



## Abilene Christian University

**Morgan Knight**

**Position: Thrower**

**Junior**

Morgan is an exceptional leader and great person to be around. He has dedicated himself to his craft and trains year around. His motivation and drive has paid off so far this indoor season. He placed 2nd in both the shot put and weight throw at the conference meet. ~Bret Miguez

## Augustana University

**Josh Reider**

**Position: Sprints / Jumps**

**Senior**

Through four years of hard work, Josh has made massive improvements in the weight room and on the track. A model student-athlete, Josh holds multiple Augustana weight room records and has been named to numerous Academic All-NSIC teams. ~Andrew Stocks

## Clemson University

**Torie Robinson**

**Position: Short Sprinter**

**Senior**

After being told by medical experts that she would never be able to run again, Torie Robinson has become one of the most decorated student-athletes on the Clemson track & field team. Torie has earned seven first-place finishes throughout her career at Clemson in the 60m, 200m and as a member of the 4x100m relay unit.

In 2017, she was runnerup in the 60m at the ACC Indoor Championships and helped the Tigers claim first place in the 4x100m at the conference outdoor meet. Robinson has also represented Clemson all three years on the national stage at the NCAA Outdoor Championships.

Along with Torie's achievements on the track she has consistently dedicated herself all four years in the weight room at the highest level including completing an internship with Clemson Olympic sports strength and conditioning this summer. Being a short sprinter Torie is without a doubt one of the most powerful females we have in our weight room here at Clemson, she has demonstrated this through her 180 pound power clean and 280 pound squat. Most importantly, Torie has set a tremendous example for all of our incoming freshman as to what level of focus and commitment is needed to be a successful track and field athlete not only on the track but in the weight room. We are very lucky to have her here at Clemson University.

~Stephanie Mock



## **East Carolina University**

### **Savannah Wood**

**Position: Pole Vaulter**

**Sophomore**

Savannah is the definition of an all around athlete. She is a current sophomore at East Carolina University and a Pole Vaulter on the track and field team. Savannah just hit a new personal record at her last meet of 12'3". In the 2016-2017 season she took 17th at the American Athletic Conference Outdoor Championships. She is also actively involved in SAAC, which is East Carolina University's Student-Athlete Advisory Committee (SAAC) is a group of diverse student leaders that promotes a positive experience for student-athletes through effective means of communication. SAAC serves student-athlete needs and seeks opportunities that encourage excellence on the field, the classroom, in the community, and in life. Savannah is also very committed in the weight room. She is always striving to PR her old lifting records, never misses a practice, and encourages her other teammates. I am beyond impressed with her performance in the classroom, weight room and track. She is the most deserving person for this award. -Emily Sniezek

## **Eastern Michigan University**

### **Jasmine Jones**

**Position: Sprinter (100,200,400)**

**Senior**

I have had the pleasure of working with Jasmine for 3 years now. I have seen her maturation as an athlete and more importantly a human being. She has become a strong leader with-in her sport and has served as a team captain for two years now. Jasmine has excelled on the track the last two years winning MAC titles in the 4x100, 200m, and 400m for both indoor and outdoor and holds the school record in the 300m. She handles her athletic career like a professional and she carries that mentality to the weight room. Over the three years coaching her I have seen her #'s skyrocket. She currently squats 325#, power cleans 200#, and benches 185#. She loves to be challenged and is flexible enough to make tweaks to her training plan to help her be successful. In the classroom Jasmine currently holds a 3.0gpa while majoring in marketing. Upon graduation she plans to pursue a professional career on the track. She has been active in a number of different community service projects such as the Alzheimers and diabetes walks each year since being here at Eastern Michigan University. Jasmine has been a pleasure to work with, she has made me a better coach, and I look forward to seeing her life continue to unfold. -Aaron Short



## Kennesaw State University

**Daniel McKune**

**Position: Thrower**

**Senior**

Daniel McKune has a relentless determination to be a great student of his sport with regards to training both inside and outside the weight room. Over the past four years, I have had the honor to watch Daniel grow into an incredible leader, teammate, and an even better person. Daniel is one student athlete that works hard in every aspect of training, day in and day out.

~Timothy Dombrowski

## Kennesaw State University

**Jocselyn Powell**

**Position: Hurdles**

**Senior**

Jocselyn has been one of the most consistent, dedicated, and coachable student-athletes throughout her career at Kennesaw State University. Despite her quiet demeanor, Jocselyn's strength, skill, and unwavering attitude roars her character. Any that see Jocselyn on the track or in the weight room know that she is a competitor and strives for success.

Personal Bests (at 50kg body weight):

Clean = 65kg                      Front Squat = 100kg

60m = 7.83                        100m = 12.2

400m = 56.57

2017 USTFCCA All-America Honorable Mention (400h) ~Jeremy Gough

## Lipscomb University

**Wayne Newman**

**Position: Sprints and Hurdles**

**Senior**

Wayne has been ASUN Indoor and Outdoor Runner of the year, National Academic All- American, ASUN scholastic athlete of the year, Don Meyer Award winner, and 3 time East preliminary Qualifier. In the weight room, he is one of our strongest and most explosive athletes pound-for-pound. His work ethic and drive to be his absolute best are what have helped him achieve massive success at the highest level of NCAA Division I Track and Field.

~Steven Mason

## Menlo College

**Jonnythan Munkholm**

**Position: High Jump**

**Senior**

Jonny leads by example in the weight room and has elevated the performance of each of his teammates through doing so. ~Travis Patrick

## Nova Southeastern University

**Kyle Forsythe**

**Position: Pole Vault**

**Junior**

Kyle Forsythe is the guy that shows up to his weights session 15 minutes early; always first in line for warm-ups and always getting his work done with maximum effort. Kyle's leadership in the weight room is unmatched. He gives his everything into each and every rep and at the end of his set, in the midst of catching his breath, he is helping his teammates load plates, spotting or motivating them through their sets. He approaches the bar in the weight room the same way he approaches the platform on the track, with the same intensity, determination and passion for the sport. In the true embodiment of a student athlete, Forsythe boasts an impressive 3.8 GPA. ~Steven Orris

## Penn State University

**Steph Sievers**

**Position: Javelin**

**Junior**

Steph is a phenomenal person. She excels in the classroom, in the weight room, on the field, in life, and embodies what it truly is to be a Penn Stater. She has a tireless work ethic, is a perfectionist, one of the most positive people I've ever been around, and has absolutely had a greater impact on me than I've had on her. It makes me extremely proud and happy to be able to nominate someone like Steph.

~Cameron Davidson

## Sacred Heart University

**Adriana Forcucci**

**Position: Spints / Jumps**

**Sophomore**

Clean – 140      Squat -240      Bench – 125

~Chris Fee



## Saint Louis University

**Tom Malloy**

**Position: Thrower**

**Junior**

When Tom came to SLU as a freshman thrower, he needed a lot of work to compete at the level of his upper classmen. Since day 1, Tom has been diligent about getting better in the weight room and in the ring. Whether it is coming in every day during the summer at 6am or coming in early to team lift to work on some rehab exercises, Tom does what is needed to become a better thrower. Throughout his career at Saint Louis University, he has become a better student-athlete by dedicating himself to the weight room while exceling as a student also. Tom continuously pushes himself and his teammates which has led to constant improvement in the ring. ~Alison Muenz-Winkler

## Shawnee State University

**AJ Barber**

**Position: 400m/Mid-Distance**

**Senior**

2017 4x800m relay conference champion, 2nd place 800m, 3rd place 4x400m relay  
2017 Indoor 600m conference champion  
2018 Indoor 4x800m relay conference champion  
Has worked extremely hard since starting our strength and conditioning program and setting personal records in Bench 253lbs., Squat 259lbs., and Power Clean 171lbs. AJ has been a great leader by example to his younger teammates by always being on time and working hard as well as being a positive motivator. ~Blaike Smith

## South Dakota State University

**Oksana Covey**

**Position: Mid Distance**

**Sophomore**

Oksana is an extremely dedicated athlete with high aspirations. Her outstanding work ethic has helped lead her to setting 4 school records: 600m 1:32.53, 800m 2:09.31, as well as the indoor and outdoor 4x400m relay records. She is very gifted in the weight room as well. Supplemented with a lot of hard work, she has already achieved a 225lb. squat which is 2x her bodyweight. She is driven to be the best, and she's only just scratching the surface of her true potential. ~Sean O'Connor

## South Dakota State University

**Savannah Dolezal**

**Position: Sprinter (400m)**

**Senior**

Savannah transferred to South Dakota State before her sophomore year and quickly proved to both the Track & Field and Strength & Conditioning staffs that she was committed to being the best sprinter she could be. Her incredible work ethic and passion for training hard both on the track and in the weight room has allowed her to become one of the fastest 400m runners in SDSU history. At a body weight of 128.4lbs, Savannah can Power Clean 150lbs, Squat 225lbs, Bench Press 150lbs and has a 24 inch Vertical Jump. Savannah never needs to be motivated and is a pleasure to coach. I am confident she will succeed in any endeavor she chooses after her career as a student-athlete. ~Adam Parsons

## TCU

**Justin Sanchez**

**Position: Hammer Throw**

**Senior**

Justin Sanchez is a model Division I athlete. His dedication to strength development over the past four years has enabled him to become a Big 12 scorer in the Hammer events. His strength levels and fitness levels have continued to develop each year and have provided success to his track and field career. His passion to excel in the wt. room and in his throwing events has been remarkable. He has been driven to become a Big 12 thrower and has become successful through hard work, technical development and passion. ~John Kenneson

## Towson University

**Megan Kelly**

**Position: Sprints/Hurdles**

**Senior**

Megan has showed extreme dedication and effort in training this past year. She has battled various injuries through her college career but remained persistent in getting better everyday. Not only does she give her all in the weight room and takes care of her body extremely well. She can power clean 185 lbs, squat 300 lbs, and deadlift well over 300 lbs. Though she excels on the track and weight room, she is always trying to improve to be the best. This trait is what sets her apart from others and attributes to her success. ~Justin Houng



## **Troy University**

**Riley Schwietz**

**Position: Heptathlete**

**Senior**

Riley was elected team captain for track and field from 2016-present. She has been a current executive member of the Student Athlete Advisory Committee (SAAC) since 2016. In 2017, Riley was awarded the Trojan Inspire award, the Trojan spirit award and has been recognized for her outstanding leadership in the HSTM program. athletically, Riley has continued to earn points for her team at the Championship level. She placed top 8 in the Women's pentathlon competition in 2016 and 2017. she has also been in the top 8 sports in the Women's Heptathlon in 2015, 2016, and 2017. Riley currently holds the record at Troy in the women's pentathlon. On top of the multi-events, Riley also competes individually in the women's javelin throw where she has placed in the top 5 in 2016 and top 8 in 2017. She has been an active member in her community, specifically in youth sports. since 2009, Riley has been passionate about raising money for the Scott Sullivan fund, a scholarship fund that has awarded underprivileged youth athletes scholarships for college.

Some of her numbers: body weight 161 lbs., Back Squat 255, Bench 170, Power Clean 190, Dead lift 285, Vertical Jump 28 inches.

Riley is not only an good athlete but an exceptional student receiving her undergraduate degree in Sports Management and a minor in Leadership Development and has a GPA of 3.87. She is now working on her Masters in Global Business (MBA) and has a GPA of 3.33. ~Richard Shaughnessy

## **University of California, Berkeley**

**Kendall Mader**

**Position: Discus**

**Senior**

Clean: 215

Bench: 175

Back Squat: 315

Kendall has so much power, strength and personality packed into her 5'6" 150lb frame. She has a contagious personality and brings so much positive energy to all training sessions. That energy is carried over into throwing as she finished 3rd at Pac 12's as sophomore in 2017 and is 8th all time at Cal.

Facing an injury early on in the fall, I've only seen her push harder at training, doing everything she can possible to heal while also keeping up with her training. She's always pushing her teammates to better themselves and bring them up when they are down. Kendall is always the last one to leave, doing extra work to give herself the competitive edge. As a team captain, I've seen her grow in her leadership abilities and training. Kendall's work ethic, drive, and energy is sure to make her a top contender in the Pac 12 and the NCAAs.

~Courtnee Butler, Cal Track and Field S&C



## University of California, Berkeley

### Peter Simon

**Position: Shot Put**  
**Senior**

Push Jerk: 460      Bench: 440  
Back Squat: 585      Clean: 390

With a work ethic and dedication to throwing and training like I've never seen, Pete has quickly become one of the most accomplished athletes at Cal. Pete won a hard fought battle to become Pac 12 Champ and was the first Cal shot putter to score at Nationals since 1981 in 2017. He is also a two time All-American. Even with all of these accomplishments Pete comes to training everyday with only one mindset, do everything he possibly can to get better. He is consistently the hardest worker in the weight room and on the track. This work ethic has influenced all of his teammates especially the younger shot putters. Pete holds his teammates to a high standard of achievement, keeping them accountable in their training while also helping to coach movements and exercises they might be struggling to perform. Pete's accomplishments and work ethic has set the tone for a standard of excellence that will carry on long after he finishes his collegiate career at Cal. -Courtnee Butler, Cal S&C

## University of Nebraska Omaha

### Kayla Sabotin

**Position: Distance**  
**Senior**

Kayla has displayed great dedication to strength and conditioning during her athletic career. She has been devoted to improving herself as a cross country and track athlete, utilizing the weight room as a key to her athletic success.

Kayla has posted personal bests in the Power Clean (110 lbs), Back Squat (190lbs), Bench Press (85lbs), and Vertical Jump (19 in). She has continually pushed herself and her teammates to excel in the weight room which has led to continual improvement on the track. Along with Kayla's XC and track accomplishments, she has proven to be dedicated to the class room and within the community. Kayla is a perfect candidate for this award and is bound to excel in all of her future endeavors. -Logan Ogden



## US Air Force Academy

### Britt "Chip" White

**Position: Sprints/Hurdles**

**Senior**

Chip has been a leader and a role model in the weight room and on the track. He has lead the team to numerous MWC Conference Championship titles, and represented the US Air Force Academy at the NCAA DI Outdoor T&F championships. He has the heart and mind of a champion. Chip's willingness to work his weakness, and never being satisfied with the norm is what sets him apart. His work ethic, diligence in training, attention to detail and dedication to excellence has elevated his performance in strength & conditioning, but more importantly, he has inspired everyone around him to do the same. The U.S. Air Force's greatest strength is the individuals that comprise it; Chip is the kind of man that encompasses the qualities necessary to lead and serve as an outstanding officer in our United States Air Force. -Dana Lyon

## William Woods University

### Madelyn Scrivner

**Position: Throws**

**Senior**

Maddie can to William Woods as an undersized thrower. She had some success in high school but really developed once was in our program. Maddie took to the program quickly and immediately showed her work-ethic. She quickly became a leader simply by her example. As she grew stronger and her quickness increased her throws became more impressive.

She now holds the school records in the indoor and outdoor shot, the weight and hammer throws. She is second all-time in the discus.

Maddie has become an NAIA All-American in the Hammer and is looking to add the same honor in the Weight.

She had to develop her strength and quickness in order to overcome being short which can be a big disadvantage in the throwing events.

Maddie has squatted (475lbs), and bench pressed (201lbs), both are the most of any female athlete at William Woods University. She had also had a Hang clean of 195lbs.

With all these accomplishments the best one is she will be graduating in four years with her degree in special education. -Robert Jones