

COLLEGE — ROWING

Duke University

ISABELLA MORENO

Rower

Junior

Isabella embraces her training with effort and a positive attitude. She has worked hard year-round to put in the time during early mornings, late nights, and balances the demands of being a student-athlete with grace. She builds up her younger teammates and brings energy to every session (land, lift, or boat). Isabella is a leader whose hard work sets the standard. ~Nicole Shattuck

William Smith College

LINNEA DARIUS

Rower

Senior

Over her four years as a student-athlete, Linnea Darius has shown that she is a dedicated individual who shows up every day giving it her all, no matter the task or circumstance. Her display of great leadership, consistency and never ending work ethic has appeared in her immense development both physically and as a leader. She leads by example and through motivation not only for herself, but for the betterment of others. This great display of leadership and positive attitude radiates throughout the room in any given session, uplifting the performance of her teammates.

Linnea's commitment to the weight room has shown in her numbers over her four years. She achieved a 55-pound increase in her front squat at 215 pounds, along with a great improvement in her bench press achieving 145 pounds. Her selfless leadership and contagious work ethic has allowed her to make great strides in the weight room along

with her team as well. She is the prime example of a leader and an integral piece to a team.

~Brittany Krivicich

Rochester Institute of Technology

SUNNY GURAPPA

Senior

Sunny is an outstanding teammate and a great presence in the weight room. He brings positive energy and enthusiasm to every lift, no matter the time of day. His attitude is consistent, and it has a real impact on the group. He's often the last one to leave, showing his commitment to getting better. Sunny comes in each day with thoughtful questions about his training and ideas for how his team can improve. He truly enjoys the process and embraces the work that goes into development. ~Ryan Kelly