



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — RUGBY

Trinity Western University

MATISAN KELLY

Hooker, Sweeper

Senior

Matisan has been a tremendous athlete in Sparta. First off, you can tell she loves to lift heavy and push herself to the next level. She is always striving to hit PRs and is never satisfied until she has accomplished her goal. She is one of the most competitive and hard-working athletes I have ever coached and is not afraid to push herself to her breaking point when necessary to get the right outcome. Aside from having massive traps, she simply wants to be the best and it shows. ~Cole Hergott