

COLLEGE — WRESTLING

Drexel University

ABOUBAKARE DIABY

157 lb

Senior

Aboubakare Diaby has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Aboubakare's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man.

~Anthony McCloskey

Norwich University

AY'SEANTE ROSS

Sophomore

Ay'Seante is breaking down barriers that have never happened at our school. In the first year of competing as an NCAA sport the wrestling team had a winning record for duals. Which is pretty impressive due to the fact that we didn't have any time to recruit and found kids interested that lived on campus.

Ay'Seante was one of the bright spots because she had experience wrestling at a pretty high level in HS. She was able to transition that right to Norwich. From early in the Fall I could tell she was a hard worker. Pushing weight and asking a lot of questions for how much weight she should lift or what she should do to stay around her wrestling weight. She took those tips and ran through her competition this season. She even earned the first ever female bid to the National Championships for our school.

~Rhyan Stephens-Socash

University of Wisconsin-Platteville

BLAKE DELSMAN

165lbs

Junior

Blake has brought intangible characteristics to our workouts in his 3 years on campus. His demeanor and drive are 2 key elements that have made him a leader in our program. Although Blake has faced some injury adversity in his time on campus, but his drive and desire to train are unwavering. He's always the first one in room and willing to help clean up after workouts. His clear communication, trust in the system & motivation have seen him grow into a leader. His transformation in his physical tools has seen him grow into the starting lineup for our program. Consistent, committed & driven are Blake's 3 unwavering characteristics in training.

~Kellen Bornbach

COLLEGE — WRESTLING

United States Air Force Academy

BRYCE SHELTON

149lb weight class

Senior

Mr. Shelton is highly deserving of NSCA All-American honors as a four-year member of the United States Air Force Academy wrestling program, competing at the highest level in the Big XII Conference. Throughout his career, he distinguished himself through an exceptional work ethic, consistency, and an unwavering commitment to team success.

His daily approach to training—both in the wrestling room and the weight room—set a standard for excellence and accountability. These qualities, combined with his selflessness and leadership, earned him a starting role and the trust of his teammates, culminating in his selection as team captain. In a room filled with the nation's most talented and driven young men, being chosen to lead by peers is a particularly meaningful and rare honor.

Beyond individual performance, Mr. Shelton's influence has been felt most powerfully in the culture of the program. His contributions have played a significant role in advancing the program to new levels of competitiveness and cohesion.

Mr. Shelton embodies the values of strength, leadership, and service that the NSCA All-American designation represents, and his impact will be felt well beyond his competitive career.

~Edward Blackwood

Washington & Lee University

CALVIN WIEDEMER

Junior

Calvin Wiedemer is a perfect example of a student-athlete whose commitment to strength training has translated directly to success on the mat. Over his three years in the program, he has made tremendous strides as a wrestler, driven in large part by his dedication to and genuine love for strength and conditioning. Always excited to train and push himself, he sets a great example for his teammates and elevates the intensity of every session. ~David Forman

Huntingdon College

DAMION JONES

157

Junior

Damion shows up daily with the right mindset. His commitment to his training & preparation, as well as his teammates and program, is special.

~Charles Goodyear

Minnesota State University, Mankato

DRAKE HAYWARD

174lbs

Senior

Drake has used the weight room to transform himself into an incredible wrestler and leader for Minnesota State. He brings a blue-collar work ethic from the mat into the weight room and inspires others to follow his lead. Through consistent effort in training Drake has been able to put himself on the national stage year after year and maximize his potential. ~Spencer Wright

COLLEGE — WRESTLING

University of Providence

FRANCES PORTEOUS

Junior

Frances comes ready to work every lift session. She's a great example of an athlete that uses the weight room to better herself for the sport of wrestling. Healthy or sick, she always comes in with the right attitude and trains with a purpose. The weight room has helped her gain an edge over her opponents by out muscling other girls and being more explosive. She's gotten to be in starting lineup for multiple duals and featured on the national dual team because of the work she puts in the weight room and wrestling practice. I'm very proud of how far she's come since being at UP and will be rooting for her as she continues onto her next phase of life. ~Lucky Lovan

Cal Poly Humboldt

GIL MOSSBERG

149/157

Sophomore

Gil is a tough, dedicated, blue collar wrestler who gives 100% to academics, wrestling, and the Weightroom! With an extensive background in Olympic Weightlifting, including a 185lb Snatch and 240lb competition Clean and Jerk, Gil has become the de facto assistant strength coach for the wrestling program. In addition to providing numerous technical and inspirational examples during each training session, Gil routinely coaches his teammates and provides positive feed back, all while completing his own challenging workout. Gil also frequents the Student Recreation Center for extra individual work, and often ends up helping and coaching the general student body. I look forward to Gil's continued development, and involvement with

wrestling and strength and conditioning programs!
~Andrew Petersen

North Carolina State University

ISAAC TRUMBLE

HWT

Senior

I am happy to nominate Isaac for the strength and conditioning All-American award. Isaac has done a phenomenal job this year getting himself ready for competition. He's worked very hard at all the necessary steps to compete after sustaining injury at the end of the year last year. He's got tremendous work ethic and does a great job being a leader during team lifts and practices. He also does all the little things right off the mat with his involvement in ROTC and academics, and his diet and sleep habits are absolutely dialed. ~Cameron Davidson

USM

JAKE CRAIG

125/133

Senior

Returning All American. Dedicated team leader by example. Strong athlete for his size. ~James Giroux

COLLEGE — WRESTLING

University of Providence

JESSE ANSON

Junior

Jesse's exceptional work ethic and dedication to training have played a crucial role in his rise on the men's wrestling team. It's no surprise he was able to start in a few duals at 141 pounds this year. He's extremely process-oriented and does everything the right way. More athletes can learn from his work ethic and how he conducts himself daily. His discipline, perseverance, and dedication make him a worthy candidate for this honor. ~Lucky Lovan

Rochester Institute of Technology

JOSH HARKLESS

Senior

Josh is a standout athlete both on the mat and in the weight room. He is relentless in his pursuit of excellence. He consistently raises the bar for himself and those around him. Josh is our all-time record holder in the Front Squat (475lbs), Bench Press (425lbs), Split Squat (450lbs) and Pullups (385lbs). His goal is to have all of the all-time records before he graduates and he is closing in on the all-time Hang Clean. ~Ryan Kelly

Fairmont State University

JUSTIN BISHOP

HWT

Sophomore

Justin Bishop, a sophomore from Sutton, West Virginia, is an exceptional student-athlete and one of the hardest working and most determined young men in our athletic department. Justin has been extremely consistent with his training. Justin has PRs on the bench press at 335 lbs., back squat at 485 lbs., and deadlift at 495 lbs. He is also equally as

dedicated in the classroom, where he currently has a GPA of 3.21, while majoring in physical education. Our wrestling program, strength & conditioning program and entire athletic department are all better because of student-athletes like Justin Bishop. ~Adam Kolberg

Chadron State College

KEEGAN GEHLHAUSEN

184 lbs

Senior

It is with great pride that we nominate Keegan Gehlhausen for the National Strength and Conditioning Association All-American Award. After finishing second in the nation during the 2024–25 season, Keegan turned that result into daily motivation — attacking every training session with purpose and setting a championship standard for our wrestling program.

Keegan's approach to strength and conditioning is unmatched. He has built exceptional total-body strength, explosive power, and elite conditioning that translate directly to the mat, allowing him to compete with relentless pace, control positions, and finish matches with authority. His preparation is evident in the way he performs — tough, disciplined, and unwavering in high-pressure moments.

A tone-setter in the weight room and a leader within our program, Keegan's work ethic drives those around him to improve. He embodies the mindset, resilience, and competitive excellence this award represents and continues to raise the bar for Chadron State Wrestling ~Earl Kreis

COLLEGE — WRESTLING

USM

KYLE MOORE

Senior

Another dedicated Husky. Ranks high in the East Region aiming for a potential trip to NCAAs.

~James Giroux

Point Park University

LIAM HEIN

149

Freshman

Liam has taken great pride in his preparation as a Point Park University student-athlete. His commitment to improving his strength, conditioning and skillset has set the foundation for the rest of his career. He puts forth his best effort into everything he does and challenges his teammates to do the same. I have enjoyed working with Liam this year and I am excited to see his progress during his collegiate career. ~Timothy Schachtner

Roanoke College

NICK COOK

Senior

Nick exemplifies the essence of this award. If we look at his body of work in using strength and conditioning to better himself to get to the arena, he checks all the boxes. He earned an educational grant to allow himself to stay on campus and train to gain over 20 lbs of bodyweight during the summer. He continued with this same plan the following summer to take more significant steps in adding body weight to launch him into the starting role in our heavyweight class. He has consistently been ranked in the top 20 nationally and continues to be a difficult match up in our schedule.

~Isabelle O'Connell

Springfield College

OLIVER PARKER

197

Junior

Oliver has been one of the most committed athletes in the weight room. He has made huge jumps, which is a testament to his relentless work ethic.

~Max Grzymala

Ashland University

PEYTON LEMON

197

Junior

Peyton is a redshirt-junior 197lb wrestler, who began his career as a dual-sport Football player and Wrestler. Peyton brings the traditional energy of a college football athlete into the wrestling space; constantly motivating, encouraging, and pushing his teammates. An Education major who often misses training sessions and must perform them on his own during busy times of field-experience, his presence is missed greatly when away, and felt when he is in the room. Peyton is also one of the more consistent athletes on the Olympic Sports side, coming in during Winter and Summer Breaks to continue his training with our staff, when training is not mandatory. His passion and work ethic have earned him multiple all-conference awards, and a current ranking in the top 10 in Division 2. Peyton's drive to improve will carry him far both on the wrestling mat, in the weight room, and in the classroom as a tremendous leader. ~Corey Mason

COLLEGE — WRESTLING

California State Bakersfield

RICHARD CASTRO SANDOVAL

Senior

Richie is a truly committed and outstanding student athlete who has risen to national recognition in his weight division as wrestler. Richie has been in the top 30 on numerous occasions in his weight class and beaten top 20 talent on multiple occasions. Outside of being a great wrestler Richie has also shown great dedication to the weight room. His lifts are outstanding in almost every category accomplishing a; 1.42 times bodyweight in his bench, deadlifting 2.35 times his own bodyweight, Power clean 1.5 times bodyweight, and a Back squat 2.20 his own bodyweight. Richie along with sports is a great member of our community and is moving on from college to become a teacher and help shape future leaders. I know Richie will help to inspire the next generation of student athletes and inspire every student he eventually interacts with.

~Joseph Rossi

Huntingdon College

TRISTIN ROBINSON

138

Senior

Tristin has had a tremendous impact on the building of our Women's Wrestling program. She demonstrates true commitment in the weightroom, on the mat, and in the classroom.

~Charles Goodyear

University of Wisconsin - La Crosse

TYLER DORMANEN

197-Pound

Junior

Tyler brings true wrestling style intensity to his lifting. Throughout the year, Tyler has been reliable by demonstrating lifts and continually pushing himself to get stronger. His dedication to training in the gym and on the mat has put him in a position to compete at a very high level. Tyler was the 2026 WIAC 197-pound champion and is currently ranked 5th in the NWCA D3 coach poll. Tyler is slated to wrestle in the NCAA Division III Region VII championships. Along with his success in wrestling, Tyler has achieved a 3.450 GPA. His leadership and quality effort in training make him a standout athlete. ~Philip Whitesitt

USM

ZEPHERIN LEPPANEN

174/184

Senior

One of the strongest Huskies. Has made a home in weight room rehabbing a shoulder issue. Good leader and example for younger athletes

~James Giroux