



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

## COLLEGE — RUGBY

### LINDENWOOD UNIVERISTY

**Ayden Hurst**

**Back Row**

**Senior**

Ayden has been a consistent example of coming to the weight room "ready to work". Not only does he have a great work-ethic, he has been a great Player's-Coach to his teammates and has also been a great mediator between myself (the Strength Coach) and the players.

~Matthew Matau

### LINDENWOOD UNIVERISTY

**McKenna Strong**

**Second Row**

**Senior**

McKenna is tough as nails and has been consistent with showing up to workouts ready to work. She takes coaching well and is always looking for a way to enhance her Athletic Performance through her Strength & Conditioning. ~Matthew Matau