

COLLEGE — MULTI-SPORT ATHLETES

Aurora University

Malik Whitehead

Football, Track & Field

Wide Receiver, Sprints/Jumps

Junior

Malik is a very dedicated and hardworking student athlete. As a dual sport and NACC scholar athlete, Malik is committed to academic and athletic excellence. Malik brings energy and passion to the program that motivates his teammates to be better every single day. He also interns as strength coach for Aurora's strength and conditioning staff to develop as a coach and volunteers to help the growth of our student athletes. ~Jenee Rago

Braden River High School/ State College of Florida

Kaylyn Shippey

Olympic Weightlifting, Other, Volleyball

Freshman

Kaylyn is a dual enrollment student, spending her senior year of high school as a full-time student at the State College of Florida. She competes for Braden River High School as captain of the high school weightlifting team, support staff for varsity volleyball and serves as a student athletic trainer. She also takes the Certified Personal Trainer Industry Certification class at BRHS. She is the 2022 County Champion, a district and regional medalist and a multi-division FHSAA state qualifier. As a member of the USA Weightlifting club, Team Florida Gulfcoast, she won local titles and qualified for national competition. She will compete the first week of a March at her first national meet at the Arnold Classic Sports Festival in Ohio ~Richard Lansky

King's College

Joe Herman

Football, Volleyball

Wide Receiver/ Outside Hitter

Junior

Joe leads by example daily. Herman succeeds in the classroom as well as the playing field. His commitment to success through strength and conditioning is unmatched. ~Bryonne Herring

Lamar University

Steven Jones, Jr.

Football, Track & Field

DB

Senior

Steve Jones has represented his hometown school proudly both on and off the gridiron and track. Steve has demonstrated being the model dual-sport student-athlete from start to finish of his career. His steady and respectful demeanor make him a pleasure to work with on a daily basis. He has been a consistently loyal, humble and hard-working man that will continue to positively impact lives in his life after college as a nurse. ~Daniel Darcy

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Manhattanville College

Kasey Molito

Lacrosse, Rugby

Fly Half, Defender

Senior

Kasey Molito first and foremost is an amazing person. She is beloved by her teammates and coaches because of her excellent communication skills, the care she has for her teammates, and her competitiveness. During the inception of the Rugby program at Manhattanville College, she solidified herself as a leader and had team-highs in tackles and points for the season. She was named on the National Intercollegiate Rugby Association All American Team. In addition, Kasey has quickly transitioned into becoming a key contributor on the Lacrosse team. I am proud to nominate Kasey for this award. ~Joel Lynch

McMurry University

Emily Holland

Guard (Basketball), Forward (Soccer)

Freshman

Emily Holland is a dual-sport athlete who excels in both sports, along with excelling in the weight room. She shows a great understanding for how to train with efficiency and focus in both sports. She transitions well between the sports, from one training to the next without missing a step and continues to grow everyday.

~Zak Snell