

## COLLEGE — MULTI-SPORT ATHLETES

### Duke University

#### ANNA CORCORAN

#### Cross Country, Track and Field

#### Senior

Anna stands out as someone who has always been eager to learn, grow, and train hard in the weight room. Though experiencing several setbacks, Anna has continuously been a positive presence in the weight room, always pushing herself to get stronger, learn new movements, and find ways to make her training more intense. She has always been someone I can count on to show up and train hard, and it her progress in the weight room is evident. Her dedication to training hard, her eagerness to get better and to learn, and ability to push herself are just some of the reasons Anna Corcoran deserves to be an NSCA All-American. ~Jordan Bar

### Duke University

#### KATIE HAMILTON

#### Cross Country, Track and Field

#### Senior

Katie has been a model on consistency and hard work. Despite having a less-than-ideal first day in the weight room as a freshman, its hard to think of someone from the XC/Distance Track & Field squad that I have seen more than Katie Hamilton. Not only is she leader by example and shows up consistently, she is a joy to be around. Even through physical setbacks she has kept training, and her dedication to doing everything correctly and to the best of her ability are just a few of the examples of what makes her a perfect candidate for NSCA All-American. ~Jordan Bar

### Duke University

#### RILEY NEWPORT

#### Cross Country, Track and Field

#### Junior

One of the most consistently hard working individuals in the program is Riley Newport. Every time he steps foot in the weight room he's looking to get better. His hard work and dedication has shown in his performance on the course and the track, and he is a pleasure to work with. Riley Newport is a prime example of an NSCA All-American. ~Jordan Bar

### Mount Holyoke College

#### ELLE RIMANDO

#### Track and Field, Volleyball

#### Senior

Elle is one of the most dynamic and complete student-athletes I have had the privilege to coach. A standout in volleyball, indoor track, and outdoor track, she has consistently demonstrated an elite combination of speed, power, strength, and competitive drive that separates her from her peers.

Elle has broken school records across multiple sports and redefined what it means to be an "Iron Lyon." She has set the standards in elite power and speed metrics for our program and is consistently pushing the limits of her athletic development. Her commitment to training is unmatched, approaching each session with intention and being a leader through her actions and work ethic. She has been a joy to coach and will leave a permanent mark on our program, raising the bar for what is possible.

~Jay Mendoza

## COLLEGE — MULTI-SPORT ATHLETES

### **Nichols College**

#### **SHEA ULLO**

#### **Lacrosse, Soccer**

#### **Junior**

Every day, Shea embodies the Nichols Strength and Conditioning value of Championship Effort. He always gives it everything he's got and consistently pushes both himself and his teammates to get better. Shea truly upholds the standards of the weight room, and he sees great results on the field because of it. ~Timothy Cahill

### **Norwich University**

#### **ABBY KIRRADE**

#### **Lacrosse, Soccer**

#### **Senior**

Abby is one of the grittiest players on the women's soccer team. She was a team captain and 4 year starter at outside back and outside midfield and earned every minute of it. During her senior year she volunteered to be the goalie due to multiple injuries and held her own pretty well in those few games.

In the weight room and as a student athlete she also exceeded expectations. She's a member of the corp of cadets and women's lacrosse team. She will be a great leader and role model for whatever she decides to do. ~Rhyan Stephens-Socash

### **Point University**

#### **LOGAN SLAGLE**

#### **Football, Lacrosse**

#### **Football (Linebacker) / Lacrosse (Defense)**

#### **Senior**

Logan Slagle is a multi-sport athlete who exemplifies toughness and leadership. As a senior linebacker

and defender, he holds teammates accountable and models the standard daily. His work ethic and commitment to doing things the right way have made him a respected voice within both programs. Logan leads through discipline and action.

~Bradley Bonner

### **Saint Joseph's College of Maine**

#### **SADIE TIRRELL**

#### **Field Hockey, Softball**

#### **Senior**

Sadie exemplifies what it means to be an NSCA All-American. A two-sport athlete and team captain, she brings tremendous effort and intensity to every strength and conditioning session. Her strength and overall fitness levels are among the best I have coached, and she consistently demonstrates a high level of discipline both in team sessions and in her individual training. Sadie's commitment to excellence has translated directly to her success on the field, earning All-Conference recognition in both Field Hockey and Softball. Her leadership, work ethic, and dedication to continual improvement make her a truly outstanding recipient of this award.

~Jameson Collins

### **Springfield College**

#### **HAILEY GAYDOS**

#### **Field Hockey, Lacrosse**

#### **Defense**

#### **Junior**

Hailey is an all-around beast of an athlete. She works so incredibly hard at everything she does, and pushes others to be better, too. She is so kind and hardworking :) ~Amanda Hanley

## COLLEGE — MULTI-SPORT ATHLETES

### University of Michigan

#### JACK KELKE

##### Cross Country, Track and Field

##### Distance

##### Senior

Jack Kelke is a textbook example of what the NSCA All-American award represents. He arrives at every strength and conditioning session prepared to work, bringing a positive attitude that elevates those around him. Jack consistently supports his teammates, stepping in to help whenever someone is struggling with an exercise or challenge. While he may not be the strongest athlete on our team, he is one of the most resilient and hardest working. Throughout multiple injury setbacks over the years, Jack has remained committed to the weight room and to improving himself. He embraces challenges rather than avoiding them and sets a daily standard for effort and consistency. If we had 25 athletes with Jack's mindset, our program would be even more successful. As a strength and conditioning coach, my goal is to prepare student-athletes for success beyond their playing careers. I have no doubt that Jack's work ethic, character, and leadership will continue to distinguish him long after his time at Michigan. ~Layne Phillips

### University of Michigan

#### RYLEE TOLSON

##### Cross Country, Track and Field

##### Distance

##### Senior

Rylee Tolson is one of the most impactful leaders within the Michigan Track & Field and Cross Country programs. Her leadership is intentional, which is a word selected by the leadership council, as a defining characteristic for the team. As a member of

our team leadership council, she plays an active role in shaping team culture. At competitions, Rylee makes a point to visit every event area to support her teammates, and before the Big Ten Championships, she wrote a personal note to each team member to inspire them individually. Her leadership is equally evident in the weight room. Rylee challenges her teammates to raise their standards, encourages them to push their loads when appropriate, and consistently assists younger athletes with technique. One morning, Rylee arrived late to our 6:45 a.m. lift, because she had gone back to pick up teammates whose bus had not arrived. That small act reflects the type of teammate she is. Even during the summer months or while traveling internationally for academic or personal commitments, Rylee remains disciplined and committed to her training. A defining moment this year was watching her complete 315 pounds for five reps on hip thrusts, surrounded by teammates she has inspired through her leadership. Rylee exemplifies the character, work ethic, and team-first mindset that the NSCA All-American award represents. ~Layne Phillips

### Washington & Lee University

#### BETTY BOATWRIGHT

##### Field Hockey, Lacrosse

##### FH - Forward, WLAX - M

##### Senior

Betty Boatwright is an exceptionally talented and dedicated student-athlete whose ability to star in both field hockey and women's lacrosse is truly impressive. She brings that same high level of performance, consistency, and competitive drive into the weight room, approaching her preparation with enthusiasm, discipline and purpose. Excelling



# NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## COLLEGE — MULTI-SPORT ATHLETES

across multiple sports while maintaining high standards in all aspects of college life, she represents the very best of commitment and achievement at Washington & Lee. ~David Forman

### **Washington & Lee University**

#### **O'KEEFE MCKINNEY**

#### **Football, Track and Field**

#### **FB - DL, Track - Throws**

#### **Junior**

O'Keefe McKinney has been a durable and dependable contributor throughout his football career, competing in every game while consistently giving maximum effort. In addition to his impact on the field, he has excelled in track and field, delivering elite performances at the conference championships and continuing to elevate his physical development across multiple disciplines. Known for his energy, work ethic, and ability to connect with teammates, he brings positivity and relentless effort to the weight room, embodying the spirit of commitment this award recognizes.

~David Forman