

2020 — COLLEGE — SOCCER

ALBANY STATE UNIVERSITY

Marisol Estrada

Defender

Senior

Marisol is an exceptional worker, who has come back from an injury, even stronger. Marisol continues to add to her 205 lb. back squat, 90 lb. bench press, 95 lb. hang clean, and 21.7 inch vertical jump. ~Troy Williams

APPALACHIAN STATE UNIVERSITY

Jessica Easley

Defender

Senior

Jessica Easley was an exemplary leader inside and outside of the weight room. Leading into her Senior season with Appalachian's State Women's Soccer team, she not only showed great tenacity in the weight room during the off-season to assist her in making the best athlete possible that she could be, but she also stayed during the Summer to prepare herself for the Fall. She finished her last season this Fall, but she has definitely created a road map for herself to be successful in whatever endeavor she decides to pursue. ~Juan Perez

APPALACHIAN STATE UNIVERSITY

Alex McGrath

Center Midfield

Senior

Alex McGrath was an exemplary leader inside and outside of the weight room. Leading into his Senior season with Appalachian's State Men's Soccer team, he not only showed great tenacity in the weight room during the off-season to assist him in making the best athlete possible that he could be, but he also continued to seek advice from his Strength & Conditioning coaches throughout the off-season and summer. I have no doubt in my mind that Alex will be successful in whatever endeavor he decides to pursue and that right now while he hopes to continue playing soccer at the professional level, his work ethic and leadership skills will assist him in

making him a very sought after player in the market.
~Juan Perez

AUGUSTANA UNIVERSITY

Kelly Partington

Midfield

Junior

Kelly's work ethic and determination has allowed her to excel in the weight room, class room, and on the soccer field. She earned Academic All-NSIC honors in 2017, 2018, and 2019. She was also named team captain in 2019. Kelly has used strength and conditioning along with sports medicine to battle back from numerous injuries. The same attitude that has allowed Kelly to be successful at Augustana will lead her to excellence after college athletics. ~Andy Stocks

AURORA UNIVERSITY

Alexis Ablove

Midfielder

Senior

Alexis's ability to stay focused and perform at the highest level is consistently well above expectations. As an athlete and professional she consistently met or surpassed all weekly facility and program tasks, which included program design, facility maintenance, and volunteering in the local community. ~Chad Trudo

BLACK HILLS STATE UNIVERSITY

Katie Nielson

Forward

Senior

Katie is one of the original members of the soccer program and has grown just as much as the program has. Since Katie first stepped on campus she has dedicated herself to becoming a better soccer player. Katie has a great work ethic and her hard work has earned her lifting records as well as soccer awards throughout her career.
~Aaron Siekmann

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CALIFORNIA LUTHERAN UNIVERSITY

Maddy Griess

Mid-Field

Senior

Maddy is one of the hardest working, committed, perseverant, and most well-respected student-athletes with whom I've had the privilege to work. The team's unparalleled success during her four years is in large part to her tremendous leadership, care, and work ethic. Given these intangible qualities, Maddy will undoubtedly succeed in whatever career she pursues upon graduation. Indeed, she has been an absolute joy to coach. ~Patrick Holmberg

CLAREMONT-MUDD-SCRIPPS ATHLETICS

Will Birchard

Defender

Junior

Will is a junior defender for the men's soccer team and is currently pursuing a Bachelor's degree in Economics from Claremont McKenna College. Will also attends the Robert Day School and is currently pursuing a Master's degree in Finance. Will earned All-American honors three times during the past two seasons from D3Soccer.com and the United Soccer Coaches organization. Ever since his arrival on campus, Will has strived to improve his performance in the weight room and field. Will is a pleasure to work with and we are continuously discussing ways to improve the team's performance and culture. Will leads by example and is consistently encouraging his teammates to give their best effort. ~Andrew Jones

COLORADO COLLEGE

Aiden Longhurst

Midfielder

Senior

Aiden's dedication to strength and conditioning is unparalleled. He lead by example each day in the weight room and is a great example of what a student athlete can achieve if they dedicate themselves to both athletics and academics. His positive attitude and energy are something that all athletes should strive for.

~Scott Caulfield

COLORADO COLLEGE

Ansley Queen

Midfielder

Senior

Ansley's work ethic and dedication to her fitness will serve her well throughout her lifetime. She always brings a positive attitude and zeal for improving herself to the weight room each day. ~Scott Caulfield

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DEPAUL UNIVERSITY

Bina Saipi

Midfielder

Senior

Bina has been a remarkable student-athlete to coach and work with over the past 3 years. The aspect I love most about Bina has been her perseverance through serious injuries and her will to keep improving and never giving up. Bina experienced 2 femur stress fractures and had right hip labrum surgery, both of which occurred in 2017. Once Bina rehabbed and made her return, she again faced adversity as she tore her left hip labrum in 2018. Again, she began the road to rehab and made an impactful return to the field during fall 2019. Throughout this time, she has served as a team captain and a team leader in the weight room helping to coach her peers during movements, as well as holding the highest hang clean max on the team with 145lbs at a body weight of 130lbs. Outside of athletics, Bina demonstrates excellence in the classroom with a 3.92 GPA as a Business Management major with a concentration in Human Resources. She is already enrolled and taking classes in a combined Master's degree program for Human Resources and she serves as an ambassador to the program, where she helps new students become adjusted to the program. Bina is a member of DePaul's Captain's Council, which is a leadership organization for student-athletes and she is a part-time worker for DePaul's Academic Advising Center. ~Ryan Nosak

EMERSON COLLEGE

Amanda Benavente

Defender

Junior

Amanda is a dedicated student athlete who has shown a passion for strength and conditioning as a way to prepare for the rigors of collegiate soccer and improve as an athlete. Her leadership, consistency, intent and desire to improve makes her a pleasure to work with in the weight room. She strives to be great and it will be exciting to see her on the pitch for her senior season with all of the work she has put in to prepare. ~Ron Smithers

FITCHBURG STATE UNIVERSITY

Branton Abbett

Keeper

Junior

Branton Abbett has an elite mind set. Always early, he comes to the weight room with his sleeves rolled up, ready to work. He never misses a scheduled session. As a result of his effort, he has seen large gains in his strength both mentally and physically. Branton leads others in the weight room by example and through energetic encouragement. He lives the Fitchburg State Strength and Conditioning core values of Focus, Effort, and Teamwork. Branton is a worthy recipient of this award. ~Jeff Godin

FLORIDA SOUTHERN COLLEGE

Caitlin Quaempts

Defender

Senior

Caitlin exemplifies the characteristics of being an elite student-athlete through her years of hard work in sports and in the classroom! Her leadership and commitment has always been more than exceptional in her 4 year career. ~Zack Wallace

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GEORGIA GWINNETT COLLEGE

Grace Bullock

Forward

Sophomore

After sitting out multiple seasons due to injury, Grace has become a solid leader in the weight room primarily by example. The Exercise Science major and AD Honor Roll recipient, has embraced the movement principles and understands how improvement in the weight room can help her stay healthy and on the field. She continues to improve her craft with each opportunity and is an excellent example of dedication and work. ~James Williams

GEORGIA GWINNETT COLLEGE

Alex Rivera

Midfield

Junior

Alex has developed into a great leader in the weight room. His vocal and model leadership has significantly improved this year. He is extremely coachable and understands the need for quality movement and baseline strength. The Information Technology major and AD honor roll student-athlete continually works to be a better athlete in the weight room so it will convert to a better player on the field. ~James Williams

HARTWICK COLLEGE

Cassandra Robataille

Goalie

Senior

"Cass is one of the hardest working female athletes that I have had the pleasure of being able to work with. In the year that I have been at Hartwick, her enthusiasm for training, passion for bettering not only herself, but her team as well, and intent she brought to every session models what the development process is all about. I truly wish Cass the best and know she will be successful in all of her future endeavors." ~Andrew Parker

HOBART AND WILLIAM SMITH COLLEGES

Elizabeth Moore

Midfield

Senior

Elizabeth Moore is a 3 time Liberty League All Academic team member, CoSIDA Academic All America District and 2019 United Soccer Coaches Soccer All America. In addition to these accolades, "Bizzy", as she is often referred to, is one of the most hardworking and selfless individuals I have had the pleasure to coach during my career. In the weight room she is a tireless worker who defines and exhibits female strength and empowerment in so many ways. She is a 200+ lbs back squatter and 100+ lbs bencher who has helped lead her team to 2 Elite Eights (2016,2018) Sweet Sixteen (2017) and a Championship Finalist (2019) during her tenure. She accomplished all this while maintaining a 3.79 GPA and contributing to the NASA RockSatX Club for 3 years. What makes Bizzy amazing is that her impact stretches throughout every inch of campus. She is beyond deserving of this All American title. ~Chris Gray

KINETIC SPORTS PERFORMANCE

Sara Oswald

Forward

Freshman

Sara has a work ethic unmatched by almost anyone I have worked with before. She is the type of person that sometimes you have to stop from doing too much. I have had the pleasure of training Sara in the offseason from Lafayette College and she consistently comes in to train and goes above and beyond of what I expect. She will go on to have a great career at Lafayette and I am excited to see where that takes her. In her first year at Lafayette as a forward she started 16 of 18 games, finished T-5 on the team with 5 points, scored 2 goals, and 1 assist. In High School she played for Westtown and Pennfusion Development Academy where she has numerous achievements, one of which is the all time scoring leader at Westtown for both men and women with 77 goals. ~Lukas Smith

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LIPSCOMB UNIVERSITY

SEAN JOHNSON

Forward

Senior

Olivia went above and beyond during her time here at Lipscomb. Her leadership and work ethic spilled over off the field and into the weight room. Olivia raised the bar when she was in the weight room literally and figuratively. Whether it was the weights or the conditioning she was leader that our team looked to during her time here. ~Sean Johnson

MENLO COLLEGE

Lilly Chisler

Forward

Sophomore

Lilly's commitment and drive to becoming a better athlete are highlighted in her attention to detail during her lifts, nutrition, recovery and willingness to push her teammates. Her passion, willingness to do extra is a testament to her continued progress in the weight room, classroom, and on the field of play. She embodies the four core values of the Sports Performance Department of Menlo College - Trust the process, Gratitude, Relentless Effort, No Excuses ~Victor Brankovich

MENLO COLLEGE

Giovanny Gomes

Midfield

Senior

Gio arrived at Menlo College as a junior college transfer and immediately took advantage of Sports Performance as a tool to improve on the pitch. His work ethic was highlighted by an outstanding spring off-season where he set personal records in all categories along with being voted a team captain. He continued to excel committing to the summer training program at Menlo, leading into his senior season in which he helped Menlo College win

the Golden State Athletic Conference Soccer tournament along with a bid into the national tournament.

~Victor Brankovich

PACE UNIVERSITY

Gracie Inledon

Back

Junior

Gracie Inledon has continued to work hard in the weight room and with her conditioning to help develop her game on the pitch. Gracie has achieved a 255lb Box Squat, 120lb Bench press, 28.5" Vertical Jump and 6'4" Broad Jump. This added strength and muscular development has helped her battle through injuries and maintain her high level of play. This has resulted in her playing in all 56 of Pace's games over the past 3 seasons. She helped lead pace to a 0/97 goals-against average this past season, as well as being one named to the NE-10's all conference third team and one time defensive player of the week. ~Philip R

RADFORD UNIVERSITY

Liam Deacy

Forward

Senior

Liam Deacy (Diesel) is the type of athlete you want as a strength coach. Dedicated, coachable, and willing to run through a wall if you ask him to. Throughout his time at RU Diesel was one of the strongest pound for pound athletes in our program, and a consistent presence in the weight room. ~Lucas Mason

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Rochester Institute of Technology

Mia White

Forward/Midfield

Senior

Mia is the hardest worker in a room full of hard workers. She consistently challenged herself to achieve new heights. Even after the completion of her eligibility, Mia has been in the weight room 3 days a week trying to take herself and her game to the next level. It is exciting to work with an athlete who brings so much excitement and enthusiasm to the weight room. Mia finished her senior year with a Front Squat max of 150, Hang Power Clean of 125 and Bench Press of 130. She also increased her vertical jump from 14.8 to 16.3 over the course of her final season. ~Ryan Kelly

SOUTH DAKOTA STATE UNIVERSITY

Darien Poelstra

Senior

Darien has gotten the most out of every opportunity presented to her while playing collegiate Division I soccer. Her work ethic and dedication to her craft is what has set her apart from her peers. She is the ultimate teammate and competitor that also sows her time back into the community. Her success both on and off the field is a testament to her daily approach to the opportunities in front of her. Darien is deserving of this award not only because of her weight room accolades but her willingness to get 1% better each day. ~Andre McIntyre

ST. MARY'S UNIVERSITY

Marcus Plataniotis

Defender

Sophomore

Marcus stands out for his unquenchable thirst to learn how to get the most out of his body. He has great self-awareness and works diligently to improve areas where he needs the most work. His work ethic is second to none, and he is obsessive about getting the little things right to maximize his performance. He is never afraid or unwilling to try something that could make him better.

Marcus, a sophomore, is an international student from Australia, and maintains a 3.98 cumulative GPA. ~C.J. Richardson

STEPHEN F. AUSTIN STATE UNIVERSITY

Carli Arthurs

Defender

Senior

Carli has shown the upmost pride and integrity in herself and her team by consistently demonstrating superior work ethic, attitude and effort. Her high motive to succeed and unparalleled competitiveness has allowed her to return from a season ending injury and excel above many of her peers. Not only do these achievements happen on the field, but also in the classroom. ~Christa Robinson

TROY UNIVERSITY

Kiersten Edlund

M/D Mid Field

Senior

Kiersten is a force to be recon with . At 5'4" 145lbs plays hard and with unbelievable effort. She posses a 3.7 GPA in Rehabilitation / Exercise Science , which shows success both on and off the field.. Kiersten also has leadership qualities and is looked up to by her piers . She will be missed but no doubt be a success in any of her future plans. ~Richard Shaughnessy

UNIVERSITY OF DETROIT MERCY

Sophie Mapes

Midfield

Senior

Sophie has been a staple within our women's soccer team. She's been consistent in her training, and a role model for her teammates. From the start, We've been able to count on her to be an extra coach on the floor, teaching and guiding her teammates to get the most out of them. Sophie has been a pleasure to work with and well deserving of the NSCA All-American Strength and Conditioning Athlete of the Year Award. ~Eric Davis

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UNIVERSITY OF DETROIT MERCY

Sami Nouri

Goalkeeper

Senior

Sami came to UDM with little training experience but has grown into a role model for all of our athletes here. He quickly learned that strength training was important to his athletic development and dove in head first. He's been an incredible leader in and out of the weight room and holds his teammates to higher standards. We can always count on him to take the younger players under his wing and show them the ropes, making it easier to do our jobs. Sami has been an absolute pleasure to work with and well deserving of the NSCA All-American Strength and Conditioning Athlete of the Year Award. ~Trevor Klump

UNIVERSITY OF LYNCHBURG

Nick Morgan

Forward

Senior

Pound for pound the strongest and one of the fastest Soccer players that I've been able to work with. Nick's hard work, lead by doing and not really talk mentality gain him the respect deserved by his teammates. His work in the weight room and during conditioning sessions allowed him to become a valuable option for our Men's Soccer program. ~Ed Smith

UNIVERSITY OF LYNCHBURG

Sarah Pavlovich

Defense

Senior

Sarah is a "lead from the front" type athlete. An Exercise Science student-athlete understood the importance of strength training and conditioning. Through her hard work and determination, Sarah worked her way into being a strong player on the backline for our nationally-recognized women's soccer program! ~Ed Smith

UNIVERSITY OF MARY WASHINGTON

Brooke Bauman

Center Mid

Junior

3 year all conference player and all academic team. Captained her team to win the CAC conference tournament for the first time in over 10 years. Nursing major. Recorded the game-winning goal against #7 CNU in the CAC Semifinals. A great leader and work ethic. Has managed to excel at a very demanding nursing program as well as continue to improve, perform, and lead at an incredible high level for her team. ~Brett Longobucco

UNIVERSITY OF MARY WASHINGTON

Jacob Lovinger

Right Back

Senior

Demonstrated outstanding leadership and commitment to nationally ranked program. 2 year captain leading his team to win the conference tournament and advance to NCAA tournament 3 out of his 4 years. Has received offers to play semi professionally as well as coach a local high school team. Embodies the principles and work ethic on and off the field that the NCAA and NSCA look for in outstanding individuals ~Brett Longobucco

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UNIVERSITY OF MICHIGAN

Emma Cooper

Forward

Junior

Emma Cooper, a junior forward on the Women's Soccer team, continues to exemplify what it means to be a student-athlete. She exhibits a drive to succeed in the weight room, on the pitch, and in the classroom. Throughout her career here, Emma has been one of the top performers in the S&C program, hitting personal bests that include a 270lb deadlift and 140lb power clean. Emma is also a consistent contributor on the field, having played in 54 games and totaling 2,333 play minutes. Academically, she has been a Two-Time Academic All-Big Ten Honoree as a Chemical Engineer major. Emma's accomplishments demonstrate her attention to detail and dedication to all aspects of being a student-athlete. Emma is an integral member of the University of Michigan Women's Soccer team, with her unwavering work ethic and commitment to the program serving as an example for her teammates.

~Katlyn Haycock

UNIVERSITY OF NORTH CAROLINA AT CHARLOTTE

Michaella Arteta

Midfield

Sophomore

Michaella has shown tremendous improvement both on and off the field since arriving here as a freshman. Her dedication to her own physical development presents itself daily during training and competition. She pushes her teammates daily to be better versions of themselves both physically as well as spiritually. It's been a pleasure to watch her transition to a leadership role and her continued growth will be fun to witness over the next several years. ~Perry Costales

UNIVERSITY OF SOUTHERN MAINE

Adela Kalilwa

Forward

Senior

Adela is was a leading scorer on soccer as well as a returning 2x track & field all american in the horizontal jumps. She has consistently weight trained since arriving on campus, setting a great example for teammates on both sports. ~James Giroux

UNIVERSITY OF TENNESSEE AT MARTIN

Lexi Thomas

Defender

Senior

Since Lexi stepped on campus, she has made a commitment to her fitness and strength. Lexi's leadership and play was integral in team's 2018 OVC conference championship. In addition, to Lexi's athletic and academic commitments she is also in ROTC and will enlist in the Army upon graduation. Her selflessness and dedication to others elevates all those around her.

~Chris Gillies

UNIVERSITY OF TEXAS RIO GRANDE VALLEY

Kinga Szemik

Goalkeeper

Senior

Kinga has been a corner stone for our women's soccer program. She is the teams career leader in games played at 61, minutes played at 5,400 minutes, saves at 225 and, wins at 26. The senior goalkeeper from Pietrzykowice, Poland, represented UT Rio Grande Valley on the Third-Team Scholar All-West Region Team as she holds a 3.89 GPA and is pursuing a degree in psychology. Szemik is the first women's soccer player from UT Rio Grande Valley to earn the award. The senior was also named to the All-WAC Second Team and WAC All-Tournament Team this season. ~Lucas Monroe

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UW-WHITEWATER

Sara Klimisch

Goalkeeper

Senior

Inside the weight room, Sara was always striving to better herself. She would always ask questions to make sure she was doing the exercises right so that she could help teach and lead the rest of the team. She was a natural leader that kept the rest of the team focused and on task. On the field Sara was a commander. Constantly letting her teammates know what she was seeing and helping guide them into the correct positions. That leadership aided them in winning the 2019 WIAC Conference as well as earning her a spot on the All-WIAC first team. On top of that, she was a 2 time WIAC Defensive player of the week and ranked top 5 in conference goals against average (.91), save percentage (.825), and total saves (66). ~Jesse Koenig

UW-WHITEWATER

Garrett Morgando

Defender

Senior

Garrett was always working hard in the weight room. He was focused and dedicated to getting stronger going into the season. His drive and dedication was palpable and his teammates clung to that and followed his lead in staying focused on their preseason and in season workouts. He made sure everyone was doing the lifts correctly and checking that the team was doing all of their sets and reps. This diligence led Garrett to an ACAA Defensive Player of the Year award, as well as being selected All-American Collegiate Athletic Conference for his performance during the 2019 season. He was also a 2 time ACAA Defensive Player of the Week and helped the team allow only .86 goals per game. ~Jesse Koenig

VASSAR COLLEGE

Fiona Walsh

Goalkeeper

Junior

Fiona Walsh is our strongest student athlete from a women's sport team. She is consistent and steady making improvements in her physical ability each year. Fiona is always seeking more and looking to push herself to new heights. This hard work and commitment is what sets her apart from others and pushes those around her to work hard. ~Alice Read

VIRGINIA MILITARY INSTITUTE

Julianne Knoblett

Senior

Julianne has been a consistent hard worker during her time here at the Virginia Military Institute. She is a two sport athlete competing at a high level in both Soccer and Track while majoring in Biology. She has been a statistical leader on the Soccer Team and is a member of the VMI School record setting 400 meter Relay Team.

~Dave Lawson

VIRGINIA MILITARY INSTITUTE

Broden Schull

Goalie

Sophomore

Broden has been a two year starter at the Virginia Military Institute. In 2018, Earned Southern Conference Men's Soccer All-Freshman honors led all of Division I in saves and saves per game. In 2019, he repeated and led the country in saves and saves per game in division 1. Throughout his career at VMI, he has worked with tremendous effort, focus, and motivation, and he has shown great improvement in himself and his teammates.

~Logan Moody

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WASHINGTON COLLEGE

Sean Garin

Defense

Senior

Sean was a mainstay on defense for Shoremen soccer, starting in all, but one game his Sophomore, Junior, and Senior seasons. He was a three time All-Centennial Conference Academic Honor Roll Recipient, and captain of the team his senior year. Sean had an unbelievable work ethic and truly drove his team's work ethic in the weight room. Sean was the thermostat when it came to his team's effort, intensity, and drive. Sean also demonstrated his strength with a squat in the mid-300s and a deadlift well over 400lbs. ~Jonathan Jenkins

WAYNE STATE COLLEGE

Madison Graig

Junior

Madison plans to compete in tri-athlete once she graduates. She is one of our strongest soccer players and is always working to improve. Her outstanding work ethic should propel her to a big season in the fall.

~Dakota Coon

WAYNE STATE COLLEGE

Rachel Grisham

Senior

A true example of an Ironcat! Rachel has a 315lb barbell deadlift to go along with a squat over 250lbs. Weight training is something she has a passion for and will continue to train throughout her life, she will be greatly missed for so many reasons- the biggest being her leadership! ~Taylor Feenstra

WAYNE STATE COLLEGE

Sophia Ketchmark

Senior

What Sophia lacks in natural size she more than makes up for in work ethic and attitude. Sophia comes to work everyday with an intent on improving and winning. Her leadership will be missed at WSC! ~Grant Darnell

WEST TEXAS A&M UNIVERSITY

Samantha Silvestre

Defender

Senior

Sam shows up each day ready to put in the work and improve. Whether we are in the weight room or on the field for conditioning, she gives her best effort and encourages her teammates to do the same. For being small in stature Sam has solid total body strength with a 160 pound front squat, 200 pound deadlift, 100 pound hang clean, 100 pound incline, 115 pound bench press while showing her explosive power with a 20" vertical jump. She left a lasting impression on her teammates with her passion, toughness and will to win on the pitch.

~Derek Kennedy