

COLLEGE — ROWING

CATHOLIC UNIVERSITY

Elizabeth Dorrian

N/A

Sophomore

Elizabeth is the standard for not just an All-American in Strength & Conditioning; she's the standard for a human being. It took only just a few short months for Liz to get on board with training. Since then, she's taken her "blueprint" and transformed herself into this relentless, hard working, passionate athlete. As a primary soccer athlete, transitioning to rowing was no easy feat, yet she adapted, learned, and worked her tail off in the weight room and on the water to be one of the best rowers at her school. Her commitment to improvement in training can only be matched by her desire to be the best version of herself day in and day out. A phenomenal lifter, ever-improving rower, and an even better person, this award has Elizabeth Dorrian written all over it. I find myself inspired by her on a consistent basis. As a coach, this is who you want on your team. ~Phil Giackette

MERRIMACK COLLEGE

Audrey Regan

Senior

"Audrey Regan has built a reputation of exceeding expectations in the weight room, on the water and in the classroom. Her ability to push her teammates and herself has made her a leader among her teammates and peers. A two-year captain and two-time team MVP, Audrey has played vital a role to the success of the team. The attitude and effort brought on a daily basis has helped Audrey build a reputation throughout the campus community. An embodiment of our core values of communication, discipline and culture, Audrey has raised the standard of the organization. Audrey's consistent hard work and determination will help her find success in any domain she pursues." ~Michael Kamal

TRINITY COLLEGE

Tyler Somerville

Senior

Winner of the 2020 Battle of the Bants ~Bill DeLongis