

## 2020 — COLLEGE — MULTI-SPORT ATHLETES

### **CALTECH**

#### **Claire Hu**

#### **Cross Country and Track and Field**

#### **Track distance**

#### **Junior**

A junior, Claire Hu competes in both cross country and track & field for Caltech. In the fall cross country season, Hu became the first female competitor to represent the Beavers at the NCAA National Championships in 25 years. Prior to this past season, Hu had been even more successful on the track. She is the program record holder in the 10000m and 5000m races and a two-time conference Championships medalist. Hu has improved her sports performance by fine tuning her mechanics and complements her cardiovascular conditioning with a dedicated daily regimen of core, mobility and proprioception training. As president of the Student Athlete Advisory Committee, Hu is a leader to all her student-athlete peers. ~Sarah Always

### **FLORIDA A&M UNIVERSITY**

#### **Brian Kiprop**

#### **Cross Country and Track and Field**

#### **Distance Runner**

#### **Junior**

As a distance runner Brian excels in the Conditioning side of Strength & Conditioning, his personal record for 5 miles in Cross Country is just under 25 minutes. Over the last two years, Brian has embraced the challenge of resistance training as he strives for greatness on the Cross Country Course and in the long distance track events. Training in the weight room three to four times each week, he approaches every resistance training session with the same passion that he attacks his hill work and tempo runs. As an Exercise Science student and an aspiring coach, Brian is eager to explore the art and science behind his training programs. ~Dr. Brian Hickey

### **KING'S COLLEGE**

#### **Mackenzie Yori**

#### **Basketball and Softball**

#### **Guard/Infield**

#### **Senior**

Mackenzie brings it every lift. It didn't matter if it was max effort or recovery. She wanted to do her best. She wanted to be pushed, to work hard. She earned it everyday and every week. She is a true leader in the weight room and in the games. ~Bryonne Herring

### **UNIVERSITY OF SOUTH CAROLINA**

#### **Jess Vastine**

#### **Beach Volleyball: Top 3 Pairs**

#### **Indoor Volleyball: Outsider Hitter**

#### **Junior**

Jess is a highly motivated dual sport athlete that continues to improve on and off the court. She places emphasis on her annual S&C program in order to maximize her performances for indoor VB (fall semester) and beach VB (spring semester). Coming off of a career year for the Gamecocks indoor team, that saw action into the second round of the NCAA tournament, Jess has carried that momentum over to the beach side to close out her junior year. Through 3 years she has continued to see improvements in all physical assessments which currently sit at: 28.5 inch approach vertical jump, clean 1.2 x BW, squat 1.8 x BW, deadlift 2.1 x BW. All of which put her in the top 10% in each for both teams.

~Keith Scruggs

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### VASSAR COLLEGE

#### Colette Cambey

#### Rowing and Volleyball

#### Senior

Colette Cambey has no off-season. As a member of both the volleyball and crew teams she is constantly engaged in full time sport practice. This could make it very challenging to train in the weight room. Not for Colette. She has been committed to her weight room training year-round regardless of season. This commitment and hard work has helped her develop into one of our strongest student athletes. ~Alice Read