

COLLEGE — SOFTBALL

AUGUSTANA UNIVERSITY

Ashley Mickshl

Pitcher

Senior

Ashley's determination, toughness, and leadership has led her to being a top performer in the class room, on the diamond, and in the weight room. Her softball accolades include numerous All-American, All-Region, and All-NSIC honors. She was named to the NSIC All-Academic Team of Excellence in 2019. In the same year, Ashley led the Vikings to victory in the NCAA DII National Championship and was named the tournament's Most Outstanding Player. Her strength and athleticism also earned her the team record in the vertical jump. Ashley's work ethic will lead her to great things in the future. ~Andrew Stocks

AURORA UNIVERSITY

Kaylee Underwood

Senior

Kaylee is a passionate professional committed to academic and athletic excellence. She is hardworking, organized exercise science professional dedicated to the pursuit of optimizing performance. ~Chad Trudo

AVILA UNIVERSITY

Brooke Day

Shortstop

Sophomore

I try to choose an upper classman for this nomination but Brooke Day is such an outstanding candidate that she deserves to be recognized as a sophomore. Brooke is always a positive personality in the weight room. She is an extremely hard working softball player on the field and in the weight room not including she is the strongest player on the team. Her energy is infectious and she has already taken on an active role as a team leader in development. While she has not been able to demonstrate her abilities on the field due to 2020 circumstances she is poised for a break out year this upcoming season. Her hard work in the weight room and dedication to improvement will carry her far. ~Brian Ciolek

BRADLEY UNIVERSITY

Grace French

Pitcher/IF

Junior

Grace has not only grown into a great player, but a great leader. Her leadership in training sessions have been a tremendous contributor to the team. She pushes her teammates to be their best along with becoming a force on the field. She posted among a team best 165 pound bench press, over 250 pound squat and 185 pound clean. She has a bright future ahead of her! ~Matthew Friend

COLLEGE — SOFTBALL

BRANDEIS UNIVERSITY

Mel Rothenberg

Outfielder

Senior

Mel has been a silent leader throughout her time in our program. She leads by examples and inspires her teammates to follow suit. She works tirelessly to improve and never tries to find excuses. Her work ethic is unparalleled and she will continue to do great things.

~Jay Mendoza

CLEMSON UNIVERSITY

Camden Pereira

2nd Base

Senior

Cammy transferred to Clemson the Fall (2019) before our very first competitive Softball season in school history. She immediately made an impact by stepping into a leadership role to help guide the team as the majority of the members were experiencing their first exposure to collegiate athletics. She has only continued to grow in her leadership role and continues to hold high standards for herself and the team in and out of the weight room. Her work ethic in the weight room is apparent as each rep is performed with intention, and her work ethic outside of athletics is just as impressive. She is involved in a number of organizations on campus and recently has been accepted into medical school. ~Ryan Metzger

DUKE UNIVERSITY

Raine Wilson

3B/C

Senior

It's difficult to think of an athlete more deserving of this nomination than Raine Wilson. Raine works hard, builds up those around her, is a fierce competitor, and leads by example - she is the epitome of a great athlete and a great teammate. I have had the privilege, over the past 4+ years, to witness an amazing physical and mental transformation as Raine has become a standout performer in the weight room, on the field, and in the arena of competition. Raine is an amazing young woman and will succeed in whichever arena she competes in.

~Jordan Bar

EMERSON COLLEGE

Morgan Mitchell

IF

Junior

Morgan has consistently been a presence in the weight room for 7am lifts, providing guidance to each freshman class while striving to improve her own lifts each season.

~Jennifer Boyden

FITCHBURG STATE UNIVESITY

Taylor Colvin

Pitcher

Senior

Taylor is one of the strongest female athletes to come through the strength program. She works extremely hard and brings a consistent, enthusiastic approach to every session. ~Jim McGuire

COLLEGE — SOFTBALL

GEORGIA GWINNETT COLLEGE

Josie Haulk

Infielder

Freshman

As a Freshman walk-on, Josie has taken her drive and determination to the weight room. The Elementary Education major and AD Honor Roll recipient, showed significant increases in her vertical and broad jumps as well as deadlift this past fall and continues to show improvement every day. Her strength and power increases coupled with her ability to run has helped her develop an athletic skill that permits her to be a versatile softball player. ~James Williams

HUMBOLDT STATE UNIVERSITY

Katelyn Dendas

Outfield

Junior

With a season shortened by Covid, Katelyn was able to put together some impressive numbers on the field. She had the second highest slugging percentage and was tied for the most triples in the shortened season. In the weight room she was one of the unquestioned leaders on her team. We could rely on her to show up early and set an example for the rest of her team. She was so trusted in the weight room that she was hired on staff. She is well deserving of the All-American honor. ~Anthony Ratto

HUMBOLDT STATE UNIVERSITY

Haley Suter

Third Base / Utility

Senior

After a promising junior season was cut short due to the Covid Pandemic, a season that saw her hit .290 with four homeruns and drive in 19 runs in just 23 games, Haley Suter was poised to have a dominant senior campaign in 2021. Once again though fate would intervene with another modified season. Haley's consistent dedication to a year around sports performance program had a foundation in her love of the weight room. Haley will choose to graduate at the end of the spring and forego an extra year of eligibility granted by the NCAA. I have no doubt that she will continue to be successful as she moves into life after college. Haley's presence and effort in the facility will be missed; the example she set for her teammates will be part of legacy she leaves behind. ~Drew Petersen

IOWA STATE UNIVERSITY

Logan Schaben

Infield

Senior

Logan has returned to the Iowa State Softball team for the 2021 season as a 5th-year senior, and I am very glad she did so I had the chance to work with her as her Strength and Conditioning Coach. Logan had dedicated herself to the weight room and it has shown on the field. During the difficult times of this pandemic year, Logan kept in constant contact with me regarding her training. I am very honored to have worked with Logan during her last year as a student-athlete. ~Tim Dombrowski

COLLEGE — SOFTBALL

JONES COLLEGE

David Queck

Second Base

Sophomore

Kat Wallace was one of only a handful of athletes at Jones College that never missed a training session during 2020 while being remote at her home. A leader on and off the field, Kat was determined to make sure her training never stopped during COVID-19. She came back to campus in the fall in the best shape of her life, and as strong as she has ever been. She is most proud of deadlifting 295 pounds. Kat, a 4.0 GPA student was named a Tullos Scholar, the highest honor bestowed upon a student at Jones College. Along with other academic and leadership scholarships, Kat is the undisputed leader of the team, and a model student-athlete across all sports at Jones College. ~David Queck

JUNIATA COLLEGE

Catherine Miller

P/1B

Junior

Catherine is an extremely hard worker and it shows with her performance on and off the field. She leads by example in the weight room for the lower classmen and brings the best energy to every workout. Over the past 3 years Catherine has committed herself to the program and the process of being the best teammate she can be. ~Kaleb Weyant

LAMAR UNIVERSITY

Hannah Carpenter

Infield

Senior

In Hannah's first week of training at Lamar, she made it evident that she has incredible drive and an unmatched work ethic. Although she wasn't a senior upon arrival, it was immediately apparent she is a leader through her actions and a person people want to be led by. Whether it's on the softball field, in the weight room, or just in passing, her presence automatically sets a tone of genuine positivity. Hannah's selfless demeanor and willingness to put others, and the team, before herself makes her an invaluable teammate. Hannah really sets herself apart when it comes to the things that require no talent. She is always prepared and on time, provides great effort, has a high level of energy, and brings a positive attitude. Additionally, she carries herself with good body language, has an excellent work ethic and is very coachable. As Hannah's coach, I'm proud of both her work in the weight room and accolades in athletics. Although these things are notable, I am much more proud of the person she has become. I have no doubt Hannah will find success in anything she chooses to do and wish nothing but the best for her in the future. ~Coach A

LINDENWOOD UNIVERSITY

Riley Luetkenhaus

Corner Infield

Junior

Riley goes above and beyond any team standards or expectations. Whether it's coming in on her own for summer training or getting extra training sessions in during the school year, she is always working to improve. She consistently does the right thing regardless if anyone is looking. Her energy is contagious and always leads the team in the right direction. Riley is my go-to contact and team leader in the weight room. ~Michael Reese

COLLEGE — SOFTBALL

POINT PARK UNIVERSITY

Tyra Bell

First Base

Senior

When you think of the perfect athlete, you think of someone like Tyra. That's what I think of at least. I was impressed on day one by how hard she went. I haven't stopped being impressed. If I had to choose one of my athletes to be in a foxhole with me, it's Tyra. ~Cody Miller

POINT PARK UNIVERSITY

Jodi Frontino

Second Base

Junior

Jodi has been someone I can rely on. Her work ethic is stellar, her character is solid, and her personality is affable. She embodies everything this award stands for. ~Cody Miller

POINT PARK UNIVERSITY

Hailey Leitner

Catcher

Junior

Hailey has shown exemplary effort, engagement, and a willingness to be coached. She loves the sport and values the work that it takes to realize her potential. She fits the bill for this award. ~Cody Miller

SAINT ANSELM COLLEGE

Beanie Luttig

Catcher

Senior

Beanie Luttig's dedication to strength and conditioning is a cornerstone of her Softball preparation. She is not only one of the strongest athletes in our Softball program, but a leader on the field, off the field and in the classroom. Above all else, her enthusiasm and drive are contagious and makes everyone else around her want to get better. It has been a tremendous honor to work with her during her two years here at Saint Anselm. ~Codi Fitzgerald

SALISBURY UNIVERSITY

BK Hewitt

3B

Junior

BK is a junior third baseman on the Salisbury University Softball team. Ms. Hewitt consistently demonstrates passion, effort, and integrity both on the field and in the weight room and inspires these same traits in other. BK has shown remarkable dedication towards self-improvement as an athlete, student, and aspiring nurse. Her outstanding character makes her an ideal choice for a recipient of the NSCA All-American Award and I hope she will be considered. the NSCA All-American ~Matt Nein

STEPHEN F. AUSTIN STATE UNIVERSITY

Savanna Parker

Catcher/Infield

Junior

Savanna is an easy athlete to work with. She is very respectful, will ask for help if she needs it, but she will get into her zone and give her best efforts every day. She will outwork the person next to her, and will normally go above minimum weight requirements for any exercise. Parker is always willing to help out her younger teammates and provide coaching tips to them if they ask. ~John Deal

STONY BROOK

Mel Rahrich

Pitcher/1B

5th Year Senior

Mel brings the energy into the weight room every time she steps in. This past year she set goals for herself on both bench press and pitshark and blew them out of the water. Her presence in the weight room will be greatly missed next year. ~Joseph Quattrone

COLLEGE — SOFTBALL

TRINITY COLLEGE

Gillian Birk

First Base

Senior

155 bench, 210 front squat, top 5 finish in the battle of the bants. ~Bill DeLongis

UNION UNIVERSITY

Mackenzi David

Utility

Sophomore

Mackenzi showed phenomenal effort in the off-season preparatory period in developing her fitness for the 2020-2021 softball season. She made significant improvements in strength and power and, as a result, has added minutes to her playing time directly influenced by her effort in the weight room. Even when sick, Mackenzi could be seen working out outside, taking every opportunity to stay in shape and increase her effectiveness on the field. ~Jonathan Wilson

UNIVERSITY AT ALBANY

Kelly Barkevich

Infield - 1st/3rd Base

Senior

Kelly has been an outstanding student athlete at UAlbany throughout her entire career and exemplifies what it means to be a Great Dane. In 2020 she was recognized as the 2019-2020 America East Woman of the Year. She is one of the hardest working individuals to ever walk through our doors, and her passion and dedication to mastering her craft shine brightly whether its in the weight room, on the field, or in the classroom. Her leadership and mentorship to this program have left a long lasting impact that will continue to push student athletes to succeed for years to come! ~Rachel Jones

UNIVERSITY OF MICHIGAN

Meghan Beaubien

Pitcher

Senior

Meghan is currently a senior pitcher for the University of Michigan softball team and a member of the 2018 and 2019 Big Ten Championship teams. Meghan's commitment to strength and conditioning over her career has helped her to sustain a high level of durability and success throughout her career. Over the course of her career, she has added 30lbs to her 1RM back squat, 10lb to her 1RM bench press, and 2.1 inches to her vertical jump, all while consistently finishing among the top performers in our conditioning tests. Meghan's improvements are a testament to her consistency in effort and desire to be a great. Meghan has taken struggles and adversity in stride alongside her successes, and while not easy, she's managed to continue moving growing as a softball player. Her commitment to excellence goes far beyond the athletic realm. Meghan is an accomplished student, earning multiple Academic All-Big Ten honors while pursuing a degree in Biomedical Engineering. I am fortunate to be able to work with Meghan as she strives to be a great teammate and representative of Michigan Softball. Undoubtedly, Meghan is a student-athlete I will use as an example for many years to come. It is with great pleasure that I nominate her for this award. I look forward to continue helping her reach her goals as a student-athlete. ~Lew Porchiazzo III

COLLEGE — SOFTBALL

UNIVERSITY OF MISSOURI-ST. LOUIS

Jessica Mrzlak

Catcher

Junior

Jess is hardworking, consistent, and always brings a positive attitude each and every day. She is someone who leads by example and is a good role model for her teammates. She has a demanding schedule as a nursing major and anytime she misses a workout she does everything possible to make it up. She'll be successful with whatever she chooses to do. ~Josh McMillian

UW-WHITEWATER

Taylor Briehl

Outfield/Catcher

Senior

She is a multi-WIAC Scholastic Honor Roll attendee, who works just as hard off the field as she does on it. Over her career she has scored runs and batted runs in, in several big wins for the Warhawks, as well as, being a solid staple on defense. When she is in the weight room she is no less a leader than on the diamond. She constantly pushes herself and her fellow teammates to get better and work harder. She has always has a great attitude coming in even when she knows it is going to be a hard lift. She is the athlete that every coach hopes that they can work with. ~Jesse Koenig

WEIDER FITNESS CENTER

Celeste Sermeno

Outfield

Senior

Celeste Sermeno is a great example of how hard work and dedication will pay off for a student-athlete. Each year she worked hard to follow the program and improve herself. She has gained strength, speed, and agility which has greatly enhanced her game. This improvement has contributed to more playing time for Celeste. Her hard work has not gone unnoticed by others. She had earned respect from teammates and coaches. This had helped establish her as a leader in the weight room and on the field. Celeste will take this dedication to training and apply it to being an EMT after graduation. Celeste will be missed by everyone associated with the WWU softball program. ~Weider Fitness

WEST TEXAS A&M UNIVERSITY

Alyx Cordell

Middle Infield

Senior

Alyx started working with me the summer before her freshman year. From then I knew that she was a very passionate athlete and wanted to push herself to be one of the best at WT. The energy she brings to everything she does is infectious to everyone around her and shows her true leadership abilities. Her commitment to strength and conditioning has helped her achieve multiple LSC honors over the years as one of the top middle infielders in the conference. It is with great pleasure that I nominate her for this award. ~Matt Segura