

COLLEGE — SWIMMING

BUFFALO STATE COLLEGE

MAGGIE TRIPP

Distance

Senior

Maggie is another one of my quiet athletes that have excelled in the weight room during her time at Buffalo State. Maggie has listened and worked very hard to achieve her best each and every day. As a coach, there is not much to ask of her since she is a great example to her teammates. She has excelled in the classroom as well and has been one of our most reliable student-athletes. ~Nathan Young

COLBY COLLEGE

JOHN CONNORS

Senior

John is a shining example of what it means to be a student athlete. In the pool John is no stranger to finishing first, and has set school records in multiple events. Beyond the pool, Connors hard work can also be seen in the weight-room. He is the first to show up for lift, and will stay late to finish the lift fully. He encourages his teammates and is the one to set the standard and expectations both from a performance and behavioral standpoint. There is no question as to why he was also a captain this year. Outside of athletics John also exceeds in academics, as a Computer Science major he is an active member of Club Volleyball and the Peak Performance Data Science Club that helps test and collect data of athletes via force plates- an interest of Connors. John will be missed, but his commitment, hard work, and talent will forever leave a mark on Mules Athletics. ~Catharine Moss

COLORADO COLLEGE

WILL FLOYD

Senior

Will is a phenomenal leader on our swimming and diving team. He lights up the weight room with his energy and love for his teammates. He is very encouraging, selfless, and always willing to go above and beyond with a smile on his face. ~Emily Andersen

DUQUESNE UNIVERSITY

HANNA EVERHART

Free/Back/IM

Senior

Hanna is an amazing person all around. Her accomplishments in the pool are nothing to look down upon. With her 9 gold medals, 13 overall medals, and multiple school records, Hanna is an absolute leader in the water. Not to mention doing all of that all while maintaining high academic standards as she studies to be a Physician Assistant. In the weight room, there is only one word to describe Hanna: Explosive! Practice might have been tough, it might be finals week, or maybe she's running on limited sleep, but none of that matters. Every time she walks into the weight room, there is going to be a load of weight on the bar and she is going to make sure it is moving fast! There hasn't been a day that has gone by where I question Hanna's work ethic. This is someone who has already accomplished a great deal and will only continue to succeed as she rises to every challenge in front of her. ~Ryan Schaub

COLLEGE — SWIMMING

GEORGE FOX UNIVERSITY

SHAWNA ASHLEY INGRAM

Junior

Shawna Ashley is the captain of the swim team at George Fox University. She sets the bar high for her teammates, showing up early for practice, giving rides to teammates for practice, coordinating team dinners, and giving full effort on every set in practice. Dry land training is where she excels the most, she just loves to train, and Kettle Bells are her favorite. She is an example to her teammates of a positive attitude, and relentless drive. Shawna Ashley is the strongest member of the women's team, and even stronger than some of the members of the men's team. She will workout with her team then do extra work on her own. Not only is she a great competitor, but she is the biggest encourager on the team. Strength training has given her the confidence to be a college swimmer and a leader. Shawna Ashley has a 3.89 GPA, and she also her team's representative for SAAC (Student Athletic Advisory Committee). ~Ken Ingram

HOLLINS UNIVERSITY

KATHERINE KOMAREK

Sophomore

Katherine is a sophomore student-athlete on the women's swimming team for Hollins University, pursuing her major in business with a concentration in marketing. Katherine has been a tremendous leader from the first day she arrived on campus and is one of our most dedicated student-athletes to the strength and conditioning as well as sport performance improvement in general. Katherine is an exemplary leader in the classroom, in the pool and in the weight room, always bringing positive energy and setting high standards for the entire team. This year she has battled a difficult back injury but has maintained a positive and optimistic attitude and continues to work hard to persevere and improve daily. Katherine exemplifies our core values of leadership, integrity, commitment, attitude, effort, and

respect. She has also participated as a member of the tennis team and Hollins outdoor sports H.O.P program. Katherine excels not only in her sports but academically as well, earning ODAC All-Academic Team recognition for the second year. ~Leslie Williams

IOWA STATE UNIVERSITY

MARTHA HAAS

Breast/Sprint Free

Senior

Martha is a great listener and communicator who made it easy to work with in creating a plan of action to perform optimally, despite injury. Martha ardently tackled her strength, treatment and swimming practices without complaint. She is adaptable and was always open to different variations of exercises. She is one of the strongest athletes in the weight room, who shined during difficult workouts. It has been a pleasure coaching her through her relentless pursuit towards success. These are reasons why I know that all these qualities will help her excel in life. ~Madeline Prado

NOVA SOUTHEASTERN UNIVERSITY

CELINA MARQUEZ

Backstroke

Junior

Celina Marquez provides strength and leadership for her team. Her "no non-sense" approach to training has led her to success in the weight room and in the pool. Already an Olympian, she has dedicated herself to improving her performance through strength and conditioning to raise her level and the level of the entire team. Celina embodies the essence of leadership through hard work, focus, and attention to detail. She has a 3.67 cumulative GPA and will graduate next year with a degree in accounting. ~Steven Orris

COLLEGE — SWIMMING

ROCHESTER INSTITUTE OF TECHNOLOGY

MATT CIMINELLI

Breaststroke and Freestyle

Senior

Being a 2-sport athlete tells the story of Matt. He is an individual who is constantly looking to push himself, whether it be the weight room, the circle, or the pool. He sits on the vertical jump leader board with a HOH Vertical Jump of 31", and regularly demonstrates strength levels that place him among the strongest student-athletes at the school. His curiosity and desire to learn leads him to take an active role in the process, and Matt continually asks intelligent questions regarding our training. Finally, his presence can be felt immediately when he arrives, as his phenomenal attitude allows him to have a great relationship with every one of his teammates. ~Connor McJury

STONY BROOK UNIVERSITY

MIA SCLAR

Diving/Diver

Redshirt Junior

Mia is an extremely dedicated and hard working athlete. She has such a passion for being in the weight room looking to improve in every lift she does to help her on the diving board. She has the highest front squat and clean on the team at 165lbs and 120lbs respectively. This past season she broke the 19 year old program record for the 1 meter dive (which was 269.10) with a score of 302.175. This then gave her the honor of being named America East Diver of the Week. ~Kristen Cole

UNIVERSITY OF CONNECTICUT

KATELYN WALSH

Breaststroke

Senior

Katelyn's impeccable work ethic has helped her achieve high levels of success both in the weight room and in the pool. She is a two-time conference champion, holds school records in the 100 and 200yd Breaststroke as well as 200 and 400yd Medley. She is currently ranked #2 overall in Sports Performance testing. Katelyn's drive was demonstrated early in her athletic career leading to two leadership awards earned during her freshman year. Her commitment to push the standard has made her an exemplary leader on the team. ~Maureen Butler