

COLLEGE — CROSS COUNTRY

COLORADO COLLEGE

LILY BRAZIL

Junior

Lily has been battling a hamstring injury all year, but has persevered and put in the work necessary to improve her injury status. Lily is always the hardest working athlete in the room. Whether it is an optional day or not, Lily is in putting in her best work. ~Derek Savage

DUKE UNIVERSITY

NICK DAHL

Men's Distance

Senior

I have only been able to work with Nick for the 2021/2022 seasons, but it is apparent that he pushes himself to be the best. He trains to win. Nick has been able to set numerous school and personal records while running for Duke T&F, and he has been putting in the training to make sure it doesn't stop there. Weight training has been a big part of the Duke Distance/XC program this year, and it is apparent that he takes training his body seriously. I am proud to nominate Nick Dahl for All-American in Strength & Conditioning. ~Jordan Bar

DUKE UNIVERSITY

MICHAELA REINHART

Women's Distance

Senior

I have had the pleasure of coaching Michaela in Strength & Conditioning for the past 5 years (currently a graduate student). I have never met someone who worked as hard as possible in all aspects of their training, no questions asked, with complete trust in those coaching them. Michaela is the epitome of a coachable athlete, and her dedication and hard work shows in her performance and her contributions to Duke Track & Field. Duke University is lucky to have an athlete of such character and quality come through its program, and she truly is leaving Duke better than she found it. It is an absolute pleasure to

nominate Michaela Reinhart as an All-American in Strength & Conditioning. ~Jordan Bar

FAIRMONT STATE UNIVERSITY

CARLINA JACQUEZ

Sophomore

Carlina Jacquez, a sophomore from Fairmont, West Virginia, is an exceptional student-athlete. This year, Carlina's hard work and consistency with our strength training program and her dedication to succeed as a runner paid off. Carlina finished in 18th place at the NCAA Atlantic Regional and received All-Region Honors, as she ran a personal best time of 22:17.5. Carlina's work ethic and dedication as a student-athlete also carries into the classroom. She currently has a 3.6 GPA and was recognized on the Mountain East Conference Academic Honor Roll and the USTFCCCA Women's All-Academic team. Carlina has already found a great deal of success early on in her career, and it will be exciting to see what her future holds. Our cross country program, strength & conditioning program and entire athletic department are all better because of student-athletes like Carlina Jacquez. ~Adam Kolberg

FLORIDA A&M UNIVERSITY

JOSIAH DAVIS

Runner

Senior

Florida A&M University's Josiah Davis is a Graduate Transfer student from The United States Coast Guard Academy. A middle-distance track specialist at Coast Guard, Josiah embraced the challenge of moving up in distance for his final year of eligibility at FAMU. Adopting an endurance-based strength training program coupled with aerobic capacity development utilizing running and cross training workouts, Josiah was FAMU's top Cross Country runner in the Fall of 2021. Away from running, Josiah is a commissioned US Coast Guard Officer and maintains a 4.0 in his Master's of Public Administration curriculum. ~Brian Hickey

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FORT VALLEY STATE UNIVERSITY

KASHIA DANVILLE

Distance Runner

Senior

Kashia is a hard worker that developed into one of the team leaders. Her progress in the weight room has reflected in improved performances every meet. This past season she earned 2021 SIAC Women's Cross Country All-Conference Honors. ~Korrey Hammond

FORT VALLEY STATE UNIVERSITY

YESAHK ERGANO

Distance Runner

Sophomore

Yesahk pushes himself in all aspects of his life. His drive to improve in the weight room has reflected in improved performances every meet. This past season he earned 2021 SIAC Men's Cross Country All-Conference Honors. ~Korrey Hammond

HOLLINS UNIVERSITY

KAITLYN OKIN

Senior

Kaitlyn is a senior student-athlete on the cross-country team at Hollins University. I have had the opportunity to coach Kaitlyn for most of her career at Hollins. She has been committed to improving her performance and abilities and as a result she has improved her strength, mobility, and endurance tremendously. She has dealt with a hip injury which she is going to have surgery for but has never stopped working hard to get better despite the pain. She is tough as nails! Kaitlyn has had an outstanding academic career at Hollins, majoring in public health, she has consistently made the deans list and ODAC All-Academic team. Beyond that, Kaitlyn has been a leader in the weightroom, on her team, and in many other contexts. She has always been extremely thoughtful, consistently putting others before herself and doing random acts of kindness for others. It is a

pleasure being her strength coach. ~Leslie Williams
~Leslie Williams

IDAHO STATE UNIVERSITY

BRANDON WALKER

Sophomore

Brandon is a fantastic student-athlete dedicated to his schooling, sport and the weight room. He takes pride in where he does work, always making sure the weight room is cleaned up and shows leadership with helping others during the team lift. Although he battled some injuries, he always asked for exercise modifications and was the last to leave the weight room, ensuring he was getting better any way he could. I look forward to seeing his hard work transfer into successes during track season. ~Brandon Rodewald

IDAHO STATE UNIVERSITY

KATIE WEEDN

Senior

Katie has been impressive this year with her work ethic and discipline in the gym. She leads by example and is bought in to the program. I've enjoyed watching her push herself on her lifts and even get outside of her comfort zone. She has also seen success running, posting season bests during cross and I am exciting to see her success transfer into the track seasons. ~Brandon Rodewald

COLLEGE — CROSS COUNTRY

IOWA STATE UNIVERSITY THOMAS POLLARD

Senior

Thomas demonstrated consistency and leadership in the weight room with his strength training during the cross season. In his first season in the weight room and last season on the course he consistently achieved personal records in his strength performance metrics while also achieving personal records on the cross course as he became an All American. Thomas's willingness to try something new and have faith in the process, focus on each task at hand, and intent each day was fun to be apart of. 2% was earned. ~Ben Durbin

UNIVERSITY OF WISONSIN-WHITewater DAVID FASSBENDER

5k, 10k, Distance Medley Relay

Senior

David shows up to every workout with a great level of enthusiasm and intention. His hard work motivates those around him and has translated into success in both cross-country and track & field. David's accomplishments up to this point include USTFCCA All-American (2020: 5,000-meter run, distance medley relay), NCAA Indoor Championship qualifier in the 5,000-meter run and distance medley relay, WIAC Men's Track Performer of the Year (2021 indoor), WIAC champion (first-team All-WIAC) in the 10,000-meter run (2019, 2021), the 3,000-meter run (indoor 2020), the distance medley relay (2020) and the 5,000-meter run (2021 outdoor), first-team All-WIAC in the 3,000-meter run (2021) and 5,000-meter run (2021 indoor), second-team All-WIAC in the distance medley relay, honorable mention All-WIAC in the 1-mile run (2021). His work ethic is inspiring and contagious to everyone around him. ~Dylan Garbutt