



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — FLAG FOOTBALL

Huntingdon College

ASHLEY SAJOUS

Linebacker

Senior

Ashley embodies leadership through her servant heart, and unwavering example that elevates everyone around her. She has grown into a confident & seasoned lifter, who attacks every challenge in front of her. ~Charles Goodyear

Point University

LEAH PRATHER

Center and Linebacker

Junior

Leah Prather is a model of leadership and consistency within our flag football program. As a junior center and linebacker, she leads through effort, preparation, and daily example. Leah holds herself to a high standard and inspires her teammates to do the same. Her work ethic and accountability make her a foundational leader.

~Bradley Bonner