitment to improvement both on and off the field. Ashley is a staple of hard work and dedication; even through a single-leg injury that forced her to only train one leg, her upper body, and trunk, she consistently finds a way to be one of the hardest workers in the room, never without a smile on her face while doing it. Constantly lifting others up, she is without a doubt a leader and role-model for her teammates and our student athletes. ~Corey Mason

Regis University

BELLA BORDINE

Catcher/Utility

Senior

I would like to nominate Bella Bordine of Regis Softball for the Weight Room All-American Award in recognition of her leadership, knowledge, and impact on the training environment.

Bella's interest and experience in strength and conditioning make her a unique presence in the weight room—one that feels like having another coach on the floor. She has a strong understanding of training principles, technique, and intent, and she consistently helps reinforce those standards during lifts.

She leads by example in everything she does, approaching each session with focus and purpose while also supporting and guiding her teammates. Whether it's helping someone with form, explaining the "why" behind a lift, or keeping the group organized and locked in, Bella elevates the quality of every session. In 2026, she also spent time as an S&C intern within the athletics department, and has future aspirations of a career in S&C.

The Weight Room All-American Award represents excellence, leadership, and commitment to the process. Bella Bordine embodies those qualities through her knowledge, initiative, and influence in the weight room, making her a truly deserving recipient of this honor. ~Spencer Bowersmith

COLLEGE — SOFTBALL

William Woods University

BROOKLYNN SPILLMAN

IF

Senior

Great leader and worked hard ~Robert Jones

Stockton University

CAITLIN CETRULO

Outfield

Senior

Caitlin is an outfielder who has consistently demonstrated an exceptional work ethic, a positive daily attitude, and a relentless pursuit of improvement. Throughout her career, she has made significant progress in our key performance metrics, a direct reflection of her commitment to structured strength and conditioning. Beyond measurable development, Caitlin elevates the standard of those around her—she is a supportive and competitive teammate who challenges others to improve through her example. She holds herself to a high standard and refuses to lower it, even when faced with adversity or the physical and mental demands of a long season. Caitlin's reliability, discipline, and drive make an excellent role model for fellow athletes to follow. ~Philip Aumack

USM

GWEN CHRISTIE

Infield

Sophomore

Big jump in testing results this fall. Should be a big contributor for the Huskies this year. ~James Giroux

Regis University

HALLIE CRAPPELL

Pitcher

Senior

I would like to nominate Hallie Crappell of Regis Softball for the Weight Room All-American Award in recognition of her elite work ethic, consistency, and leadership.

Hallie defines what it means to grind. No matter the time of day—especially during early morning lifts—she brings full effort, focus, and intensity to every session. While others may still be waking up, Hallie is locked in, attacking each lift with purpose and setting the standard for how work should be done. Her commitment goes beyond her own performance. Hallie is a leader in the weight room, holding herself and her teammates accountable while leading by example. She never cuts corners, embraces hard days, and consistently pushes through fatigue with a competitive mindset. Her presence raises the level of everyone around her.

The Weight Room All-American Award represents toughness, discipline, and a relentless approach to improvement. Hallie Crappell embodies all of those qualities through her consistency, effort, and leadership. For these reasons, she is a truly deserving recipient of the Weight Room All-American Award ~Spencer Bowersmith

COLLEGE — SOFTBALL

Duke University

JADA BAKER

INF

Senior

Jada Baker's leadership is defined by consistency, accountability, and the respect she commands within our program. Elected team captain for three straight years, she has earned the unwavering trust of both her teammates and coaches. She brings a strong presence to every lift and every practice, and her attention to detail elevates the standard of our entire team. She has been an absolute pleasure to work with and I am honored to know her. Jada's leadership and daily commitment to excellence make her more than worthy of the NSCA All-American recognition. ~Erika McCort

University of Providence

KASIDY YEOMEN

Catcher/ Out Fielder

Junior

Kasidy is a hard worker, a team player, and the definition of consistency. Giving 100% is her standard. Her work ethic is contagious, and it is clear that she inspires and positively impacts those around her during team lifts. Whether it's hyping people up or running extra reps with them (so no one runs alone), Kasidy is selfless. Leading by example, portraying grit, and conquering any obstacle in her path, Kasidy is hustle and ambition. She's accountable, makes a difference, and only wants to see her teammates succeed. Kasidy deserves this award because of her unmatched love for the grind and unrivalled love for her team. ~Brooke Foster

Pace University

KAYLEE MATSUDA

Infield, Catcher

Senior

Kaylee is always smiling. She brings positivity to every space she enters, especially the weight room. Her strength to weight ratio is off the charts, with a box squat that blows us away. Her attention to detail and pure focus has brought her significant success with her training as well as providing a source of leadership to her teammates. Whatever the day, whatever the task, whatever the skill – she delivers. During the 2025 season, Kaylee added three hits, two RBIs, and one run in the NCAA East Super Regional victory and tallied a walk-off hit in the NCAA DII Championship finishing with two hits and an RBI. She Earned Academic Distinction on the NE10 Spring Academic Honor Roll as well as named to the CSC Academic All-District. ~Kristen Idalski

McKendree University

LAUREN HARRIS

SS

Senior

Lo is one of the hardest-working and most dedicated athletes in the performance center at McKendree. Despite juggling a demanding schedule with school, and softball, (volleyball at one point) she consistently prioritizes her training. Lo isn't just one of our strongest athletes—she's also one of the most supportive teammates, always pushing and encouraging those around her. Even during breaks, she remained committed, making time to train and improve her craft. Her discipline, work ethic, and leadership set a high standard for everyone in the program. ~Tyler Aulbur

COLLEGE — SOFTBALL

Minnesota State University, Mankato

MADDIE HELIN

Outfield

Senior

Maddie's grit and toughness has been a great asset to the softball team. She takes challenging practices and training sessions head on no matter what the circumstances. Maddie always strives to be the best version of herself in the classroom, on the field, and in the weight room. She has set an incredibly high standard for all future Mavericks! ~Andrew Stocks

Huntingdon College

MADISYN FRUGE

Pitcher

Senior

Madisyn is fiercely competitive with herself and everyone around her. She drives her teammates to be better through relentless competition, and is deeply respected by them. ~Charles Goodyear

Lewis & Clark College

MAGGIE O'LEARY

Pitcher

Senior

Maggie O'Leary serves as the team's ace and workhorse. She set the single-season program records for wins (21) and finished in the top-10 in program history with 104 strikeouts (third), three shutouts (t-4th), 36 games pitched (fifth) and 157.1 innings (seventh). Maggie ranked second in the Northwest Conference in wins (21), innings (157.1) and games started by a pitcher (125). She wrapped up her junior season seventh in NCAA DIII in pitching appearances (36), 17th in wins (21), 21st in games started by a pitcher (25) and 24th in saves (three), and looks to improve that during her upcoming

senior campaign. She has been a staple of hard work and dedication to the college's strength and conditioning program. ~Angela Dendas- Pleasant

Clark University

MERRY GRIFFIN

Pitcher

Sophomore

Since starting last year at the college I have seen the most progress in Merry than I have seen in any athlete in the weight room this year both in terms of numbers, commitment, drive and intensity. Starting in September, I could tell Merry came with a different mentality. She had clearly put in a lot of work over the summer and attacked the off season with an intensity I wasn't expecting. As a result, she pushed all her numbers up in deadlifts and squats and made big improvements when we did both vert and RSI testing. She also managed to improve on her sprint numbers (which had been a much weaker area for her) and she set a great example for the team that I think helped motivate the rest of the team. I used her as an example multiple times over the course of the semester for the rest of the team and even other teams as to how they can gain real ground by putting in the work. She has put herself in a very strong position to be a reliable relief pitcher which she was not in a position to do last year.

~Erin Hunter

COLLEGE — SOFTBALL

USM

MIA COOTS

Pitcher

Sophomore

Continues the tradition of strong Husky softball players. Greatly improved power clean and squat in testing this fall. Returning All Conference selection
~James Giroux

Missouri S&T

MIA MILLER

Sophomore

Mia has worked extremely hard to improve the areas where she lacks. She is extremely strong and very athletic, and it shows in training and on the field. As only a sophomore I am very excited to see her reach her full potential, and I fully believe she will strictly due to her work ethic. ~David Edwards

University of Wisconsin-Platteville

PEYTON MURPHY

1B/OF

Junior

Peyton has been a student of the weight room from the second she stepped foot on campus. Her love for training has also seen her transform from leading with just her actions to her taking younger teammates under her wing. Her dedication, attention to detail, driven hard work, saw her make an appearance in the 2025 WIAC Softball Tournament resulting in her hitting a grand slam. Peyton is the model of what collegiate student-athletes should be in the weight room every training session. She leads with her actions, voice, communication & compassion for her teammates in the weight room always with a smile on her face and joy in training. ~Kellen Bornbach

Brandeis University

RAGINI KANNAN

Pitcher

Senior

Over the past four years, Ragini has truly made the weight room her second home. She embraces the process of improvement, puts in extra time, and does all the right things without being asked. Despite battling a few injuries along the way, she has used those challenges as motivation to work even harder and prioritize her health. Her resilience, discipline, and positive attitude make her the kind of student-athlete every strength coach hopes to have in their program. ~Kaitlin Carson

St. Edward's University

RYAN RANGEL

First Baseman

Junior

This year, Ryan has demonstrated a strong commitment to developing strength and speed. Ryan has become a leader in the weight room and a starter on the field, thanks to her work ethic, attention to detail, and physical strength. This year, Ryan raised the standard for strength in the St. Edward's softball program with a 145 lb hang clean, a 145 lb bench press, and a 300 lb back squat.
~Zachary Phillips

COLLEGE — SOFTBALL

Salisbury University

SAM FLOWERS

Outfield

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

Menlo College

SYDNEY COSTELLO

Softball

Sophomore

Sydney displays a willingness to endure adversity in order to grow as an athlete. She does more than what she is asked and continues to challenge herself regardless of what the day may entail. She rises to her own standard instead of letting the environment dictate the intensity of her effort. Sydney displays the pursuit of excellence within her vulnerability and willingness to fail the first time to succeed the next. ~Tatum Abram

Fairmont State University

SYDNEY EMANUEL

UTL

Junior

Sydney Emanuel, a Junior from Waxhaw, North Carolina, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Sydney

has embraced strength training and is very coachable. Her commitment to year-round training shows. Heading into the 2026 season she has PRs in the back squat of 200 lbs. and deadlift of 250 lbs., while improving her vertical jump by four inches and her broad jump by seven inches. On the diamond, Sydney currently has a career averages of .333 for batting and .944 for fielding. Her dedication and work ethic are also displayed in the classroom, where she has a 3.93 GPA, while majoring in national security and intelligence. For her academic success, Sydney has been listed on multiple all-conference academic teams and has received D2 ADA academic achievements awards. Our softball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Sydney Emanuel.

~Adam Kolberg

COLLEGE — SOFTBALL

Glendale Community College

TAYLOR JAMES

Short Stop

Sophomore

Taylor James is an exemplary student-athlete who consistently demonstrates excellence both in the classroom and in athletic performance. She performs at a high level in strength and conditioning, showing strong work ethic, coachability, and attention to proper technique and training intent. Taylor applies these principles directly to her sport, where she is an integral contributor to the softball program through her consistency, competitiveness, and leadership. Her commitment to physical preparation, academic responsibility, and team success reflects the standards of excellence and character expected of an NSCA All-American Athlete.

~Skyler Hollingsworth

University of Washington

TIA DURST

Catcher

Junior

As a Strength and Conditioning Coach, Tia Durst is everything you strive to develop in every athlete you coach. She is a great teammate, a fierce competitor, has incredible toughness, is extremely coachable, and has an unmatched work ethic. Tia is one of the best all-around athletes on the University of Washington Softball team. She ranks in the top 3 of every aspect of strength, speed, and change of direction, is pound for pound the strongest athlete on the team, and from an exercise technique standpoint is one of the best athletes I've ever coached. Tia's training numbers are as follows:

Speed & Change of Direction:

*20yd sprint - 2.95

*Fly-10 (10/10) - 1.12

*2-Base Curve Sprint - 5.69

*5-0-5 Shuttle - 2.06

Power & Strength:

Countermove Vertical Jump (Vald Force Decks) - 18.2"

Broad Jump - 7'7"

Power Clean from low blocks - 175lbs x 3 reps

Front Squat - 205lbs x 5 reps

Bench Press - 135x5

(* All times with VALD SmartSpeed Gates)

~Mark Dillon