

COLLEGE — SOFTBALL

Brandeis University

RANI BALAKRISHNA

Catcher

Senior

Rani is the ideal teammate not only on the field, but in the weight room as well. Her work ethic is unmatched and she consistently sets goals, works hard, and then crushes those goals. She goes above and beyond, staying after sessions to work on recovery, prioritizing form and technique, and always brings a positive attitude to lift sessions. It has been a pleasure working with an all around fantastic student-athlete! ~Kaitlin Carson

Cal Poly Humboldt

GAIGE GARCIA

P

Senior

With a school record 350 pound Back Squat, Gaige is one of the most imposing pitchers in the country! Gaige's work ethic and commitment in the Weightroom has kept her healthy and consistent throughout her career. ~Andrew Petersen

Cal Poly Humboldt

ALYSSA RAMIREZ

RF

Senior

Alyssa was always dedicated in the Weightroom, but after a season ending knee injury a couple of years ago, she has taken her commitment to a completely different level. Alyssa has established new standards not just for her team, but for our entire department. Each time she steps on the field, Alyssa is a strong, powerful, fast, agile and skilled athlete ready for competition. ~Andrew Petersen

Central College

CARSON FISK

Shortstop

Senior

Carson Fisk served as team captain on Central College's 2024 American Rivers Conference championship team. The 2024 team advanced to the NCAA Division III Super Regional with a 33-13 record and No. 14 final ranking. Over Carson's career, she received CSC Academic All-District distinction in 2023 and 2024; NFCA Scholar-Athlete distinction in 2021, 2022, and 2023; and American Rivers Academic All-Conference distinction in 2022, 2023, and 2024. She also received the Most Improved Player Award in 2021 and the Defensive Player of the Year Award in 2023 and 2024. In the weight room, Carson's work ethic and competitive drive were second to none. She pushed herself and her teammates to fully reach their potential in every training session. As a senior, Carson's best lifting numbers were hang clean 165 lbs., back squat 255 lbs., bench press 135lbs. Carson was an elementary education major. She also served as an assistant softball coach at Pella High School in 2021-2023. Since graduating, Carson has been employed as a first-grade teacher at Spring Creek Elementary School in Bonita Springs, Florida. ~Kyle Johnson

COLLEGE — SOFTBALL

Denison University

ANNABELLE CALDERON

Catcher

Senior

Annabelle Calderon has shown exceptional leadership throughout her four-year career as an athlete at Denison University. Over the course of her four-year career, she has shown as much improvement as any athlete that I have ever coached. She improved her hang clean max from 135 lbs to 175 lbs, her squat max from 155 lbs to 310 lbs, her bench press max from 110 lbs to 180 lbs and increased her pull ups from 0 her first year to 15 her senior year. In addition to her work as an athlete, she spent the past three years as an intern in our strength and conditioning department. Annabelle also completed summer strength and conditioning internships at both Miami University and Rutgers University. Her work in the weight room has mirrored her success on the softball field. A 2 time captain, Annabelle is a two time All North Coast Athletic Conference (NCAC) performer, a two time National Fast Pitch Coaches Association (NFCA) All Regional performer, and in 2024 was named the Diamond Sports/NFCA Catcher of the Year in addition to being the programs first NFCA First Team All American. She also set a single season record with 12 home runs in 2024. Her work ethic and leadership in the weight room will be difficult to replace. ~Beau Scott

Fairmont State University

ALYSSA MCCORMICK

Pitcher/Outfield

Sophomore

Alyssa McCormick, a sophomore from North Huntingdon, Pennsylvania, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Alyssa has embraced strength training and is very coachable. Her commitment to year-round training shows. Heading into her 2025 sophomore season she has PRs in the back squat of 295 lbs and deadlift of 245 lbs. Her work ethic shows on the field as well. Alyssa currently has a career ERA of .350, while also hitting a two-run homerun in her very first collegiate at bat during her freshman season. Her dedication and work ethic are also displayed in the classroom, where she has a 4.0 GPA as a business administration major. For her academic success, Alyssa was also listed on the all-conference academic teams. Our softball program, strength & conditioning program and entire athletic department are all better because of student-athletes like Alyssa McCormick. ~Adam Kolberg

COLLEGE — SOFTBALL

Fort Hays State University

SAVANAH EGGER

Pitcher

Senior

Savanah Egger has been an outstanding pitcher for the Fort Hays State University Softball team. She is on the Conference Academic Honor Roll three times and twice an All-Conference selection as a pitcher. Over the past four years, Savanah has developed into a strong leader for her team and has set a standard of work ethic that reflects her determination, dedication and hard work as an athlete. Savanah has a tremendous drive to be the best she can be at everything. I believe her desire to be the best, increases the level of play/work of those around her. Savanah is a great young lady and will be an a positive influence to everything and everybody in future endeavors. ~Doug Boucher

Lewis & Clark College

MARI ALVAREZ

Catcher/Infielder

Senior

Over five seasons Mari has earned four straight NWC All-Conference honors, which has only been done two other times in softball's program history. She has been a staple of hard work and dedication to the college's strength and conditioning program. Alvarez's development over the years has put her among the program's all-time leaders in batting average, on-base percentage, walks, slugging percentage, and hits. Mari's work ethic transcends the weight room and field of play.

~Angela Dendas- Pleasant

Menlo College

BELLA CORTEZ

IF / UTL

Senior

Bella is a prime example of four years of dedicated sports performance development. It has been a pleasure to watch her break personal records each year in areas like the flying 10, hex bar deadlift, and force plate metrics. Always striving to improve through the resources available in sports performance, she is a true competitor and self-starter, making her well deserving of this award. ~Victor Brankovich

Menlo College

ALIYA LUBRIN

UTL

Senior

Athlete consistently shows the desire to improve and puts herself in the best position to do so. She goes above and beyond to make sure the non-negotiables are done and done well. Aliya does not need motivation to get better- she relies on disciplined action, exemplifying what it means to be a great athlete. ~Tatum Abram

COLLEGE — SOFTBALL

Newman University

TRAVIA SMITH

OF

Junior

Travia Smith is one of the hardest-working and most dedicated athletes in the weight room at Newman University. Despite juggling a demanding schedule with work, school, and softball, she consistently prioritizes her training. Travia 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, including a session on Christmas Day. Her discipline, work ethic, and leadership set a high standard for everyone in the program. ~David Akao

Pace University

ALEXA BORINO

Outfield

Senior

This All-Conference, All-Academic player has elevated herself in the weight room every year, never letting a challenge go unmet. She is committed to her training in the weight room and when she is home over summer. Alexa demonstrates incredible leadership bringing her team together and maintaining a positive attitude. ~Kristen Idalski

Portland State University

GRACE KIMBALL

Pitcher

Senior

Grace is a senior transfer who made an immediate impact in our weight room. She was a team leader in the weight room and has worked hard in the

weight room to help her pitching. She earned Big Sky Newcomer of the Year for her weight room efforts in 2024. She was also a All Big Sky selection in 2024. Her relentless work in the weight room has propelled her as a dominant pitching force. ~Frederick Fabian

Purdue University Fort Wayne

ALANAH JONES

RHP/OF

Junior

Alanah has demonstrated unwavering commitment to getting better and her ability to elevate not only herself but those around her as well. Every day she comes in she brings relentless effort, and is constantly striving to be better, refusing to settle for mediocrity. Her drive is contagious, and she pushes her teammates to work harder, creating a culture of accountability and perseverance amongst the team. Her dedication and ability to inspire others make her truly deserving of this recognition. ~Patrick Rawle

Saint Joseph's College of Maine

SYLVIA FOLEY

Infielder

Senior

Sylvia is a unquestionable nomination for us here at Saint Joseph's. Her progress from freshman year to now has been incredible and it came through an incredible effort of learning and hard work. She motivates her teammates each session and is a tremendous leader in the weightroom and on the field. Her commitment and consistency throughout her 4 years makes her a excellent candidate for this award. ~Jameson Collins

COLLEGE — SOFTBALL

Springfield College

TAYLOR FALOTICO

Junior

Taylor work incredibly hard all year, crushed several PRs, encouraged others, and lead by example
~Gregory Baker

University of Michigan

LAUREN DERKOWSKI

Pitcher

Senior

Lauren is currently a Pitcher for the University of Michigan Softball Team, playing in her senior season. Lauren is a two-time captain, and through 3 full seasons, has earned multiple accolades for her athletic and academic achievements. Lauren has grown tremendously during her career at Michigan, having more than quadrupled her innings pitched from freshman to sophomore year, and as a Junior, earning the Big Ten Tournament Most Outstanding Player enroute to the 2024 Big Ten Tournament Championship. Lauren's development has been methodical and diligent. As it related to her approach to strength and conditioning, she's far surpassed the minimum expectations set within the program, consistently seeking guidance on how to improve, and more importantly, executing with elite discipline. She plays a proactive role in her preparation, consistently asking questions and seeking deeper understanding for her and her teammates, while providing valuable insight into the state of the team at large. It has been a joy and privilege working alongside Lauren and helping guide her physical development as she pursues personal and team success. It is with great pleasure that I nominate her for this award. I look forward to

continuing to help her reach her goals as a student-athlete and beyond. ~Lew Porchiazzo

University of Providence

BRYNN CULLEN

Senior

Brynn consistently shows up every lift session ready to go. Her energy and personality make everyone smile and happier. She's fully bought into the training, and I appreciate all the hard work she's put in. The success on the softball field isn't a surprise since she gives it all she's got every lift. It's been such a joy watching her grow up inside the weight room and at UP. I'll always cherish our time together and wish you the best in your future endeavors.
~Lucky Lovan

University of Southern Maine

ELLA BEZANSON

Outfield

Junior

Has one of the top benches on the team. Overall had a very good fall test day setting several all time bests ~James Giroux

University of Southern Maine

ALANA DELISLE

Outfield

Junior

Consistently one of the strongest most powerful Huskies. Owns one of the top squats on the team
~James Giroux

COLLEGE — SOFTBALL

University of Southern Maine

OLIVIA LEVASSEUR

Infield/Outfield

Junior

Great motivator of teammates during workouts. Continues to improve each year. Has one of the top cleans on the team. ~James Giroux

University of Southern Maine

KENDALL MIGLIORINI

Infield

Junior

One of the strongest Huskies, has a 315 deadlift as well team leading bench. ~James Giroux

University of Southern Maine

MACKENZIE RENNER

Catcher

Junior

Has one of the top cleans on the team. Continues to improve power testing numbers. ~James Giroux

University of Southern Maine

KRISTINA YEBBA

Infield

Junior

Has made great strides in weight room recovering from an ACL. Had one of the top testing days on the team with bests in all lifts and power tests

~James Giroux

University of Wisconsin - La Crosse

LINDSAY STEIEN

Pitcher/Outfielder

Sophomore

Lindsay is the true definition of someone whose actions speak louder than their words. Lindsay is a quiet soul, but her work ethic speaks volumes. In the weight room, Lindsay has continually shown to me and her teammates that she is strong both physically and mentally. She is one of the first ones to put more weight on the bar (even if that means being told to, but she does it without complaint). She has been thrown into many different situations (and positions) on the field but has accepted any challenge without hesitation. These different positions have meant a wide variety of stats in the stat book. Some include having a batting average of .246 (at the time of this write up), and starting all 47 games she has played in. Outside of the softball field, practice facility, and weight room, Lindsay puts the same amount of work into her academics. She has achieved a cumulative GPA of 3.77 during her time at UW-La Crosse. Lindsay's steadfastness and ability to adapt will ultimately lead to many great things for her down the road both in the game of softball and in the game of life. ~Philip Whitesitt

COLLEGE — SOFTBALL

University of Wisconsin-Platteville

MORGAN BRUMMER

Outfielder

Junior

Morgan Brummer brings the characteristics of being an incredible leader in the weight room or any training space. Her attention to detail in everything she does leave no stone unturned. Her ability to process and implement coaching feedback is immense. Morgan leads with her actions during training session as she has always put 100% into every training session from late nights to early mornings. This has translated to her significant increase in strength, increased speed on the bases and quickened hands with her bat. Her hard work has directly translated to the diamond day in and day out. ~Kellen Bornbach

William Peace University

REAGAN STEWART

P/1B/OF

Senior

Reagan is a dedicated and hardworking athlete, fully committed to becoming the best student-athlete she can be. She is highly coachable and always eager to improve. As an athlete and a person, she is incredibly well-rounded. During the past offseason, Reagan achieved several personal bests, including improvements in her vertical jump, broad jump, front squat, and bench press. She also set a new school record with a 400-lb 1-rep max trap bar deadlift. I am extremely proud of Reagan for her relentless work ethic and determination over the past two years. This accomplishment is truly well-deserved. ~Rebecca Fraser

William Woods University

JESSICA KEILHOLZ

Utility

Senior

Jessica Keilholz has been a consistent and exemplary leader for the softball team in the weight room. She leads by example, providing a steady and reliable force for her teammates. ~Robert Jones