

COLLEGE — ICE HOCKEY

BUFFALO STATE COLLEGE

TROY BUTTON

Defense

Senior

Troy has been a fantastic student-athlete during his time here at Buffalo State. He has led his team on and off the ice and has been a voice of reason during the last two years. Troy has bought into the Buffalo State system and helped his teammates find their way. He has also started graduate work during his last year here and has shown consistency and coachability. He will continue to lead in his chosen field when he graduates. ~Nathan Young

COLBY COLLEGE

NINA PRÜNSTER

Goalie

Senior

Nina is consistently one of the strongest athletes on her team. As a current captain, she leads her team with her consistent work ethic, organizational, and leadership abilities. Nina carries herself professionally and takes her position and sport seriously, frequently performing extra work in an effort to bring up her weaknesses and improve herself and her physical preparation. A notable training achievement was Nina's commitment to improving her chin-ups. Which she improved by more than 5 reps over the course of 6 weeks last year. ~Greg Cox

COLORADO COLLEGE

BRYAN YOON

Defenseman

Senior

Bryan is a solid foundation for this team. Being the captain for a team with a new coaching staff, including myself, he's done a phenomenal job helping shape the culture. Whether on the ice or in the weight room, Bryan does the right things the right way with a high level of intensity and consistency. It's for these reasons that I'm

extremely excited to nominate him for this award. ~Cam Davidson

HOBART AND WILLIAM SMITH COLLEGES

JOE HALSTROM

Goaltender

Senior

A quiet and steadfast worker, Joe has been a constant standout in the weight room over his tenure at Hobart College. His numbers speak for themselves as well with a Bench Press nearing 300lbs, a Front Squat Close to 400, a Hang Clean at 275lbs and a Trap Bar Deadlift in the high 500lbs mark. What makes Joe a special individual is his weight room drive and his coach ability. He continues to strive for more day in and day out, in season or out of season. It is a privilege and distinguished honor to nominate Joe for this award. - CG ~Chris Gray

LINDENWOOD UNIVERSITY

MEARA RYAN

Forward

Junior

Meara is an exceptional athlete and human being, especially when it comes to training. She demonstrates a relentless work ethic, and pushes her teammates every single time she is in the weight room. She takes pride in her work, and is always more than willing to put in the time to perfect her craft. ~Collin Kohlasch

NORWICH UNIVERSITY

ALEXA BERG

Goalie

Senior

Alexa is one of the hardest working athletes in the gym and our top goalie which goes hand in hand per her work ethic and commitment to her strength training program. She always brings a positive attitude and energy to our lifts and supports her teammates. ~Scott Caulfield

COLLEGE — ICE HOCKEY

NORWICH UNIVERSITY

SCOTT SWANSON

Forward

Senior

Scott is a 5th year grad student who chose to play one final year while working on a masters degree. He's by far one of the hardest working athletes in the gym with an incredible work ethic and commitment to our strength training program. He always brings a positive attitude, a big smile, and energy to our lifts and supports his teammates. ~Scott Caulfield

SAINT MICHAEL'S COLLEGE

ANDREW DECRISTOFORO

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Senior

Andrew has excelled in all facets of his career here at Saint Michael's College. He started while earning his Captainship as only a sophomore, Andrew has made a huge impact not only for his team, community, and academically, but a significant impact here in the Varsity Weight Room. I have had the pleasure of having him serve as an intern the past two years and being a huge comment of our first refuel station here at the college. Andrew will go on to do great things in all aspects of his life. ~Ryan Garrow

STATE UNIVERSITY OF NEW YORK AT POTSDAM

CHRIS GRATTON

Defense

Senior

Chris Gratton is a senior Exercise Science major and Defenseman for our varsity men's hockey team. Chris is an aspiring strength and conditioning coach and has completed several relevant internships. Even though his fieldwork requirement for the major has been satisfied, Chris has elected to complete an internship this semester under the coach at Saint Lawrence University to further broaden his experience. For the past several years, Chris has mobilized his team's off-ice training. He writes

workouts, instructs lifts, provides motivation, and demonstrates exceptional commitment to effective training for his sport. Academically, I have received numerous compliments on Chris' professionalism and leadership in the classroom. I have no doubt that his commitment to excellence, academic preparation, and athletic experience will translate into a successful strength and conditioning career. I'll be proud to call him a colleague. Chris Gratton is EXACTLY who we hope our students to be when they take the next steps in their professional journeys. Thank you for considering him for this award. ~Tanya Hewitt

UNIVERSITY OF CONNECTICUT

MARC GATCOMB

Forward

Senior

Marc Gatcomb has always stood out in strength & conditioning since coming to campus. As a senior alternate captain he is ranked #1 on the team holding two team records in performance testing. He has shown consistent growth each year and not only makes himself better, but those around him as well. Marc is the athlete that is always working, embracing training and understanding the process. It is no surprise that he holds a leadership position within the team because he is always looking to raise the bar and elevate the standards. ~Maureen Butler

COLLEGE — ICE HOCKEY

UNIVERSITY OF NEW ENGLAND

MEGHAN HAMILTON

Forward

Senior

A born leader, Meg has been the driving force behind her team's success in the weight room during her four year career. Pound for pound, Meg is one of the strongest female athletes we have on campus and her numbers in the weight room have taken off over the past two years! What is most impressive about Meg is her dedication to mastering the tiny things upon which big things rely. She is a tactician in the weight room, constantly seeking to improve her athleticism on the ice via her strength programming. Her coachability and consistency are second to none. Her care for her fellow teammates is evident at all times! She has helped lead her team to the Nor'easter Women's Strength & Conditioning Team of the Year two times. She has truly embodied our "Leave it Better" philosophy! ~Lyndie Kelley

UNIVERSITY OF PROVIDENCE- GREAT FALLS

LEVI ANDERSON

Defense

Senior

Levi has been a pillar for the Men's Hockey team. He is a guy that holds everyone on the team accountable and keeps the boys locked in. Levi is someone that I have deep respect for and know that he won't let me down. It has been great watching him grow into the leader and man that he is today. ~Will Seevers

UNIVERSITY OF SOUTHERN MAINE

BRIANNA DOTY

Defense

Senior

Bri has been a team leader in the weight room for 4 years. Always one of the stronger athletes on the team. Her best testing performances were hockey specific energy system tests, power clean 130 and an excellent chin up score. Served as a student assistant coach in S&C

this year. Helped lead hockey to best record in years.
~James Giroux

UNIVERSITY OF SOUTHERN MAINE

TYLER GARDINER

Forward

Senior

A religious year round trainer Tyler has quietly led the team by example. Has shown gradual improvement in testing results over the years. Best results are 225 hang clean @ 160 bodyweight and one of the better team verticals @ 29". His on ice performance is very consistent all season. ~Jim Giroux

UNIVERSITY OF WISCONSIN HOCKEY

TAREK BAKER

Forward/ Center

Senior

Tarek is the epitome of a leader in the weight room both in his actions as well as his attitude. He mentored younger members of the Wisconsin Men's Hockey program in ways they could take care of their bodies in the offseason as well as in season. More over, he continues to lead in the room and demonstrates excellent technique, intent and focus when he is training. As a strength and conditioning professional, I believe that Tarek Baker exemplifies of what it means to be a great athlete in the weight room. He is a leader in attitude and action, he strives to push himself and others physically and he wants to learn about how the field of strength and conditioning can advance his hockey career.
~Paul Valukas

COLLEGE — ICE HOCKEY

UNIVERSITY OF WISCONSIN WOMEN'S HOCKEY

MADDIE POSICK

Forward/ Defense

Senior

Maddie Posick is the perfect example of a hardworking, positive, energetic leader in the weight room. Her attention to detail, leadership and overall attitude makes her one of the best athletes I've ever had the honor of working with. She not only holds herself to a high standard when it comes to the weight room but she does an incredible job showing the younger generation how to train. She has help set the Wisconsin Women's Hockey program up for continued success in the weight room due to her excellent leadership and hard work over the course of her career here at the University of Wisconsin.

~Paul Valukas

UNIVERSITY OF WISCONSIN-RIVER FALLS

CALLIE HOFF

Forward

Senior

Callie's dedication to improving herself has been evident since the first day she stepped foot on campus. Callie has not only grown as a hockey player but also has grown as a leader of her team. To anyone that knows her, it is not a surprise that she has become the all-time leading point scorer and we all know she will be successful when she starts her professional career. ~Carmen Pata

WESTERN MICHIGAN UNIVERSITY ATHLETICS

ETHEN FRANK

Forward

Senior

During each year of Ethen's career on the Bronco Hockey team, he has consistently been one of the strongest and best conditioned student-athletes on the team. His dedication in the weight room and his relentless work ethic have paid huge dividends to his on ice performance. He placed top three in eight of ten various performance testing measures prior to the start of the season and has not only led the team in goals scored but all of Division I Hockey this past season. Ethen has been a tireless worker, who leads by example, does all that is asked, and always strives to be better than he was the day before.

~Tim Herrmann