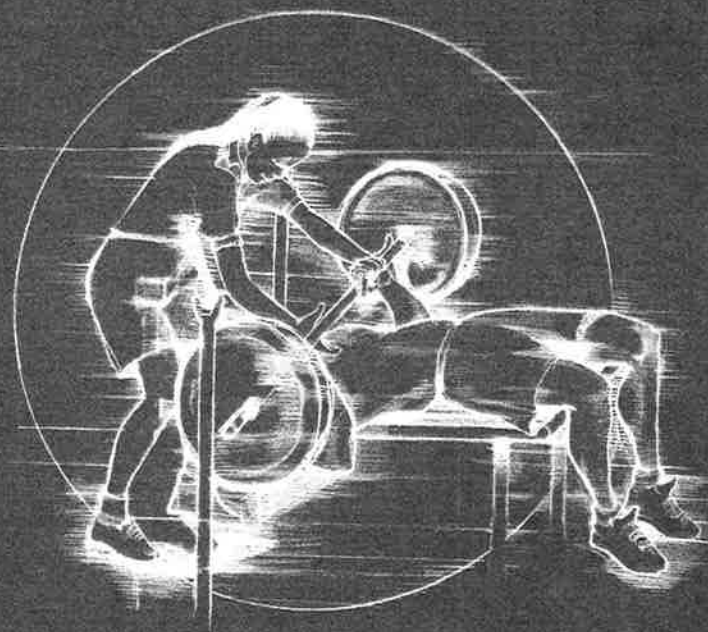




2005 ALL-AMERICAN

Strength and Conditioning Athletes



National Strength and Conditioning Association

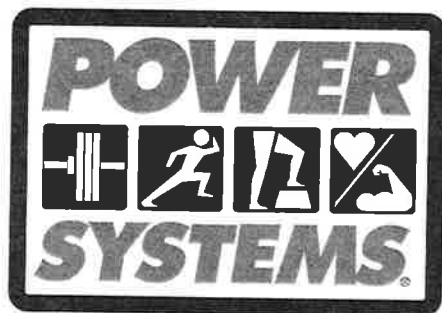
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National Strength and Conditioning Association

The NSCA wishes to thank...



***Official Sponsor
2005 NSCA All-American
Strength and Conditioning
Athletes of the Year***

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BASEBALL

Baseball Creighton University

Tony Daniel

Catcher

Senior/ Entrepreneurship
Height: 6'0", Weight: 224

Personal Bests: Bench Press: 300 lbs., Squat: N/A lbs., Vertical Jump: 27", Power Clean: 265 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Tony is an extremely dedicated athlete and willing to do whatever it takes to be successful. He has been a great leader for his team on and off the field. It has been fun to watch his continued growth over the last two years (he has added 13 pounds of muscle). This senior leader and a team captain is well qualified and deserving of this award." —Satoshi Ochi, NSCA member sponsor.

Baseball East Carolina University

Brian Cavanaugh

Outfield

Senior/ Physical Education
Height: 6'1", Weight: 185

Personal Bests: Bench Press: 285 lbs., Squat: 410 lbs., Vertical Jump: 35", Power Clean: 245 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Brian is an extremely hard worker in every aspect of being an athlete. Whether he is on the field or in the weight room, he treats every lifting and conditioning session as a challenge, so he can be the best athlete on the team." —Beverly D. Wheel, III, NSCA member sponsor.

Baseball Keene State College

John Maryanski

Outfield

Senior/ Health Science
Height: 5'8", Weight: 200

Personal Bests: Bench Press: 265 lbs., Squat: 385 lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"John sets an example for his team by being a leader in the weight room. He gives 110% to our strength and conditioning program and pushes his teammates in the weight room and during conditioning. John's dedication and motivation will make him successful at whatever he does in life." —Sarah Pesto, NSCA member sponsor.

Baseball Ohio University

Phil Sabatini

Outfield/Catcher

Senior/ Physical Education
Height: 6'0", Weight: 205

Personal Bests: Bench Press: N/A lbs., Squat: 439 lbs., Vertical Jump: 29.5", Power Clean: N/A lbs., 40-

2005

NSCA All-American Strength and Conditioning Athletes of the Year

The NSCA All-American Strength and Conditioning Athletes of the Year program recognizes those collegiate athletes, whose athletic accomplishments, in the opinion of their strength coach, reflect their dedication to strength training and conditioning.

These athletes are also recognized for their academic and personal accomplishments and their integrity as student athletes.

Power Systems, Inc. is the official sponsor of this program.

"A captain for the Vols baseball team as a sophomore, Luke Hochevar has excelled as a closer and starter. An innovator and creative athlete, Hochevar likes to invent exercises and talk shop regarding the conditioning and training of pitchers. Able to squat 405 lbs and perform three reps with 365 lbs for the step-up, Hochevar's legs are strong enough to help him throw a fastball that tops around 95-98mph. By limiting opponents to a batting average of .227, while having a 2.86ERA during the 2004 season, Hochevar was awarded a position with Team USA baseball which traveled around the globe this past summer; where Hochevar had continued success culminating with a win against Team Japan. In addition to paying his dues in the weight room, Hochevar gives his time to numerous charitable organizations and was named to the 2003 SEC Good Works Team, a 2004 Coca-Cola Community All-American, as well as the 2003 CHAMPS/Lifeskills Male Community Service Athlete of the Year." —Brian Gearity, NSCA member sponsor.

Baseball

UVA's College of Wise

Courtney Nowlin

Pitcher

Senior/ Physical Education

Height: 5'11", Weight: 204

Personal Bests: Bench Press: N/A lbs., Squat: 500 lbs., Vertical Jump: 27.5", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Has one of the strongest sets of legs I've ever seen on a Pitcher. Improved significantly on all lifts throughout

the year. A Good Leader." —Danny Sterling, NSCA member sponsor.

Baseball

William Woods

University

Michael Toomey

Pitcher

Senior/ Graphic Design

Height: 6', Weight: 210

Personal Bests: Bench Press: 250 lbs., Squat: 600 lbs., Vertical Jump: 25", Power Clean: 335 lbs., 40-yard dash: 4.64, 5-10-5 Agility: 3.96

"Mike has used the program to develop into a very good pitcher and team leader. He came in as a catcher and has worked hard to become an All-Conference performer. Mike has helped make baseball the hardest working team at WWU." —Robert Jones, NSCA member sponsor.

BASKETBALL



Basketball

Bowie State University

Rachill Robinson

Forward/Center

Senior/ Pedology

Height: 6', Weight: 174

Personal Bests: Bench Press: 140 lbs., Squat: 250 lbs., Vertical Jump: N/A, Power Clean: 170 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Rachill "Chill" Robinson arrived on the campus of Bowie State University as a frail little waif but will leave as a true powerhouse. As a dominant force in the point she terrorizes her opponents. At 6' 174 lbs. Chill squats 250 lbs., benches 140 lb., and hang cleans 170 lbs. Her commitment to reaching her athletic potential earned her the university's female strength and conditioning athlete of the year award as well as a first team spot on the All Central Intercollegiate Athletic Association team." —Edward Page, III, NSCA member sponsor.

Basketball

Brigham Young

University

Julie Sullivan

Point Guard

Senior/ Sociology

Height: 5'8", Weight: N/A

Personal Bests: Bench Press: 125 lbs., Squat: 240 lbs., Vertical Jump: 27.5", Power Clean: 145 lbs., 40-yard dash: 4.96, 5-10-5 Agility: 4.02

"Julie is extremely hard working and a fierce competitor. She had fought her way through some difficult injuries, given birth to a son, and still

manages to be a team leader on the court both in scoring and intensity. Her hard work these past years have definitely paid off. She is explosive, quick, agile, and strong, and in the best shape of her career. She is an All-Conference player, and the team will depend on her a great deal this season." —Corey Anderson, NSCA member sponsor.

Basketball

California State

University - Long Beach

Cody Pearson

Forward

Senior/ Political Science

Height: 6'4", Weight: 198

Personal Bests: Bench Press: 286 lbs., Squat: 355 lbs., Vertical Jump: 32.5", Power Clean: 264 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.49

"Cody is a hard working, vocal athlete who leads by example. He bought in to the S&C program early on in his career and has been reaping the rewards ever since." —Jason Miller, NSCA member sponsor.

Basketball

Creighton University

Sarah Vrbicky

Guard

Junior/ Exercise Science

Height: 5'6", Weight: 156.5

Personal Bests: Bench Press: 205 lbs., Squat: N/A lbs., Vertical Jump: 23", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Sarah is one of the strongest athletes we have worked with. Her intense work ethic and will to suc-

ceed has helped her become this year's strength and conditioning athlete of the year. Her tenacity in our facility allowed her to be one of a few female athletes in our facility to break 200lbs on the bench press max. She is well qualified and deserving of this award." —Satoshi Ochi, NSCA member sponsor.

Basketball East Carolina University

Samantha Pankey

Point Guard

Senior/ English

Height: 5'7", Weight: N/A

Personal Bests: Bench Press: 180 lbs., Squat: 300 lbs., Vertical Jump: 25", Power Clean: 164 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"A great competitor that loves to train. She refuses to be second best in any level of lifting and conditioning. She holds the school record for squat for women's basketball." —Beverly D. Wheel, III, NSCA member sponsor.

Basketball Georgia Tech

Megan Harpring

Guard

Junior/ Business Management

Height: 5'10", Weight: 159

Personal Bests: Bench Press: 150 lbs., Squat: 225 lbs., Vertical Jump: 22", Power Clean: 150 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Megan is a leader for the Women's basketball team at Georgia Tech both in the weight room and on the court. She constantly pushes herself and her teammates during all of the lifting

and conditioning sessions. Her hard work and dedication is unmatched. Megan has used the weight room to become a starter at Georgia Tech."
 —Neal Peduzzi, NSCA member sponsor.

Basketball Georgia Tech

Luke Scheascher

Center

Senior/ Management

Height: 7'1", Weight: 250

Personal Bests: Bench Press: 225 lbs., Squat: 305 lbs., Vertical Jump: 28", Power Clean: 200 lbs., 40-yard dash: 5.1, 5-10-5 Agility: 4.55
"Luke has an outstanding work ethic and is a quality person as well. Luke is always working on improving his game. Last year he worked out five days a week twice a day. He went from not starting the year before to being named to the Final Four All Tournament Team. He finished 2nd in the ACC in blocks and 7th in rebounds. He is definitely an example to the rest of his teammates of what hard work can do. It has been a pleasure working with him."
 —Willima S. McDonald, NSCA member sponsor.

Basketball Humboldt State University

Peni Vaefaga

Guard

Senior/ Psychology

Height: 5'8", Weight: 165

Personal Bests: Bench Press: 185 lbs., Squat: 285 lbs., Vertical Jump:

26", Power Clean: 185 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Peni is an incredibly graceful and powerful athlete who turned heads in the weight room and on the basketball court. A four-year starter and team captain, Peni holds all of the Humboldt State weight room records for her weight class. Due to her impressive physical stature and her aggressive style of play, Peni was an intimidating force on the basketball court. A naturally strong athlete to begin with, Peni pushed the limits with her dedication to strength and conditioning and led the weight room staff to coin the term, "Speci-woman"."
 —Drew Petersen, NSCA member sponsor.

Basketball Jacksonville State University

Shari Riley

Forward

Senior/ Pre-Engineering

Height: 5'9", Weight: 160

Personal Bests: Bench Press: 180 lbs., Squat: 385 lbs., Vertical Jump: 24", Power Clean: 155 lbs., 40-yard dash: 4.8, 5-10-5 Agility: 4.2
"The consummate 6th man. Her effort and dedication to all facets is the main reason she's 17+ minutes per game. A consistent top 3 finisher in testable skill for the last three years."
 —Brian Scott Austin, NSCA member sponsor.

Basketball James Madison University

Daniel Freeman

Guard

Senior/ N/A

Height: 6'0", Weight: 200

Personal Bests: Bench Press: 320 lbs., Squat: 450 lbs., Vertical Jump: 37.5", Power Clean: 275 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Although Daniel Freeman has incurred several injuries (broken bones and hernia) he has never lost his desire to train hard and improve as an athlete. Daniel's leadership off the court, in the weight room, has been a constant motivating factor for his teammates and has made the entire team stronger. Daniel has utilized his time in strength and conditioning to make himself a constant scoring threat through speed and power." —Gregory A. Werner, NSCA member sponsor.

Basketball Johnson County Community College Amber Manor

N/A

Sophomore/ Associate of Arts

Height: 5'9", Weight: 145

Personal Bests: Bench Press: 132 lbs., Squat: 175 lbs., Vertical Jump: 23", Power Clean: 115 lbs., 40-yard dash: 5.4, 5-10-5 Agility: 4.9
"Very good student and hard worker. She was promoted from team manager to a starter in our women's basketball team." —Istvan Javorek, NSCA member sponsor.

Basketball**Kansas State University****Kendra Wecker****Forward**

Senior/ Electronic Journalism
Height: 5'11", Weight: 175

Personal Bests: Bench Press: 180 lbs., Squat: (safe) 423 lbs., Vertical Jump: 27", Power Clean: 242 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Kendra has been an outstanding basketball player as a four-year starter. Her intensity on the court and in the weight room is phenomenal."
—Rod Cole, NSCA member sponsor.

Basketball**Keene State College****Megan Lane****Guard**

Junior/ History
Height: 5'8", Weight: 150

Personal Bests: Bench Press: 115 lbs., Squat: 200 lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Megan is an extremely hard worker. She never misses a workout and always pushes herself to the max. She goes above and beyond what she has to do to get better." —Sarah Pesto, NSCA member sponsor.

Basketball**Michigan State****University****Kristin Haynie****Guard**

Senior/ Family Community Services
Height: 5'8", Weight: N/A

Personal Bests: Bench Press: 165 lbs., Squat: 470 - L.P. lbs., Vertical Jump: 25", Power Clean: N/A lbs., 40-yard dash: 5.1, 5-10-5 Agility: N/A

"Kristin's quickness has allowed her to be one of the highest ranking players in steals in the big ten conference." —Michael Vorkapich, NSCA member sponsor.

Basketball**Michigan State****University****Kelvin Torbert****Guard**

Senior/ Communications
Height: 6'4", Weight: 215

Personal Bests: Bench Press: 320 lbs., Squat: 725 - L.P. lbs., Vertical Jump: 37.5", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"KT's power and explosiveness is demonstrated through his athleticism on the court and his monstrous dunks with a running 45" vertical jump."
—Michael Vorkapich, NSCA member sponsor.

Basketball**Mount Marty College****Travis Petermann****Guard**

Senior/ Business/Rec. Management
Height: 6'1", Weight: 198

Personal Bests: Bench Press: 300 lbs., Squat: 415 lbs., Vertical Jump: 34.5", Power Clean: 220 lbs., 40-yard dash: 4.58, 5-10-5 Agility: 4.15

"Travis has combined his natural ability with year-around work in the

weight room to become one of the best athletes to play at MMC. As a team captain, his leadership by example has inspired the team to reach new levels in strength and conditioning. Travis is a 2-year starter, averaging 12 points, 4 rebounds, and 3 assists per game. He has improved his bench and squat over 100 pounds in 4 years and holds team records in the 40 and bench press." —James Thorson, NSCA member sponsor.

Basketball**New Mexico State****University****Bryant Funston****Guard**

Senior/ N/A
Height: 6'2", Weight: 200

Personal Bests: Bench Press: 265 lbs., Squat: 355 lbs., Vertical Jump: 27", Power Clean: 250 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.24

"Bryant epitomizes what it takes to be successful. He is an over achiever who displays tremendous leadership. He is self accountable & expects no less from his teammates. Bryant excels not only on the court but in the classroom. His dedication to performance training and being the best he can be is unequalled." —John Taylor, NSCA member sponsor.

Basketball**Northwest Missouri State****University****Ashely Poptanycz****Forward**

Senior/ English
Height: 5'8", Weight: 175

Personal Bests: Bench Press: 165 lbs., Squat: 365 lbs., Vertical Jump: 19.5", Power Clean: 220 lbs., 40-yard dash: 5.5, 5-10-5 Agility: N/A
"The only way to describe Ashley's accomplishments is to say UNBELIEVABLE! Ashley brings a tremendous amount of hard work and leadership to every workout. She never hesitates to push herself on every lift and every conditioning session. The best thing about Ashley is that she pushes everyone around her to excel. As Ashley's strength and conditioning coach I feel privileged to have worked with her over the years."
—Brian Gohr, NSCA member sponsor.

Basketball**Northwood University****Kelly Harrison****Guard**

Senior/ Entertainment & Sport Management
Height: 5'9", Weight: N/A

Personal Bests: Bench Press: 155 lbs., Squat: 205 lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Kelly is one of the hardest workers on the team. She sets an example for others to follow in the weight room, on the court, and in the classroom. Kelly has a work ethic that will make her very successful in any career that she chooses." —Scott Fisher, NSCA member sponsor.

Basketball Norwich University

Kim Sweeney

Forward

Senior/ Criminal Justice

Height: 5'10", Weight: N/A

Personal Bests: Bench Press: 125 lbs., Squat: 225 lbs., Vertical Jump: 20", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Kim's all around strength and conditioning has improved dramatically going into her senior season. Her leadership qualities and dedication to a year-round training program will carry over to the court this year."

—Justin Goulet, NSCA member sponsor.



Basketball Ohio University

Elizabeth Brown

W

Senior/ Biology/Pre-Med

Height: 5'11", Weight: N/A

Personal Bests: Bench Press: 162 lbs., Squat: 240 lbs., Vertical Jump: 19", Power Clean: 179 lbs., 40-yard

dash: N/A, 5-10-5 Agility: N/A
"Liz has made tremendous improvement in the past two years and became a great leader in the weight room. This tireless worker, who works as a firefighter during summer, holds team records in clean and bench."

—Shigeru "Sonny" Sano, NSCA member sponsor.

Basketball Ohio University

Andrea Johnson

W

Senior/ Long-Term Health Care

Height: 5'9", Weight: N/A

Personal Bests: Bench Press: 149 lbs., Squat: 229 lbs., Vertical Jump: 21.5", Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"She has always been a consistent performer on the court as well as in the weight room. She is very coachable and brings great attitude which I wish all of our athletes could have."

—Troy Sutton, NSCA member sponsor.

Basketball Ohio University

Kristian Kirkpatrick

Forward

Senior/ Recreation Management

Height: 5'11", Weight: N/A

Personal Bests: Bench Press: 142 lbs., Squat: 258 lbs., Vertical Jump: 23", Power Clean: 169 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Kristian is a dependable and consistent worker who has improved steadily throughout her career. She holds the back squat record for the team."

—Abby Hearn, NSCA member.

Basketball Oregon State University

Mandy Close

Guard

Junior/ Elementary Education

Height: 5'10", Weight: 149

Personal Bests: Bench Press: 150 lbs., Squat: 250 lbs., Vertical Jump: 24.5", Power Clean: 170 lbs., 40-yard dash: 5.50, 5-10-5 Agility: 4.55

"Mandy is an athlete that you have to keep from overtraining. I have never coached anyone who pushes her limits on every drill or rep as she does. Her ability and intrinsic motivation are amazing." —T.J. Ragan, NSCA member sponsor.

Basketball Oregon State University

Lamar Hurd

Point Guard

Junior/ Liberal Arts

Height: 6'3.5", Weight: 196

Personal Bests: Bench Press: 265 lbs., Squat: 425 lbs., Vertical Jump: 38.5", Power Clean: 286 lbs., 40-yard dash: 4.9, 5-10-5 Agility: 4.18

"Lamar has been the starting Point Guard and leader of this team since the first day he stepped on the court. He started out as our best athlete, but has also made the best gains, which is a testament to his work ethic and character." —T.J. Ragan, NSCA member sponsor.

Basketball Portland State University

Keith Sconiers

Post

Senior/ Sociology

Height: 6'6", Weight: 247

Personal Bests: Bench Press: 305 lbs., Squat: 475 lbs., Vertical Jump: 36.5", Power Clean: 245 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Keith has used the weight room to rehab from an ACL injury he suffered over a year ago. He has already set basketball records through hard work and his rehab." —Frederick Scott Fabian, MS, CSCS, NSCA member sponsor.

Basketball Rutgers University

Byron Joynes

Forward

Sophomore/ N/A

Height: 6'9", Weight: 265

Personal Bests: Bench Press: 400 lbs., Squat: 570 lbs., Vertical Jump: 35.5", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Byron came to Rutgers as 313 pound basketball player that had a hard time getting up and down the floor. After a sub par freshman year Byron dedicated himself to the weight room to improve his body composition and conditioning levels. From the beginning of off-season training to the completion of summer workouts Byron transformed his body by losing 49 pounds. With his transformed physique this 6'9" 264 ranked among the best on the team in every category during our NBA Combine Testing. His physical trans-

formation coupled with his attendance at the Pete Newell Big Man camp has put Byron in a starting role on our team.” —Shawn Windle, NSCA member sponsor.

Basketball **Stanford University** **Sebnem Kimyacioglu**

Small Forward

Senior/ Economics

Height: 5’11”, Weight: 180

Personal Bests: Bench Press: 170 lbs., Squat: 215 lbs., Vertical Jump: N/A, Power Clean: 145 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Sebnem is the starting small forward and senior Captain of the currently #2 ranked Stanford Cardinal. She is the hardest worker on a very hard working team. She attacks everything I give her, her technique is excellent, and she is a phenomenal role model for my younger lifters. Seb’s accomplishments are more remarkable when you consider she had surgery on the plantar fascia of BOTH feet immediately following her junior season (April 2004). We began her training program focused on her core and upper body while she was in the initial stages of rehab. She quickly progressed to closed chain medicine ball work and began running and Olympic Lifting the third week of August. Her Squat went from 95 lbs. in mid-August to a 5RM 215 lbs. in November. She had the same quick ascension in the Push Press (115 lbs.) and her Bench Press (170 lbs.) continues to improve even as we are in-season. Sebnem bounces into the weight room every day with enthusiasm and a “What do you have

planned for us today, Beth?” grin that she quickly turns into great intensity as she attacks every challenge in front of her. She is a tremendous basketball player, a great athlete, and, best of all, an even better person. I’m a better coach for having had the opportunity to work with Seb and would appreciate her being given full consideration for our NSCA Award.” —Beth Burns, NSCA member sponsor.

Basketball **Texas A&M** **International University** **Egboaka Aluka**

Guard

Junior/ Business

Height: 6’3”, Weight: 183

Personal Bests: Bench Press: 230 lbs., Squat: 315 lbs., Vertical Jump: N/A, Power Clean: 225 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Bo is constantly working to be better both in and out of season. Any spare time finds him lifting, shooting, or trying to learn new techniques to help his game.” —Ernst Feisner, NSCA member sponsor.

Basketball **Texas Christian** **University** **Niki Newton**

Forward

Senior/ Criminal Justice & Pre-Law

Height: 6’0”, Weight: 165

Personal Bests: Bench Press: 150 lbs., Squat: N/A lbs., Vertical Jump: 26”, Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Niki displays the attitude and work ethic that I wish all my athletes had. She is a strength coach’s dream.” —Kyle Wallis, NSCA member sponsor.

Basketball **The University of Maine** **Kim Corbitt**

Guard

Senior/ Biological Engineering & Math

Height: 5’7”, Weight: 145

Personal Bests: Bench Press: 190 lbs., Squat: 295 lbs., Vertical Jump: 27”, Power Clean: N/A lbs., 40-yard dash: 5.3, 5-10-5 Agility: 4.65

“Kim is an amazing individual; she embodies what it means to be a student-athlete. She is a powerful player that makes great things happen on the court, in the weight room, and within every dynamic of the Women’s Basketball team, as well as other athletic groups. She brings confidence, assertiveness, and athleticism to everything she is involved in. Additionally, while majoring in Biological Engineering and Mathematics she earned the America East Women’s Basketball Scholar-Athlete Award and was named to the Commissioner’s Honor Roll.”

—Leslie J. Look, CSCS, NSCA member sponsor.

Basketball **The University of** **Virginia’s College at** **Wise**

Sarah Helton

N/A

Sophomore/ N/A

Height: 5’10”, Weight: N/A

Personal Bests: Bench Press: 135 lbs., Squat: 300 lbs., Vertical Jump: 21”, Power Clean: 135 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Sarah is a good example of what hard work can get you. She has become much stronger, faster, and quicker through her efforts in the weight room this year.” —Nick Perlozzo, NSCA member sponsor.

Basketball **The University of** **Virginia’s College at** **Wise**

Blake Mellenger

N/A

Senior/ Business Administration

Height: 6’4”, Weight: 191

Personal Bests: Bench Press: 215 lbs., Squat: 300 lbs., Vertical Jump: 29.5”, Power Clean: 205 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Hard-working, dependable, and steady performer. Fantastic work ethic. Made big improvements in the weight room this year.” —Nick Perlozzo, NSCA member sponsor.

Basketball**University of Arkansas****Sarah Pfeifer****Forward**

Sophomore/ Industrial Engineering
Height: 6'0", Weight: 175

Personal Bests: Bench Press: N/A lbs., Squat: 265 lbs., Vertical Jump: 27", Power Clean: 185 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Even though limited due to reconstructive shoulder surgery freshman year, has team best squat and vertical jump. Most relentless worker I have been associated with in my career, period! 2004 SEC Academic Honor Roll as a Freshman, and is famous not only for her play and hustle, but also as the most loyal University of Arkansas sports fan on campus.."

—JC Moreau, NSCA member sponsor.

Basketball**University of California -****Irvine****Ashley Biggins****Forward**

Junior/ Anthropology

Height: 6'3", Weight: 185

Personal Bests: Bench Press: 50 (kilo) lbs., Squat: 90 (kilo) lbs., Vertical Jump: N/A, Power Clean: 50 (kilo) lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Ashley's strong work ethic in the weight room is carried into her game which has made her a great leader to her team on and off the court."

—Mike Nagler, NSCA member sponsor.

Basketball**University of Delaware****Tiffany Young****Forward**

Senior/ Nursing

Height: 6'2", Weight: 179

Personal Bests: Bench Press: 180 lbs., Squat: 270 lbs., Vertical Jump: 28", Power Clean: 150 lbs., 40-yard dash: N/A, 5-10-5 Agility: 5.12

"A quiet-spoken, fierce competitor, who leads by example, is how Tiffany's teammates characterized her - and what a fine example she has been. She has been one of the strongest female athletes at the University of Delaware. She has impressed me since the first day I worked with her." —Russell

Barbarino, NSCA member sponsor.

Basketball**University of Rhode****Island****Randy Brooks****Guard**

Senior/ Sociology

Height: 6'4", Weight: 206

Personal Bests: Bench Press: 265 lbs., Squat: 400 lbs., Vertical Jump: 35", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.03

"Randy joined our program as a junior transfer after spending an entire year at home recovering from an injury. As soon as he arrived on campus he hit the ground running and has not looked back. Randy completely committed himself to the program and possesses a work ethic that is unmatched and deserving of this award. In the short time Randy has

been here, he has completely transformed his body by adding 20 lbs of muscle and his drive, dedication, and determination has been a positive influence to all of his teammates. Randy goes above and beyond the expected." —Thomas Longval, NSCA member sponsor.

Basketball**University of Tennessee****Dane Bradshaw****Guard**

Sophomore/ N/A

Height: 6'3", Weight: 208

Personal Bests: Bench Press: 300 lbs., Squat: 385 lbs., Vertical Jump: 34", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.4

"Dane is an excellent worker on and off the court. He has worked diligently through training to increase his muscular size and power, while also lowering, all of which have improved his performance on the court. The example Dane sets for his teammates through his work ethic makes him an excellent leader." —William Bryan Van Vleet, NSCA member sponsor.

Basketball**University of Texas, San****Antonio****David President****Guard**

Senior/ International Business

Height: 6'1", Weight: 210

Personal Bests: Bench Press: 335 lbs., Squat: 465 lbs., Vertical Jump: 35.5, Power Clean: 288 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"David is the first male basketball

athlete at the University of Texas, San Antonio to work in the strength and conditioning program all four years. He has matured physically and emotionally in that time to become an outstanding athlete, leader, and role model for other athletes to look up to. He is as good an example of a quality young man you will find anywhere. As an athlete, David has worked hard in every aspect of the strength program and has applied that tremendous work ethic onto the court. He has lead the team in steals and/or assists every year as a four-year starter. He is a two time Team Captain and the team's top defensive player. In addition to athletics, David is a member of the Fellowship of Christian Athletes, he sits on the Athletics Advisory Committee, and is involved in many charity and community service projects. I am very proud to have been a part of his college career." —Michael Cox, NSCA member sponsor.

Basketball**University of the Pacific****Migel Flores****Forward**

Junior/ Education

Height: 6'8", Weight: 240

Personal Bests: Bench Press: 305 lbs., Squat: 410 lbs., Vertical Jump: 29", Power Clean: 300 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.58

"Migel has fought off injuries and even shoulder surgery and is still the most powerful basketball player on the team. We look forward to having him one more year and his contribution on the court." —Todd Smith, NSCA member sponsor.

Basketball
University of Wyoming

Ashley Elliot

Shooting Guard

Senior/ N/A

Height: 5'7", Weight: 140

Personal Bests: Bench Press: 195 lbs., Squat: 270 lbs., Vertical Jump: 28", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"She has gone above and beyond what I ask her to do. She always leads and never follows. Ashley has gone through great lengths to get her body into excellent shape so she can play 40 minutes." —Je'Ney Jackson, NSCA member sponsor.

Basketball
University of Wyoming

Clay Straight

Point Guard

Senior/ N/A

Height: 5'10", Weight: 175

Personal Bests: Bench Press: 250 lbs., Squat: 350 lbs., Vertical Jump: 33.5", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"He has been like a second coach in the weight room, motivating the others around him with his work ethic." —Je'Ney Jackson, NSCA member sponsor.

Basketball
Yale University

Morgan Richards

Guard

Senior/ History of Science & Medicine

Height: 5'11", Weight: N/A

Personal Bests: Bench Press: 155

lbs., Squat: 205 lbs., Vertical Jump: 24.5", Power Clean: 72.5 (Kg) lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Extremely focused, dedicated, and hard working. Voted as team captain by players because of her attributes as an athlete and leader. Has a presence about her on and off the court. Used her commitment to achieve athletic and personal goals. Has been accepted into several medical schools across the nation. She will be a fantastic doctor." —David Emery, NSCA member sponsor.

Basketball / Track & Field

Mount Marty College

Jessica Krull

Forward / Weights

Senior/ Accounting

Height: 5'10", Weight: 165

Personal Bests: Bench Press: 130 lbs., Squat: Hip Sled 445 lbs., Vertical Jump: 19.5", Power Clean: 120 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Jessica is an example of what hard work, persistence, and dedication can do to improve performance. Her self-motivation has allowed her to be a successful dual student/athlete and an NAIA All-American Scholar Athlete. She is a 2-year starter in basketball and leads the team with 13 points and 5.4 rebounds per game. In track and field, she has shown steady improvement to become the top thrower in the women's program." —James Thorson, NSCA member sponsor.

CREW



Crew
Creighton University

Jill VanDam

N/A

Junior/ Biology

Height: 5'6", Weight: 150

Personal Bests: Bench Press: 140 lbs., Squat: 225 lbs., Vertical Jump: 18.5", Power Clean: 62.5 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Jill possesses a great blend of consistency, dependability, and mental and physical toughness. She has worked very hard in the past two years in our Strength and Conditioning program and is very deserving of this award. Jill is a great example of how athletes should approach the weight room; she comes in, is willing to work hard and sacrifice to do whatever it takes to attain her goals. She has become one of the strongest athletes on the team and is always the first to enter and the last to leave the weight room." —Jennifer Yee, NSCA member sponsor.

Equestrian/Cross Country

California State

University - Fresno

Erin Lange

English/Western

Senior/ Accounting

Height: 5'3", Weight: N/A

Personal Bests: Bench Press: 140 lbs., Squat: 187 lbs., Vertical Jump: N/A, Power Clean: 127 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Erin is a two sport athlete that does both teams' workouts. She is one of the hardest workers on each team and the strongest as well."

Accomplishments: 2003 Dean's list, 2003 Fresno State & WAC Scholar-Athlete." —Erik W. Traeger, NSCA member sponsor.



FIELD HOCKEY

Field Hockey Monmouth University

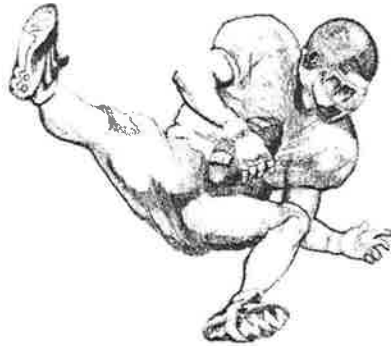
Lindsay Stetson Defender

Junior/ Communications
Height: 5'7", Weight: N/A

Personal Bests: Bench Press: 120 lbs., Squat: 181 lbs., Vertical Jump: N/A, Power Clean: 115 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Lindsay has been a leader in the weight room from her first year on campus to now. She is a student athlete who understands what it takes to fulfill her athletic goals. Lindsay is always the first one in the weight room and the last one to leave. She has increased her bench press by 20 pounds, her squat has increase by 40 pounds and her power clean has increased by 30 pounds. Her performance has carried over to the field of competition as she has been tabbed one of the top defenders in the Northeast Conference. Watching Lindsay continue to improve as a stu-

dent athlete and her commitment to strength and conditioning has been a pleasure to be a part of. I look forward to continued success and training a truly deserving athlete." —E. James Renae, NSCA member sponsor.



FOOTBALL

Football Boise State University

TJ Acree Wide Receiver

Senior/ Business Marketing
Height: 5'10", Weight: 176

Personal Bests: Bench Press: 270 lbs., Squat: 500 lbs., Vertical Jump: 31", Power Clean: 327 lbs., 40-yard dash: 4.62, 5-10-5 Agility: 4.18

"A former walk on, TJ has used the

weight room to develop into our go-to-guy. Pound for pound TJ has been the strongest Bronco the past two years." —Jeff Pitman, NSCA member sponsor.

Football Bowdoin College

Ahron Cohen Running back

Junior/ Government/Economics
Height: 5'9", Weight: 191

Personal Bests: Bench Press: 300 lbs., Squat: 400 lbs., Vertical Jump: 27", Power Clean: N/A lbs., 40-yard dash: 4.88, 5-10-5 Agility: 4.10

"Ahron is a terrific role model in our strength and conditioning program. He has an unwavering belief that he can improve his performance through training. I like to coach him because he understands the value of the program and he displays great enjoyment in executing the program."

—Jim St. Pierre, NSCA member sponsor.

Football Bowie State University

Devin Smith WR/KR

Senior/ Pedology
Height: 5'5", Weight: 160

Personal Bests: Bench Press: 350 lbs., Squat: 420 lbs., Vertical Jump: 34", Power Clean: 250 lbs., 40-yard dash: 4.46, 5-10-5 Agility: 4.18

"Devin "Mighty-Mouse" Smith is pound for pound the strongest athlete in the history of Bowie State University Athletics. At 5'5" and 160 lbs. his strength numbers are staggering. With a 350 lb. bench press, 420

lb. squat, and 250 lb. hang clean, Mouse epitomizes what a little hard work and dedication can accomplish. His 4.46 40-yard dash speed helped him streak past defenders en route to a career long 85 yard kickoff return against a conference foe. With a cumulative G.P.A. of 2.8 to go along with his athletic accomplishments, Devin's presence will be missed in our athletic family." —Edward Page, III, NSCA member sponsor.

Football Brown University

James Frazier Defensive End

Junior/ Economics
Height: 6'2", Weight: 260

Personal Bests: Bench Press: 416 lbs., Squat: 560 lbs., Vertical Jump: N/A, Power Clean: 308 lbs., 40-yard dash: 4.7, 5-10-5 Agility: N/A

"James is very dedicated to excellence in his sport. He stays all summer to train with us. We can't wait to see how he excels in his senior year. He was also 2nd-team All Ivy."

—Roger Marandino, NSCA member sponsor.

Football Central Connecticut State University

Nathan Meade Defense

Senior/ International Business
Height: 5'8", Weight: 170

Personal Bests: Bench Press: 290 lbs., Squat: 360 lbs., Vertical Jump: N/A, Power Clean: 230 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Nate is an athlete that continually works hard to attain goals. He worked hard every time he was in the weight room. He has a tremendous work ethic, toughness, and an unselfish attitude that pushes everyone around him.” —Michael Ericksen, NSCA member sponsor.

Football Clemson University

LeRoy Hill Linebacker

Senior/ Management
Height: 6'1", Weight: 225
Personal Bests: Bench Press: 375 lbs., Squat: 530 lbs., Vertical Jump: 34.5", Power Clean: 325 lbs., 40-yard dash: 4.45, 5-10-5 Agility: 4.16
“LeRoy has been a great leader on the Clemson Football team. His hard work and dedication to train has carried over to the football field and to his teammates. LeRoy was an All-American and Butkus Award candidate in 2004. In 2003 Hill finished his junior season ranked second in the nation in tackles for loss per game. He was named a honorable mention All-American by Associated Press. Ranked as the #3 inside linebacker in the national steele and #6 among inside linebackers according to Sporting News, Hill is a highly noted athlete who's training habits has taken him a long way.” —Joey Batson, NSCA member sponsor.

Football College of the Canyons David Stanton Defensive Line

Sophomore/ N/A
Height: 6'5", Weight: 270
Personal Bests: Bench Press: 350 lbs., Squat: 400 lbs., Vertical Jump: 25.0, Power Clean: 300 lbs., 40-yard dash: 4.90, 5-10-5 Agility: 4.38
“David is a perfect example of an athlete making himself a better player through strength and conditioning. In his time with us, David has put on 50 lbs. of solid mass while getting quicker, faster, and stronger. David came to us as an un-recruited “project” and is leaving us with more Division I scholarship offers than he knows what to do with. A great worker, a great player, but most of all, an excellent young man.” —Robert dos Remedios, NSCA member sponsor.

Football Denison University

Phil Bouwhuis

Running Back
Senior/ Economics
Height: 5'7", Weight: 202
Personal Bests: Bench Press: 340 lbs., Squat: 515 lbs., Vertical Jump: 31.5", Power Clean: 295 lbs., 40-yard dash: 4.68, 5-10-5 Agility: 4.47
“Team Captain. HM All-NCAL Running back.” —Mark J. Watts, NSCA member sponsor.

Football Drake University

Grant Knowles
Offensive Guard
Senior/ Pharmacy
Height: 6'3", Weight: 305
Personal Bests: Bench Press: 385

lbs., Squat: 615 lbs., Vertical Jump: 25", Power Clean: 380 lbs., 40-yard dash: 5.31, 5-10-5 Agility: 4.70
“Grant is a great example of an intrinsically motivated athlete. He knew what his weaknesses were and worked hard in the off-season to improve in those areas. His hard work has paid off.” —Mike Cotterman, NSCA member sponsor.

Football East Stroudsburg University

Matt Rapa

Outside Linebacker
Senior/ Political Science
Height: 6'2", Weight: 230
Personal Bests: Bench Press: 450 lbs., Squat: 580 lbs., Vertical Jump: 31", Power Clean: 305 lbs., 40-yard dash: 4.59, 5-10-5 Agility: 4.65
“Matt, a PSCA Scholar-Athlete, has been an outstanding member of the ESU family both on and off the field. This two time COSIDA All Academic First Team member, who is majoring in Political Science, has developed into one of the strongest warriors in history. He was a four year starter and emotional leader on a young defensive unit that definitely played until the whistle blew. His dedication and effort in the off-season has allowed him to become a better football player and younger players have definitely looked up to him for motivation.” —Robert L. Mikolski, NSCA member sponsor.

Football Furman University

Travis Jones

Defensive End
Senior/ Communications
Height: 6'2", Weight: 270
Personal Bests: Bench Press: 450 lbs., Squat: 625 lbs., Vertical Jump: 28.5", Power Clean: 352 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
“He combines excellent athletic ability with impressive strength and dedication. He has been a consistent leader for our program. He will achieve great things in life because of his ethic and determination. It has been a pleasure coaching him.” —Calvin W. Brown, NSCA member sponsor.

Football Georgia Tech

James Butler

Safety
Senior/ Building Construction
Height: 6'2", Weight: 210
Personal Bests: Bench Press: 350 lbs., Squat: 450 lbs., Vertical Jump: 41", Power Clean: 310 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.09
“James is an outstanding athlete with the work ethic to match. His work ethic is not only evident on the field and in the weight room but also in the classroom. He has earned 1st team All-ACC in football as well as being an Academic All-ACC selection. James holds the all-time record for vertical jump with a leap of 41 inches. James is an outstanding leader being voted Team Captain and Most Improved Lifter. He sets exam-

ples for all those around him and is always willing to go the extra mile to succeed.” —Damon Harrington, NSCA member sponsor.

Football Georgia Tech

Nate Curry Wide Receiver

Senior/ Building Construction
Height: 5’10”, Weight: 198
Personal Bests: Bench Press: 380 lbs., Squat: 510 lbs., Vertical Jump: 35.5”, Power Clean: 310 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.1
“Throughout all of my years in coaching Nate is the hardest working athlete that I have ever coached. He is a team captain and was voted lifter of the year in 2003 and 2004. Nate holds the all time squat record for wide receivers at Georgia Tech at 510 pounds. As well as Nate’s performance on the field, he has graduated in four years and was an academic All-ACC student. Nate’s excellent work ethic has helped him overcome a knee injury and become a solid player in the Atlantic Coast Conference.” —Eric Ciano, NSCA member sponsor.

Football Humboldt State University

Justin Graham Defensive Back

Senior/ Psychology
Height: 5’8”, Weight: 180
Personal Bests: Bench Press: 330 lbs., Squat: 435 lbs., Vertical Jump: 36”, Power Clean: 325 lbs., 40-yard

dash: N/A, 5-10-5 Agility: 4.09
“During his five years at Humboldt State, Justin established himself as a leader through his total commitment to preparation. Nobody ever out-worked Justin in the weight room or out-hustled him on the football field. The team “over-achiever” is often over-used, but not in Justin’s case. Justin transformed himself from a “skinny” walk-on to a “hard-hitting” three-year starter and team captain.”
—Drew Petersen, NSCA member sponsor.

Football Jacksonville State University

Russell Green Safety

Senior/ Technology
Height: 6’0”, Weight: 215
Personal Bests: Bench Press: 350 lbs., Squat: 425 lbs., Vertical Jump: 31”, Power Clean: 260 lbs., 40-yard dash: 4.65, 5-10-5 Agility: 4.21
“A silent leader. His actions and intensity speak for him. Consistent top 10 Rank in every event tested. An impressive leader and worker in the weight room.” —Brian Scott Austin, NSCA member sponsor.

Football Juniata College

Bryon Latterner Defensive End

Senior/ Accounting
Height: 6’0”, Weight: 240
Personal Bests: Bench Press: 400 lbs., Squat: 550 lbs., Vertical Jump: 30”, Power Clean: 260 lbs., 40-yard

dash: 4.8, 5-10-5 Agility: N/A
“Excellent worker who came back from major shoulder surgery to start his senior year as Defensive End. He is one of the most intense competitors to play at Juniata.” —Douglas B. Smith, NSCA member sponsor.

Football Kansas State University

Darren Sproles Runningback

Senior/ Social Science
Height: 5’7”, Weight: 185
Personal Bests: Bench Press: 411 lbs., Squat: (safe) 836 lbs., Vertical Jump: 33”, Power Clean: 320 lbs., 40-yard dash: 4.38, 5-10-5 Agility: 3.77
“Darren is a special football player and an even more special person—he’ll be successful in whatever he does because of his character.”
—Rod Cole, NSCA member sponsor.

Football Lafayette College

Stephen Bono Right Guard

Senior/ Civil Engineering
Height: 6’3”, Weight: 275
Personal Bests: Bench Press: 380 lbs., Squat: 515 lbs., Vertical Jump: 29”, Power Clean: 273 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
“Stephen’s discipline shows in the weight room, the classroom, and on the playing field. Selected as the team’s co-captain, Stephen is a four-year starter at right guard who has never missed a lifting or conditioning workout. In addition to numerous academic accolades, Stephen was

selected as All-Patriot League performer and an ESPN The Magazine Academic All-American.” —Stephen M. Mannino, NSCA member sponsor.

Football Loras College

Matt Hintz Quarterback

Senior/ Business & Sports Administration
Height: 6’3”, Weight: 220
Personal Bests: Bench Press: 327 lbs., Squat: 507 lbs., Vertical Jump: 33.8”, Power Clean: 320 lbs., 40-yard dash: 4.5, 5-10-5 Agility: 4.14
“Matt has progressed from an under-sized High School player to one of the strongest players on the team. His work ethic is unmatched in the weight room. Matt always does the little things to get better. He is a Team Captain and this past summer did a Sports Marketing Internship with the Kansas City Chiefs.”
—James Romagna, NSCA member sponsor.

Football Miami University

Will Rueff Defensive Line

Senior/ Business
Height: 6’5.25”, Weight: 295
Personal Bests: Bench Press: 410 lbs., Squat: 600 lbs., Vertical Jump: 32.5”, Power Clean: 375 lbs., 40-yard dash: 5.0, 5-10-5 Agility: 4.85
“Will has used dedication in the weight room to overcome injuries and become a dominant defensive lineman and team leader.” —Dan Dalrymple, NSCA member sponsor.

Football MidAmerica Nazarene University

Kenny Carlson OLB

Junior/ Computer Science / Math
Height: 5'10", Weight: 190
Personal Bests: Bench Press: N/A lbs., Squat: 325 lbs., Vertical Jump: 32", Power Clean: 300 lbs., 40-yard dash: 4.65, 5-10-5 Agility: N/A
"Kenny is a football player. He started midway thru his Freshman year. He led the team in tackles this year. Even when injured, he finds a way to train and play. Great leader and student." —Tom N. Cross, NSCA member sponsor.

Football Monmouth University

Brian Boland Quarterback

Sophomore/ Special Education
Height: 6'1", Weight: 210
Personal Bests: Bench Press: 290 lbs., Squat: 420 lbs., Vertical Jump: N/A, Power Clean: 260 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"It started with summer workouts and ended with a conference championship and number one national ranking for Division I-AA Mid-Major conference. Brian's leadership and perseverance helped propel Monmouth University's football team to back-to-back 10-1 seasons. Brian was always the first one to arrive for summer workouts and did not miss one. He stepped up as a leader of this team by not only his stellar performance, week in and week out, but by

his ability to concentrate on the little things and perform them well. Brian has committed himself to being the best student athlete he can be and has proved himself in the weight room each year with increased strength, size, and power. It is a pleasure working with Brian and I look forward to his next two years at Monmouth University." —E. James Renae, NSCA member sponsor.

Football Montana State University

Blake Wolf Tight End

Senior/ AG Business
Height: 6'1.75", Weight: 240
Personal Bests: Bench Press: 430 lbs., Squat: 527.5 lbs., Vertical Jump: 30.5", Power Clean: 345.5 lbs., 40-yard dash: 4.85, 5-10-5 Agility: 4.34
"Hard worker day in and day out. Being strong has allowed Blake to remain relatively injury free. Unanimous 1st Team All Conference." —Doug Samuelson, NSCA member sponsor.

Football Norfolk State University

Kevin Talley Linebacker

Senior/ Psychology
Height: 6'0", Weight: 230
Personal Bests: Bench Press: 330 lbs., Squat: 500 lbs., Vertical Jump: N/A, Power Clean: 295 lbs., 40-yard dash: 4.59, 5-10-5 Agility: N/A
"Talley holds I-AA record for most tackles in a single season (195) and

named a Division I-AA All American by Sports Network. Kevin Talley has used the weight room to transform his physique and performance." —Rodney P. Gaines, NSCA member sponsor.

Football North Carolina A&T State University

Kenny Perry Wide Receiver

Senior/ N/A
Height: 6'2.75", Weight: 195
Personal Bests: Bench Press: 305 lbs., Squat: 605 lbs., Vertical Jump: 34.5", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"KP leads by example. His commitment, work ethic, and discipline inside and out of the weight room has enabled him to be pound for pound the strongest man on our team. He is highly respected within the athletics department as well as throughout campus." —Christine Alongi, NSCA member sponsor.

Football Northern Arizona University

Eric Iverson Defensive Back

Senior/ Business
Height: 6'1", Weight: 200
Personal Bests: Bench Press: 290 lbs., Squat: 370 lbs., Vertical Jump: 28", Power Clean: 286 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Eric is one of the most mentally tough athletes we've seen. He gained 20 lbs. of muscle over two and half

years. Eric improved every training cycle." —Casey Bond, NSCA member sponsor.

Football Northwood University

Aaron Lambert Defensive Line

Senior/ MBA
Height: 6'2", Weight: 286
Personal Bests: Bench Press: 495 lbs., Squat: 660 lbs., Vertical Jump: 29", Power Clean: N/A lbs., 40-yard dash: 5.2, 5-10-5 Agility: 4.8
"Aaron was a leader both on the field and in the weight room. His hard work and determination to overcome injuries led to him receiving All-GLIAC honors as well as helping the team win a share of the GLIAC championship, a #7 national ranking, and a #2 seed in Division II's Northwest Region. Aaron's ability to lead by example will make him successful in what ever he chooses to do in life." —Scott Fisher, NSCA member sponsor.

Football Norwich University

Nate Long Running Back

Senior/ Communications
Height: 5'8", Weight: 205
Personal Bests: Bench Press: 350 lbs., Squat: 600 lbs., Vertical Jump: 39.1", Power Clean: 302 lbs., 40-yard dash: 4.5, 5-10-5 Agility: 4.00
"Nate has trained hard and fought through some tough injuries to prove he is a great football player. His exceptional strength, power, speed and agility are a direct result of tire-

less dedication to his year-round training program.” —Justin Goulet, NSCA member sponsor.

Football Ohio University

Kevin Carberry

Defensive End

Senior/ Marketing

Height: 6’4”, Weight: 275

Personal Bests: Bench Press: 450 lbs., Squat: 528 lbs., Vertical Jump: 30”, Power Clean: 374 lbs., 40-yard dash: 4.76, 5-10-5 Agility: N/A

“Relentless worker on and off the field, Kevin has gained 40 lbs. of lean body mass and set a team record in power clean. Nobody deserves this more.” —Shigeru “Sonny” Sano, NSCA member sponsor.

Football Ohio University

Chip Cox

DB

Senior/ Specialized Studies

Height: 5’10”, Weight: 200

Personal Bests: Bench Press: 340 lbs., Squat: 440 lbs., Vertical Jump: 43.5”, Power Clean: 352 lbs., 40-yard dash: 4.35, 5-10-5 Agility: N/A

“Chip is an extremely explosive athlete who possesses team records in clean and vertical jump. He is a tough competitor who has developed into a legitimate NFL prospect.” —Abby Hearn, NSCA member sponsor.

Football Oregon State University

Bill Swancutt

Defensive End

Senior/ Business Finance

Height: 6’4.25”, Weight: 267

Personal Bests: Bench Press: 375 lbs., Squat: 485 lbs., Vertical Jump: 29.5”, Power Clean: 347.2 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Academic All Pac-10. Honorable mention All Pac-10 2002 and 2003. All Pac-10 2004. Four years of consistent hard work in all aspects of being a student athlete. Worked extremely hard preparing to practice and play football at the highest level. A positive and energetic force in all training sessions.” —Trent Greener, NSCA member sponsor.

Football Shenandoah University

Jesse Levenson

Defensive End

Senior/ Biology

Height: 6’2”, Weight: 220

Personal Bests: Bench Press: 320 lbs., Squat: 460 lbs., Vertical Jump: N/A, Power Clean: 350 lbs., 40-yard dash: 4.5, 5-10-5 Agility: N/A

“Jesse helped the Hornets repeat as USA South Co-Champs and earn its first NCAA Playoff berth. A two-time All-USA South performer, he was also selected third team All-South Region and honorable mention All-State. He holds both the season and career sack records, with 11 and 19.5 respectively. Jesse’s dedication to strength and conditioning was equaled by his work in the classroom with a 3.2 grade point average.”

—Terrance A. Brooks, NSCA member sponsor.

Football Shepherd University

Brian Courtien

Center

Senior/ Sports Management

Height: 6’1”, Weight: 262

Personal Bests: Bench Press: 420 lbs., Squat: 585 lbs., Vertical Jump: 26”, Power Clean: 275 lbs., 40-yard dash: 5.10, 5-10-5 Agility: 4.43

“Entered college at 280 lbs. Got to 300 + -lost weight to 262 lbs. Became faster and stronger than ever. Was always dedicated to the weight room and training. Wants to coach strength and conditioning. All conference player in senior season.” —Anthony “Pete” Yurish, NSCA member sponsor.

Football Texas Christian University

Anthony Alabi

Tackle

Senior/ Business Administration

Height: 6’6”, Weight: 320

Personal Bests: Bench Press: 500 lbs., Squat: 810 lbs., Vertical Jump: 29”, Power Clean: 475 lbs., 40-yard dash: 5.03, 5-10-5 Agility: 4.65

“It has been a pleasure to watch Anthony transfer all the hard work in the weight room onto the field. Players like Anthony don’t come along very often.” —Matt Parker, NSCA member sponsor.

Football Texas Christian University

Brandon Hassell

Quarterback

Senior/ Psychology

Height: 6’1”, Weight: 198

Personal Bests: Bench Press: 400 lbs., Squat: 580 lbs., Vertical Jump: 34”, Power Clean: 350 lbs., 40-yard dash: 4.65, 5-10-5 Agility: 4.44

“Brandon never gives attitude, has filter on the field. His toughness and work ethic are infectious.” —Don Sommer, NSCA member sponsor.

Football Texas Christian University

Cody McCarty

Tight End

Senior/ Criminal Justice

Height: 6’5”, Weight: 265

Personal Bests: Bench Press: 525 lbs., Squat: 755 lbs., Vertical Jump: 32”, Power Clean: 450 lbs., 40-yard dash: 4.75, 5-10-5 Agility: 4.46

“Cody’s dedication and hard work have made him a leader on the field and in the weight room. His work ethic will give him an opportunity to take his game to the next level.” —Kyle Wallis, NSCA member sponsor.

Football
Texas Christian
University

Martin Patterson
Linebacker

Senior/ Communication Studies
Height: 6'2", Weight: 230
Personal Bests: Bench Press: 500 lbs., Squat: 720 lbs., Vertical Jump: 34", Power Clean: 420 lbs., 40-yard dash: 4.7, 5-10-5 Agility: 4.4
"Martin's work ethic is a huge inspiration to all of our young athletes. He is a born leader." —Travis D. Reust, NSCA member sponsor.

Football
The College of New
Jersey

Michael Sykes
Defensive Lineman

Junior/ Health and Exercise Science
Height: 5'10", Weight: 225
Personal Bests: Bench Press: 425 lbs., Squat: 640 lbs., Vertical Jump: 35.5", Power Clean: N/A lbs., 40-yard dash: 4.21, 5-10-5 Agility: N/A
"Michael was selected as Pre-Season Defensive Player of the Year for Division III. He was one of our team captains. Although he was injured for two games this year, he still led the team in sacks and was named first team all-conference defensive end. Mike is a leader on the field and in the weight room. He will be graduating with a degree in Health and Exercise Science." —Jay Hoffman, NSCA member sponsor.

Football
The College of William
and Mary

Dominique Thompson
Wide Receiver

Senior/ Economics
Height: 6'1", Weight: 190
Personal Bests: Bench Press: 340 lbs., Squat: 500 lbs., Vertical Jump: 33.5", Power Clean: 321 lbs., 40-yard dash: 4.40, 5-10-5 Agility: N/A
"Dominique had the finest season of any receiver in school history. His performance was one of the main reasons the team went all the way to the I-AA Semi-finals (79 receptions - 1,585 yards - 13 touchdowns). Dominique has worked extremely hard in our strength and conditioning program. In fact, he holds many of the position records. This work ethic has carried over on to the field where his improvement from one season to the next is the greatest I have witnessed an athlete make in 20 years of coaching. It has been a real pleasure working with this young man." —John Sauer, NSCA member sponsor.

Football
The University of
Missouri

Beau Viehmann
RB

Senior/ Nursing
Height: 5'9", Weight: 200
Personal Bests: Bench Press: 329 lbs., Squat: 576 lbs., Vertical Jump: 34.4", Power Clean: 347 lbs., 40-yard dash: 4.68, 5-10-5 Agility: 3.90
"Beau was awarded a scholarship in

2004 and voted team captain. Nickname "Beau Vicious" by his teammates is a result of his demeanor during competition. He is a classic combination of intelligence, heart, intensity, inspiration, and leadership." —Patrick A. Ivey, NSCA member sponsor.

Football
The University of
Northern Colorado

Reed Doughty
Free Safety

Junior/ Kinesiology
Height: 6'0", Weight: 208
Personal Bests: Bench Press: 275 lbs., Squat: 455 lbs., Vertical Jump: 37", Power Clean: 345 lbs., 40-yard dash: 4.45, 5-10-5 Agility: N/A
"Led team in the tackles 2002, 2003. Second in tackles 2004 with 116. 2003 Academic All-American. 4.0 Grade Point Average." —Kyle Ryan, NSCA member sponsor.

Football
The University of
Southern Mississippi

Terrance Ford
Defensive Line

Junior/ General Studies
Height: 6'3.75", Weight: 300
Personal Bests: Bench Press: 510 lbs., Squat: 590 lbs., Vertical Jump: 34", Power Clean: 335 lbs., 40-yard dash: 5.0, 5-10-5 Agility: N/A
"Terrance has a work ethic that is second to none. He leads everyday by example." —Charlie Dudley, NSCA member sponsor.

Football
The University of
Southern Mississippi

Chad Ruffin
Defensive Line

Senior/ Coaching & Administration
Height: 6'0", Weight: 295
Personal Bests: Bench Press: 510 lbs., Squat: 655 lbs., Vertical Jump: 31.5", Power Clean: 345 lbs., 40-yard dash: 5.0, 5-10-5 Agility: 4.60
"Chad's work ethic has made him a stand out in our speed strength and conditioning program." —Chaucer Funchess, NSCA member sponsor.

Football
Towson University
P.D. Moore

Rover

Senior/ Biology
Height: 5'10", Weight: 200
Personal Bests: Bench Press: 315 lbs., Squat: 560 lbs., Vertical Jump: 37.5", Power Clean: 290 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"P.D. is an outstanding individual who has used every tool of strength and conditioning to make himself and his team better. A true role model for young athletes." —John D. Poitras, NSCA member sponsor.

Football
Troy University
Demarcus Ware

Defensive End

Senior/ Business
Height: 6'4", Weight: 245
Personal Bests: Bench Press: 415 lbs., Squat: 545 lbs., Vertical Jump:

38.5", Power Clean: 385 lbs., 40-yard dash: 4.48, 5-10-5 Agility: 4.25
"Demarcus is one of the most athletic players I have ever coached. He is considered an Elite athlete at Troy and should have a bright future at the next level." —Richard Shaughnessy, NSCA member sponsor.

Football
U.S. Air Force Academy
Ryan Carter

Defensive End
 Senior/ Aeronautical Engineer
 Height: 6'2", Weight: 250
Personal Bests: Bench Press: 380 lbs., Squat: 550 lbs., Vertical Jump: 37", Power Clean: 385 lbs., 40-yard dash: 4.76, 5-10-5 Agility: N/A
"Ryan was an undersized defensive lineman who used our strength and conditioning program to turn himself into a Division I football player. Ryan is a great worker and an even better person." —Allen Hedrick, NSCA member sponsor.

Football
University of Alabama - Birmingham
Zach Woodfin

Linebacker
 Senior/ Fitness Leadership
 Height: 6'2", Weight: 235
Personal Bests: Bench Press: 500 lbs., Squat: 650 lbs., Vertical Jump: 33", Power Clean: 315 lbs., 40-yard dash: 4.59, 5-10-5 Agility: N/A
"Zach works very hard and is truly dedicated. He's a leader who leads by example." —Stacey Torman, NSCA member sponsor.

Football
University of California - Berkeley

Lorenzo Alexander
Defensive Tackle
 Senior/ N/A
 Height: 6'3", Weight: 300
Personal Bests: Bench Press: 410 lbs., Squat: 505 lbs., Vertical Jump: 30", Power Clean: 308 lbs., 40-yard dash: 5.16, 5-10-5 Agility: 4.40
"Lorenzo pushes himself and inspires others to achieve high levels of success." —Jeremy Lawson, NSCA member sponsor.

Football
University of California - Berkeley

Matt Giordano
Safety
 Senior/ American Studies
 Height: 6'0", Weight: 196
Personal Bests: Bench Press: 375 lbs., Squat: 435 lbs., Vertical Jump: 38.5", Power Clean: 303 lbs., 40-yard dash: 4.47, 5-10-5 Agility: 3.93
"Matt is a very dedicated lifter who trains with great intensity." —Scott O'Dell, NSCA member sponsor.

Football
University of California - Berkeley

Brian Tremblay
Linebacker
 Senior/ American Studies
 Height: 6'1", Weight: 234
Personal Bests: Bench Press: 430 lbs., Squat: 445 lbs., Vertical Jump:

29.5", Power Clean: 308 lbs., 40-yard dash: 4.85, 5-10-5 Agility: 4.01
"Brian trains with admirable intensity and continuously works to improve himself and his game." —John Krasinski, NSCA member sponsor.

Football
University of Delaware
Mark Moore

Linebacker
 Senior/ Biology Sciences Education
 Height: 5'11", Weight: 210
Personal Bests: Bench Press: 380 lbs., Squat: 540 lbs., Vertical Jump: 38", Power Clean: 315 lbs., 40-yard dash: 4.87, 5-10-5 Agility: 4.25
"Mark is an individual who is willing to do whatever it takes to become successful. He is a true leader in our program with his intense work ethic. Mark is a hard working former walk-on who started as outside linebacker on Delaware's 2003 National Championship Football Team. He is also a 2004 Verizon/CoSIDA Academic All-American Award Candidate." —Russell Barbarino, NSCA member sponsor.

Football
University of Iowa
Sean Considine

Free Safety
 Senior/ Marketing
 Height: 6', Weight: 211
Personal Bests: Bench Press: 345 lbs., Squat: 515 lbs., Vertical Jump: 43", Power Clean: 330 lbs., 40-yard dash: 4.42, 5-10-5 Agility: 3.83
"Former walk on. Captain 2 years. Senior Bowl participant. Three time academic all bid 10!" —Christopher

F. Doyle, NSCA member sponsor.

Football
University of Kentucky
Jason Rollins

Offensive Line
 Senior/ Kinesiology
 Height: 6'4", Weight: 290
Personal Bests: Bench Press: 445 lbs., Squat: 620 lbs., Vertical Jump: 30", Power Clean: 300 lbs., 40-yard dash: 5.2, 5-10-5 Agility: 4.46
"Jason is an extreme over achiever. His work ethic and attitude have made him a two year starter in the SEC. Without question he has been one of my best workers in the weight room." —Marcus Hill, NSCA member sponsor.

Football
University of South Carolina
Jermaine Harris

Safety
 Senior/ Media Arts
 Height: 6'4", Weight: 210
Personal Bests: Bench Press: 325 lbs., Squat: 455 lbs., Vertical Jump: 35", Power Clean: 300 lbs., 40-yard dash: 4.56, 5-10-5 Agility: N/A
"Jermaine has a work ethic second to none, always doing extra work to make himself better. He also works with our younger players, teaching them how to do things the right way. He is a true leader on and off the field." —Mike Golden, NSCA member sponsor.

Football
University of Tennessee
Tony Brown
WR

Senior/ Sociology/Criminal Justice
Height: 6'2", Weight: 200
Personal Bests: Bench Press: 350 lbs., Squat: 440 lbs., Vertical Jump: 36", Power Clean: N/A lbs., 40-yard dash: 4.4, 5-10-5 Agility: 4.16
"Tony has shown the work ethic and leadership skills necessary of an award of this caliber. His desire and determination have allowed him to overcome a serious back injury early in his college career and return to the normal lifting program. Tony was elected captain by his teammates this year and has been a three-year starter for the Vols. His off-season work allowed him to add ten pounds of lean mass and contributed to him being the second leading receiver on the team this fall." —Dan Hamilton, NSCA member sponsor.

Football
University of Tennessee
Kevin Burnett
Line Backer

Senior/ Sport Management
Height: 6'3", Weight: 235
Personal Bests: Bench Press: 450 lbs., Squat: 535 lbs., Vertical Jump: 36.5", Power Clean: 340 lbs., 40-yard dash: 4.48, 5-10-5 Agility: 4.16
"The leadership and dedication Kevin shows in the weight room, is well balanced with a commitment to excellence on the football field, in the classroom, and around the community. For two consecutive years, he was selected team captain by his team-

mates. In 2002, he battled back from a season ending knee injury to return for the season opener. In 2003, he graduated early with a Bachelor of Science Degree in Sports Management. Kevin was named to both the AFCA and SEC Good Works Team for 2003 for his efforts in and around the community. His well rounded efforts are evidence of a deep rooted commitment to continual improvement in all aspects of his life." —Brian Lehmann, NSCA member sponsor.

Football
University of Tennessee
Omar Gaither
Linebacker

Junior/ Sport Management
Height: 6'2", Weight: 225
Personal Bests: Bench Press: 325 lbs., Squat: 500 lbs., Vertical Jump: 33", Power Clean: 300 lbs., 40-yard dash: 4.64, 5-10-5 Agility: 4.22
"A linebacker with great intuition and knowledge of the game, junior Omar Gaither has gained strength and speed to earn him a starting position. As a freshman and sophomore, Omar Gaither led the Volunteer special teams in tackles. Gaither put his agility and quickness on display during the 2004 SEC Championship game with 18 tackles; 3 for loss and 1 sack. Although not named a starter until several games into the season, Gaither finished sixth in the SEC in tackles with 88 (69 solo, 19 assist, 11.5 loss), while also garnishing 2 sacks. Just as bright off the field, Gaither was named to the 2002 SEC Academic Honor Roll as well as being a candidate for the

2002 Football Scholar-Athlete of the Year. A hard worker in all aspects of life, this past summer Gaither took several courses, worked a part-time job, and trained to win by lifting weights and conditioning daily." —Brian Gearity, NSCA member sponsor.

Football
University of Tennessee
Parys Haralson
Defensive End

Junior/ Sociology
Height: 6'2", Weight: 255
Personal Bests: Bench Press: 460 lbs., Squat: 550 lbs., Vertical Jump: 35", Power Clean: 350 lbs., 40-yard dash: 4.7, 5-10-5 Agility: 4.31
"Parys is the epitome of hard work. He leads by example and is a self-starter that motivates others by his effort and intensity. His efforts in the weight room have improved his overall strength, flexibility, and explosiveness. His improvement in the aforementioned has contributed to him being honored as a Most Improved Lifter and a co-captain of the 2004 Tennessee Football Team." —Roderick Moore, NSCA member sponsor.

Football
University of Tennessee
Michael Munoz
Offensive Tackle

Senior/ Master's - Public Administration
Height: 6'6", Weight: 315
Personal Bests: Bench Press: 465 lbs., Squat: 305 lbs., Vertical Jump: 30", Power Clean: 305 lbs., 40-yard

dash: 5.4, 5-10-5 Agility: 4.6
"Munoz was voted team captain for the second consecutive year. This fifth-year senior started every game in 2003 as left tackle and has started all 37 games in which he has played in during his career. Munoz earned second team All-SEC honors from league coaches in 2003 and named Academic All-SEC for the second consecutive year. He is considered one of the team's fiercest competitors, who has fought through a number of injuries in 2002, while missing only one game. Munoz excels at pass blocking, with outstanding movement and use of hands, and is one of two student-athlete members of the NCAA Sports Wagering Task Force. Munoz's leadership and dedication in the weight room earned him the prestigious John Stucky Lifter of the Year award for 2004." —Chris Stewart, NSCA member sponsor.

Football
University of Tennessee
Chuck Prugh
Center

Senior/ Business
Height: 6'3", Weight: 310
Personal Bests: Bench Press: 470 lbs., Squat: 615 lbs., Vertical Jump: 29", Power Clean: 350 lbs., 40-yard dash: 5.2, 5-10-5 Agility: 4.83
"Chuck Prugh is a 5th year senior who has had 100% attendance during his four years with the Tennessee football squad. Limited last season with a life threatening illness, Prugh has bounced back to regain his excellent leg strength by squatting a career high 615 this past summer. Prugh, a walk-on who earned a scholarship, is

enthusiastic and pushes his teammates during the workouts. Prugh has constantly gained strength and explosiveness to help him secure a position as a backup center. Prugh has played for the Vols in every season since transferring, and has started at times during the 2004 season.”
—Barry Cain, NSCA member sponsor.

Football University of Tennessee Kevin Simon

Linebacker

Junior/ Psychology

Height: 5’11”, Weight: 225

Personal Bests: Bench Press: 440 lbs., Squat: 513 lbs., Vertical Jump: 32”, Power Clean: 300 lbs., 40-yard dash: 4.5, 5-10-5 Agility: 4.02

“Kevin is an exceptionally gifted athlete who possesses an outstanding work ethic. His hard work and determination in overcoming numerous injuries have allowed him to gain a leadership role at UT. Kevin has utilized the weight room to become one of the strongest and most explosive linebackers in Tennessee history.”

—William Bryan Van Vleet, NSCA member sponsor.

Football University of Tennessee at Martin

Cole Duncan

Tight End

Sophomore/ Agriculture

Height: 6’5”, Weight: 228

Personal Bests: Bench Press: 330 lbs., Squat: 430 lbs., Vertical Jump:

32.5”, Power Clean: 315 lbs., 40-yard dash: 4.49, 5-10-5 Agility: N/A

“Cole Duncan has started every game as a freshman and sophomore, catching 53 passes for 557 yards in those two years. He has also maintained a 3.17 GPA over that time.

Through hard work he has developed from a 205 lb tight end with minimal strength to being a 230 lb force on the field. He has emerged as a team leader in the weight room as well as on the field and in the classroom.”

—Craig M. Newton, NSCA member sponsor.

Football University of Virginia’s College at Wise

Brian Atkins

DL

Senior/ Admin. of Justice

Height: 6’, Weight: 250

Personal Bests: Bench Press: 385 lbs., Squat: 405 lbs., Vertical Jump: 26”, Power Clean: N/A lbs., 40-yard dash: 4.82, 5-10-5 Agility: 4.52

“Very strong young man. Works hard. Very dependable and a good leader in the weight room.”

—Bruce Wasem, NSCA member sponsor.

Football University of Wyoming Zach Morris

Defensive Tackle

Senior/ Secondary Education

Height: 6’2”, Weight: 281

Personal Bests: Bench Press: 350 lbs., Squat: 600 lbs., Vertical Jump: 30.5”, Power Clean: 345 lbs., 40-yard dash: 4.83, 5-10-5 Agility: 4.43

“Zach has made a significant contribution to our Strength Program and our Football Team. His work ethic simply can’t be matched. He also has a 360 lb jerk.” —Scott Benett, NSCA member sponsor.

Football Upper Iowa University

Joshua Thomas

Stong Safety

Junior/ Business Management

Height: 6’2”, Weight: 200

Personal Bests: Bench Press: 375 lbs., Squat: 500 lbs., Vertical Jump: 32”, Power Clean: 295 lbs., 40-yard dash: 4.62, 5-10-5 Agility: N/A

“Josh has been a leader in the weight room since his freshman year at Upper Iowa University (NCAA Division II). As a defensive back in the football program, he has started 30 of 30 games in his career. His on the field achievements have led him to break the career interceptions record and serve as a team captain as a junior. In the weight room, Josh exhibits an outstanding work ethic. He is a competitive leader, who has high expectations of himself and his teammates. Josh strives to break the next defensive back record in the bench press and parallel squat (records he currently holds), as well as the power clean, 40, and vertical jump. His commitment to strength and conditioning on a year-round basis has allowed him to continually progress as an athlete. Josh is the type of athlete that strength coaches dream of working with on a daily basis.” —Jeff Engel, NSCA member sponsor.

Football Utica College

Jeff Muha

Tight End/Punter

Junior/ Criminal Justice

Height: 6’4”, Weight: 260

Personal Bests: Bench Press: 340 lbs., Squat: 450 lbs., Vertical Jump: 28”, Power Clean: 290 lbs., 40-yard dash: 5.0, 5-10-5 Agility: 4.4

“Jeff broke five school records in the weight room. These accomplishments and hard work make him better on the field and this has really helped his team and teammates.” —Jerome R. Tine, NSCA member sponsor.

Football Vanderbilt University

Justin Geisinger

Offensive Tackle

Senior/ Human Organizational Development

Height: 6’4”, Weight: 335

Personal Bests: Bench Press: 600 lbs., Squat: 650 lbs., Vertical Jump: 27.5”, Power Clean: 345 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Justin Geisinger is the answer to a strength coach’s dream. He has been a tremendous leader in the weight room and on the field. Justin is a great football player that not only gives his best, but he makes the other players around him better. Justin is polite, soft spoken player who is tough as nails on the football field. Justin is an Ambassador for Vanderbilt University, a great role model for many young athletes, and will be successful in whatever his heart desires.” —John Sisk, NSCA member sponsor.

Football**West Virginia University****Dan Mozes****Offensive Line**

Sophomore/ N/A

Height: 6'4", Weight: 295

Personal Bests: Bench Press: 485 lbs., Squat: 605 lbs., Vertical Jump: 26", Power Clean: 365 lbs., 40-yard dash: 5.31, 5-10-5 Agility: 4.49
"Dan is a born warrior. His work ethic, drive and intensity make him one of the most physically dominant linemen in the country. He was a first team All-Big East player due to his unwavering commitment in the weight room and on the field. It is my honor to be his strength coach."

—Michael Barwis, NSCA member sponsor.

Football**West Virginia University****Craig Wilson****Defensive Line**

Sophomore/ N/A

Height: 6'1", Weight: 285

Personal Bests: Bench Press: 440 lbs., Squat: 630 lbs., Vertical Jump: 31.5", Power Clean: 375 lbs., 40-yard dash: 4.82, 5-10-5 Agility: 4.25
"Craig is one of the most explosive players I have had the opportunity to work with. His consistency along with his drive to succeed in the weight room have opened doors for him on the playing field. I am confident that his achievements will continue to grow throughout his career."

—Autumn Speck, NSCA member sponsor.

Football**Western Carolina****University****Lamar Barnes****Linebacker**

Junior/ Finance

Height: 5'10", Weight: 240

Personal Bests: Bench Press: 400 lbs., Squat: 627 lbs., Vertical Jump: 30.5", Power Clean: 315 lbs., 40-yard dash: 4.90, 5-10-5 Agility: 4.89

"Lamar is the hardest working player I have had the chance to coach. He is also the most dedicated player I have had the chance to be around. Lamar was an invited walk-on linebacker who through hard work and determination not only earned a full scholarship, but played as a true freshman and has been a 2 year starter ever since. Lamar also has split time playing fullback in short yardage situations. He is the most dependable young man I have had the privilege to coach, who was named the "Most Valuable Defensive Core Player" after spring drills 2004. He was ranked second on the team in tackles for the 2003 season. Lamar is the true definition of this award and is a great example for younger athletes to follow." —Tobias Jacobi, NSCA member sponsor.

Football**Wilkes University****Brett Trichilo****Tailback/Running Back**

Senior/ Mechanical Engineering

Height: 5'10", Weight: 225

Personal Bests: Bench Press: 405 lbs., Squat: 710 lbs., Vertical Jump:

34", Power Clean: 395 lbs., 40-yard dash: 4.55, 5-10-5 Agility: 4.18
"Brett is the hardest working athlete I have ever had the pleasure of working with. Having worked at the DI, DII, and now DIII levels this is a big compliment, Brett is a great player and leader. He leads by example and hard work." —Keith Klahold, NSCA member sponsor.

Football**Wingate University****Josh Threatt****Offensive Line**

Junior/ Business

Height: 6'4", Weight: 275

Personal Bests: Bench Press: 455 lbs., Squat: 535 lbs., Vertical Jump: 28", Power Clean: 325 lbs., 40-yard dash: 5.2, 5-10-5 Agility: N/A
"Josh has an incredible work ethic. His leadership in the weight room carries over to leadership on the field. Josh has become a dominant force on the field because of his strength gains." —James M. Catanzaro, NSCA member sponsor.

Football**Youngstown State****University****Mike Roberts****Tight End**

Senior/ Criminal Justice

Height: 6'0", Weight: 250

Personal Bests: Bench Press: 470 lbs., Squat: 585 lbs., Vertical Jump: 31.5", Power Clean: 300 lbs., 40-yard dash: 4.79, 5-10-5 Agility: N/A
"Mike pressed and squatted his way to a first team Gateway Conference

selection setting several team position marks along the way. He ranks among the top all time lifters on the team. Mike gets the job done on the field, in the weight room, and in the classroom." —Todd Burkey, NSCA member sponsor.

Football / Basketball**Juniata College****Paul Berry****Linebacker & Outfielder**

Senior/ Natural & Social Sciences

Height: 5'10", Weight: 205

Personal Bests: Bench Press: 325 lbs., Squat: 650 lbs., Vertical Jump: 32", Power Clean: 260 lbs., 40-yard dash: 4.75, 5-10-5 Agility: N/A
"Paul is a hard worker and leads his teammates through his hard work on the field and in the weight room." —Matthew S. Huntsman, NSCA member sponsor.



GOLF

Golf Georgia Tech Chan Sons

N/A
Senior/ Business Management
Height: 5'10", Weight: 155
Personal Bests: Bench Press: 190 lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Chan is a highly motivated athlete with a great work ethic. His leadership in the weight room and on the golf course serves as an example for others to follow. His positive attitude and hard work has helped Georgia Tech finish in the top 5 for the last 7 years." —Neal Peduzzi, NSCA member sponsor.

Golf University of Tennessee Chris Robinson

N/A

Senior/ Classical Civilization
Height: 5'11", Weight: 160
Personal Bests: Bench Press: 275 lbs., Squat: 295 lbs., Vertical Jump: N/A, Power Clean: 195 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Chris's strong work ethic and leadership skills have helped him become a leader on the golf team. Our entire team has improved in their workouts because of Chris's desire and dedication to working out. He is an outstanding leader who has graduated early so he can begin a career in the military." —Daniel P. Hamilton, NSCA member sponsor.



GYMNASTICS

Gymnastics University of California - Berkeley Lauren Shipp

N/A
Senior/ Integrative Biology
Height: 5'8", Weight: N/A
Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: 24", Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Lauren has shown extreme mental toughness while working through injuries to still compete at the highest level. This quality has made her a great leader and role model."
—Jeremy Lawson, NSCA member sponsor.

Gymnastics West Virginia University Kari Williams

A.A.
Senior/ N/A
Height: 5'4", Weight: 125
Personal Bests: Bench Press: 150 lbs., Squat: 350 lbs., Vertical Jump: 27.5", Power Clean: hang 175 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Kari has the great ability to lead by example. Her strong character along with her commitment to achieve through hard work and dedication are evident in everything she does. She holds the Vertical Jump Record, which is only one of the testaments to her go hard - never quit mentality."
—Autumn Speck, NSCA member sponsor.



HOCKEY

Hockey University of Vermont Kami Cote

Goalie
Senior/ Professional Physical Education
Height: 5'8", Weight: 152
Personal Bests: Bench Press: 156 lbs., Squat: 234 lbs., Vertical Jump: 19.5", Power Clean: 158 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Kami is a true leader on and off the ice. She is the first one in/last one out everyday all with the dedication and determination to be the best. She makes a job like mine easy, yet hard because she constantly pushes to be challenged and get better. Kami is unmatched as the most motivated and professional student-athletes I have ever worked with." —Paul Goodman, NSCA member sponsor.

Hockey University of Vermont Scott Mifsud

Forward
Senior/ Professional Physical Education
Height: 5'8", Weight: 172
Personal Bests: Bench Press: 287 lbs., Squat: 382 lbs., Vertical Jump: 31", Power Clean: 259 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Scott has worked incredibly hard and smart to come back from an ACL reconstruction to be the best overall athlete on his team. He is unmatched in his on and off-ice focus and his determination to help his team through his physical development. Top notch to work with!" —Paul Goodman, NSCA member sponsor.

Hockey Brown University Jessica Link

Forward
Senior/ Business Economics
Height: 5'1", Weight: 135
Personal Bests: Bench Press: 135 lbs., Squat: N/A lbs., Vertical Jump: N/A, Power Clean: 143 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Led team in scoring during Sophomore and Junior years. Also, as junior ranked 10th in nation in points. Very hard worker. All ELRC as junior and 1st team all Ivy."
—Roger Marandino, NSCA member sponsor.

Hockey Norwich University Kurtis McLean

Center
Senior/ Physical Education
Height: 5'11", Weight: 177
Personal Bests: Bench Press: 255 lbs., Squat: 335 lbs., Vertical Jump: 32.4", Power Clean: 243 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.05
"A 3 time, division 3, First Team, All American, Kurtis' success on the ice is a direct reflection of his work ethic in the off-season. At 6 percent body fat, his conditioning, agility and low body power are at their peak heading into his Senior year." —Justin Goulet, NSCA member sponsor.

Hockey The University of Maine Greg Moore

Forward
Junior/ Kinesiology & Physical Ed
Height: 6'1", Weight: 220
Personal Bests: Bench Press: 275 lbs., Squat: 445 lbs., Vertical Jump: 33", Power Clean: 290 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.03
"Greg's focus and personal commitment to strength and conditioning have set the tone for his team. He is a mature leader who demands the best from himself in every aspect of his training. Despite Ice Hockey's long competitive season he consistently strives to be his best both on and off the ice. In addition to his 2004 season at Maine he competed in the 2004 IIHF World Junior Championship in Finland. In the first ever gold medal win over Canada, he assisted on the USA's first goal."
—Leslie J. Look, CSCS, NSCA member sponsor.

Hockey Yale University Joseph Zappala

Left Wing
Junior/ Economics
Height: 5'11.5", Weight: 209
Personal Bests: Bench Press: 250 lbs., Squat: 405 lbs., Vertical Jump: 26", Power Clean: 120 (Kg) lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.24
"Very intense and driven athlete in the weight room and on the ice. His physical presence cannot be denied. Worked hard in the off-season to improve his strength and agility. An outstanding person!" —David Emery, NSCA member sponsor.



LACROSSE

Lacrosse Springfield College Pat Maguire

Defense
Senior/ Applied Exercise Science
Height: 5'10", Weight: 190
Personal Bests: Bench Press: 295 lbs., Squat: 395 lbs., Vertical Jump: 27.5", Power Clean: 230 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.29
"Pat provides solid defense on the field by giving his best 100% of the time. In the weight room, his dedication and motivation help him to put forth an effort above and beyond all expectations." —Margaret Jones, NSCA member sponsor.

Lacrosse The Ohio State University

John Dauro
Midfield
Junior/ Business
Height: 6'0", Weight: 195
Personal Bests: Bench Press: 260 lbs., Squat: 315 lbs., Vertical Jump: N/A, Power Clean: 210 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.34
"John is a tremendous leader and a tough competitor. His dedication both in the weight room and on the field contributed greatly to him being elected a team captain his senior year." —Ben Hilgart, NSCA member sponsor.

Lacrosse
University of California - Berkeley

Erin Hafkenschiel

Attack

Senior/ Political Economics

Height: 5'7", Weight: 145

Personal Bests: Bench Press: 115 lbs., Squat: 195 lbs., Vertical Jump: 20", Power Clean: 143 lbs., 40-yard dash: 5.19, 5-10-5 Agility: 4.88

"Erin continuously shows great work ethic, athletic ability, and leadership in the strength and conditioning program for women's lacrosse." —Scott O'Dell, NSCA member sponsor.

Lacrosse
University of Hartford
Brandon Herbst

Attack

Junior/ N/A

Height: 5'7", Weight: 159

Personal Bests: Bench Press: 195 lbs., Squat: 315 lbs., Vertical Jump: 22", Power Clean: 204 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Brandon always competes with the intensity of a championship fight. He not only challenges himself to get better, he makes his teammates better every day." —Emil R Johnson, Jr., NSCA member sponsor.

SOCCER



Soccer
Central Connecticut State University

Laura Duncan

Defense

Senior/ Graphic Design

Height: 5'10", Weight: N/A

Personal Bests: Bench Press: 140 lbs., Squat: 405 lbs., Vertical Jump: N/A, Power Clean: 125 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Laura is the type of athlete every strength coach would like to train. She is a leader in the weight room and on the field. She shows up daily in the weight room and goes to work with a passion that not all athletes possess. She pushes to better herself and separate her strength levels from the rest of the athletes. She is truly a great competitor and person."

—Michael Ericksen, NSCA member sponsor.

Soccer
Clemson University

Paige Ledford

Forward

Senior/ Mechanical Engineering

Height: 5'7", Weight: 125

Personal Bests: Bench Press: 135 lbs., Squat: 230 lbs., Vertical Jump: 27", Power Clean: 163 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Paige has been a strong force on the soccer team and in the weight room since the beginning of her college career. She has received honors such as Freshman All-American, ACC All-American team, All-ACC team and Academic ACC Honor Roll. Paige has also been voted by her team as the most dedicated player in the weight room for the past three years. Paige's dedication in the classroom, weight room and on the soccer field has made her one of the most recognizable athletes at Clemson. Paige and the Lady Tiger Soccer team have made it to the NCAA Tournament all four years of her career. Paige is one of the most talented athletes I have ever worked with and her presence on the team will be missed next year." —Tanna Burge, NSCA member sponsor.

Soccer
Clemson University

Justin Moore

Defender

Junior/ Special Education

Height: 6'0", Weight: 177

Personal Bests: Bench Press: 245 lbs., Squat: 205 lbs., Vertical Jump: 25", Power Clean: 122 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Justin Moore is one of Clemson's most well-rounded athletes. Known as one of the best defenders on the team, Justin has proven his hard work and dedication in the weight room has paid off. Justin has been selected to numerous All-Tournament teams as well as being named ACC Player of the Week and All-ACC. Moore and the Tiger Soccer team have competed in the NCAA Tournament twice. Along with being a talented athlete, Justin performs well in the classroom and in the community, holding a GPA above 3.0 and having involvement in the Best Buddies program." —Tanna Burge, NSCA member sponsor.

Soccer
Denison University

Danielle Brzezinski

Goal Keeper

Junior/ Biology

Height: 5'7", Weight: N/A

Personal Bests: Bench Press: 125 lbs., Squat: 215 lbs., Vertical Jump: 22.5", Power Clean: 115 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.87

"3.93 GPA. Denison University Strength & Conditioning Athlete of the Year." —Mark J. Watts, NSCA member sponsor.

Soccer
Drake University

Kristin Underwood

Forward/Middle

Junior/ Advertising

Height: 5'10", Weight: 128

Personal Bests: Bench Press: 130 lbs., Squat: 225 lbs., Vertical Jump: 19.5", Power Clean: N/A lbs., 40-

yard dash: 4.71, 5-10-5 Agility: 4.66
"Kristin is a perfect example of how great listening and learning skills can combine with dedication, hard work and athletic ability to produce results on and off the soccer field." —Mike Cotterman, NSCA member sponsor.

Soccer Drexel University

Katie Kane

Forward

Junior/ Biological Science
 Height: 5'1", Weight: 118

Personal Bests: Bench Press: 115 lbs., Squat: 145 lbs., Vertical Jump: N/A, Power Clean: 105 lbs., 40-yard dash: 4.85, 5-10-5 Agility: N/A
"Katie's personal desire to be the best is evident in the weight room, field, and class room. Katie's hard work paid off with being named All-CAA First Team." —Michael R. Rankin, CSCS, NSCA-CPT, NSCA member sponsor.

Soccer Iowa State University

Kate Kirwan

Forward

Junior/ Elementary Education
 Height: 5'8", Weight: N/A
Personal Bests: Bench Press: 130 lbs., Squat: 255 lbs., Vertical Jump: 22.5", Power Clean: 126 lbs., 40-yard dash: 5.56, 5-10-5 Agility: 4.86
"Kate's hard work and dedication in the weight room has been astonishing. Her leadership in the weight room has played a major role in her team's success." —Andrew L. Moser, NSCA member sponsor.

Soccer Texas A & M University

Emily DeWoody

Defender

Junior/ Sociology
 Height: 5'9", Weight: N/A
Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: 23.5", Power Clean: 143 lbs., 40-yard dash: 4.65, 5-10-5 Agility: 4.65
"Emily was always looking to do extra to improve her speed & conditioning." —Paul Sealey, NSCA member sponsor.

Soccer The Ohio State University

Erica Nollen

Defender

Senior/ Mechanical Engineering
 Height: 5'6", Weight: N/A
Personal Bests: Bench Press: 135 lbs., Squat: 260 lbs., Vertical Jump: 19.5", Power Clean: 135 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Erica Nollen is not only one of the strongest & quickest members of the team. She is the hardest worker. Her athleticism and hard work has carried her team to NCAA tournament appearance and contributed towards the most successful defense in OSU history." —Molly Stickel, NSCA member sponsor.

Soccer University of Missouri

Shea Swoboda

Midfielder/Defender

Senior/ Psychology

Height: 5'4", Weight: 164
Personal Bests: Bench Press: 159 lbs., Squat: 282 lbs., Vertical Jump: 23.5, Power Clean: 192 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.66
"Shea holds team records for every Olympic lift and vertical jump on her soccer team. Her dedication and passion for strength and conditioning is second to none. She has earned the title of Team Captain because of her great intensity and enthusiasm which she's carried over to her women's basketball team as well." —Antwan Floyd, NSCA member sponsor.

Soccer University of Wisconsin

Eric Hanson

Goal Keeper

Senior/ Political Science
 Height: 6'3", Weight: 170
Personal Bests: Bench Press: 205 lbs., Squat: 250 lbs., Vertical Jump: 26.5", Power Clean: 200 lbs., 40-yard dash: 5.32, 5-10-5 Agility: 4.54
"Eric is an extremely driven and hard working individual and a proven leader by example. His hard work and dedication to training is a direct reflection on who Eric is as a person. His performance on the field is a direct correlation to his hard work in the weight room." —Jim Snider, NSCA member sponsor.

Soccer University of Wisconsin

Molly Meuer

Midfield

Senior/ Spanish
 Height: 5'6", Weight: 140
Personal Bests: Bench Press: 120

lbs., Squat: 175 lbs., Vertical Jump: 20, Power Clean: 135 lbs., 40-yard dash: 5.8, 5-10-5 Agility: 4.8
"Molly is one of the most determined and hard nosed athletes I have ever worked with in all realms of sport. She has a contagious attitude and a dedication to strength and conditioning which brings the people around her to a higher level of training. The speed and tenacity in which she plays the game is a direct reflection of her training in the weight room." —Jim Snider, NSCA member sponsor.

Soccer University of Wyoming

Sarah Skinner

Midfielder

Senior/ Elementary Education
 Height: 5'3", Weight: 130
Personal Bests: Bench Press: 105 lbs., Squat: 200 lbs., Vertical Jump: 20.5", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Sarah committed herself to the weight room year round and as a result became a dominate force on the field playing 90 minutes." —Kathy Crowe, NSCA member sponsor.

Soccer West Virginia University

Karrie Hutchins

Defense

Junior/ N/A
 Height: 5'6", Weight: 130
Personal Bests: Bench Press: 160 lbs., Squat: 375 lbs., Vertical Jump: 24", Power Clean: 185 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"I have had the pleasure of working

with Karrie throughout her college career. Her commitment and dedication in the weight room and on the field have been matched by few. These qualities paired with her positive attitude have allowed her to become a key player and a great leader, which will lead to success in all she pursues." —Michael Barwis, NSCA member sponsor.

Soccer
Western Carolina University

Stephanie Svoboda
Forward

Sophomore/ Biology
Height: 5'6", Weight: 164
Personal Bests: Bench Press: 180 lbs., Squat: 315 lbs., Vertical Jump: N/A, Power Clean: 145 lbs., 40-yard dash: 5.19, 5-10-5 Agility: 4.94
"Stephanie is a dedicated athlete whose hard work in the weight room has paid off on the soccer field; she was named 2004 pre-season All-Southern Conference. She is very deserving of this award for her hard work & dedication to training."
—Tobias Jacobi, NSCA member sponsor.

Soccer
Wilkes University

Kristi Barsby
Forward

Sophomore/ Elementary Education
Height: 5'1", Weight: 120
Personal Bests: Bench Press: 95 lbs., Squat: 185 lbs., Vertical Jump: 18", Power Clean: 85 lbs., 40-yard dash: 5.28, 5-10-5 Agility: 5.37

"Her work ethic in the weight room and training has brought her back from injuries her freshman year to excel in her sophomore year."
—Keith Klahold, NSCA member sponsor.

Soccer
William Woods University

Christy McPherson
Midfielder

Senior/ Biology
Height: 5'4", Weight: 136
Personal Bests: Bench Press: 135 lbs., Squat: 250 lbs., Vertical Jump: N/A, Power Clean: 145 lbs., 40-yard dash: 4.91, 5-10-5 Agility: 4.52
"Through dedication Christy has developed herself to be an All-Conference player. She has worked hard to improve her speed and on the ball strength. All the while becoming a leader for her team in the weight room."
—Robert Jones, NSCA member sponsor.

Soccer
Wingate University

Allison Wehunt
Midfielder

Sophomore/ Athletic Training
Height: 5'8", Weight: N/A
Personal Bests: Bench Press: 135 lbs., Squat: 255 lbs., Vertical Jump: 22", Power Clean: 125 lbs., 40-yard dash: 4.9, 5-10-5 Agility: N/A
"Allison is a top player in our program. Her efforts to achieve perfection in the weight room and on the field are a model for discipline and are admired by many of our ath-

letes." —James M. Catanzaro, NSCA member sponsor.



SOFTBALL

Softball
Baylor University
Carrie Leerberg

2nd Base
Senior/ Marketing
Height: 5'6", Weight: 127
Personal Bests: Bench Press: N/A lbs., Squat: 240 lbs., Vertical Jump: 25", Power Clean: 164 lbs., 40-yard dash: 2.58(20yd), 5-10-5 Agility: N/A
"Carrie is a phenomenal person both on and off the field. She continuously strives to become better than she was the day before. Her uncompromising passion and dedication to the game is unparalleled. Her desire for being the best is evidenced by the endless investment of time through the extra work she does to ensure her team's success. Carrie's work ethic in the area of speed and strength has elevated her to be one of the strongest athletes on the team, enabling her to

steal 28 bases on 32 attempts and lead the team in batting average last season. Off the field she remains a leader for the team, is kindly genuine, personable, and always has a quick sense of humor. This is a short list of many reasons why I choose to nominate Carrie for NSCA Strength and Conditioning Athlete of the Year."
—Brandon Marcello, NSCA member sponsor.

Softball
California State University - Long Beach
Panita Thanatharn

Outfield
Junior/ N/A
Height: 5'2", Weight: 127
Personal Bests: Bench Press: 133 lbs., Squat: 210 lbs., Vertical Jump: 21", Power Clean: 155 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"One word describes Panita... Unstoppable. She has returned stronger than ever after a near career ending broken leg two years ago. It has taken two years of rehab and numerous surgeries to return to the field and she has not complained once."
—Jason Miller, NSCA member sponsor.

Softball
Georgia Tech
Katie Donovan

3rd Base
Senior/ Management
Height: 5'6", Weight: 150
Personal Bests: Bench Press: 150 lbs., Squat: 235 lbs., Vertical Jump: N/A, Power Clean: 145 lbs., 40-yard

dash: N/A, 5-10-5 Agility: N/A
“Katie leads her team on the field and in the weight room by showing dedication and consistent hard effort. Her teammates respect her not only for her talent but also for her strong work ethic. Because of Katie’s commitment to excellence, she has been a 4-year starter and has made the ACC All Tournament Team as well as the All Region Tournament Team while maintaining a 3.05 GPA.” —Eric Ciano, NSCA member sponsor.

Softball

Miami University

Jackie Poggendorf

Pitcher

Senior/ Exercise Science

Height: 5’9”, Weight: N/A

Personal Bests: Bench Press: 120 lbs., Squat: 195 lbs., Vertical Jump: 22.5”, Power Clean: N/A lbs., 40-yard dash: 4.96, 5-10-5 Agility: N/A
“Jackie is a very dedicated player and team leader.” —Dan Dalrymple, NSCA member sponsor.

Softball

Portland State University

Whitney Olsen

Outfield

Senior/ Communications

Height: 5’2”, Weight: 115

Personal Bests: Bench Press: 115 lbs., Squat: 235 lbs., Vertical Jump: 23”, Power Clean: 121 lbs., 40-yard dash: 4.92, 5-10-5 Agility: 4.4
“Whitney has become one of the best overall athletes at our school. The improvements she has made in all performance characteristics can be directly attributed to her hard work

and dedication to all aspects of training. The great work ethic and positive energy she brings to every training session is contagious and raises the level of performance of everyone on her team. With her accomplishments in the weight room her confidence has grown and she has become a leader on and off the field. The team looks to Whitney as the person who sets the tone for workouts and practice. The teams overall expectations have been raised because of her leadership.” —Albert Dexter, NSCA member sponsor.

Softball

Springfield College

Carrie Boyce

3rd base

Senior/ Physical Education

Height: 5’6”, Weight: 145

Personal Bests: Bench Press: 100 lbs., Squat: 225 lbs., Vertical Jump: 20.5”, Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.94
“As a co-captain with a .952 fielding percentage, Carrie is fearless on the field. In the weight room, she exhibits a work ethic and enthusiasm that coaches desire in athletes. Her internal motivation is her greatest competitor.” —Margaret Jones, NSCA member sponsor.

Softball

Texas A&M University

Sharonda McDonald

In-fielder

Sophomore/ Kinesiology

Height: 5’5”, Weight: 140

Personal Bests: Bench Press: 160 lbs., Squat: 310 lbs., Vertical Jump:

23”, Power Clean: 192.5 lbs., 40-yard dash: 4.69, 5-10-5 Agility: 4.16
“Sharonda is one of the most athletically gifted softball players I have seen in a long time. She lifted 463% of her bodyweight in the 3 lifts that we test. Her speed and explosiveness on the base paths makes her a scoring threat every time that she reaches base. She is the ultimate team player and I am very thankful that we have Sharonda around for another 2 years.” —Raychelle Ellsworth, NSCA member sponsor.

Softball

The University of Southern Mississippi

Jessica Huerta

Short Stop

Junior/ Television Journalism

Height: 5’9.75”, Weight: 150

Personal Bests: Bench Press: 120 lbs., Squat: 215 lbs., Vertical Jump: 18”, Power Clean: 150 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
“Jess is a natural on the field. Her outstanding dedication in the weight room has catapulted her natural talents and bumped her onto the elite level of competition.” —Charlie Dudley, NSCA member sponsor.

Softball

University of Alabama - Birmingham

Kris Lara

First Base

Senior/ Physical Education

Height: 5’1”, Weight: 139

Personal Bests: Bench Press: 135 lbs., Squat: 240 lbs., Vertical Jump:

21”, Power Clean: 140 lbs., 40-yard dash: 5.75, 5-10-5 Agility: 4.75
“As a team leader, Kris has never missed a training session and never complained. She works at 110% intensity which has moved her from the middle of the pack to first in strength and conditioning. Kris has done all she can to be in the best physical condition she can. The strides she has made in the weight room are commendable. She improved her Parallel Squat 95 lbs and her Bench increased by 25 lbs in two years. Kris’ fastest 40 in the Anaerobic Capacity Test (10x 40 yards) decreased .93 sec and her average decreased .74 sec. Her standing broad jump improved from 1 times her height to 1.2 times her height. In addition, her 5-10-5 agility has improved .26 sec.” —Stacey Torman, NSCA member sponsor.

Softball

University of California - Berkeley

Chelsea Spencer

Shortstop

Senior/ American Studies

Height: 5’4”, Weight: 130

Personal Bests: Bench Press: 110 lbs., Squat: 225 lbs., Vertical Jump: 21.5”, Power Clean: 181 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.68
“Chelsea trains with a very positive attitude, great intensity and is always looking to improve her game with strength and conditioning.” —John Krasinski, NSCA member sponsor.

Softball

University of Hartford

Amy Sullivan

Catcher/1st Base

Senior/ N/A

Height: 5'3", Weight: N/A

Personal Bests: Bench Press: 110 lbs., Squat: 240 lbs., Vertical Jump: 22", Power Clean: 153 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Battling through injuries, Amy has continued her strong commitment to training. A leader on the field and in the weight room, Amy has been a pleasure to coach." —Emil R Johnson, Jr., NSCA member sponsor.

Softball

University of Iowa

Lisa Birocci

Pitcher

Senior/ Education

Height: 6'.5", Weight: 178

Personal Bests: Bench Press: N/A lbs., Squat: 209 lbs., Vertical Jump: 20.5", Power Clean: 176 lbs., 40-yard dash: 5.46, 5-10-5 Agility: 5.01

"Lisa is one of the most physically impressive female athletes that I have ever seen. Lisa possesses a combination of size and power that can be very intimidating for her opposition. I feel that the advantage is in her favor before she ever throws a pitch. Very committed to being the best, Lisa spent her summer in Iowa City taking classes and training with me 5 days a week. An All-American on the mound, now an All-American in the weight room; I have enjoyed preparing Lisa for her final season as a Hawkeye!" —David Marmon, NSCA member sponsor.

Softball

UVA's College of Wise

Michelle Osborne

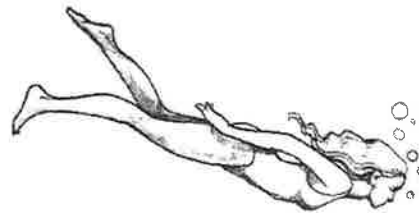
OF

Freshman/ Business

Height: 5'7.5", Weight: N/A

Personal Bests: Bench Press: 90 lbs., Squat: 120 lbs., Vertical Jump: 18.5", Power Clean: 75 lbs., 40-yard dash: 5.93, 5-10-5 Agility: N/A

"Has made tremendous improvements this year. Great worker. Very reliable. Added 5" onto Vertical Jump in 12 weeks." —Danny Sterling, NSCA member sponsor.



SWIMMING

Swimming

Texas Christian

University

Aimee Moreau

Freestyle / Backstroke

Senior/ Movement Science

Height: 5'7", Weight: N/A

Personal Bests: Bench Press: 110 lbs., Squat: 150 lbs., Vertical Jump: N/A, Power Clean: 115 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Aimee's improvement in her time here at TCU has been record setting."

She has excelled in all areas."

—Travis D. Reust, NSCA member sponsor.

Swimming

Texas Christian

University

Tiffany Strawn

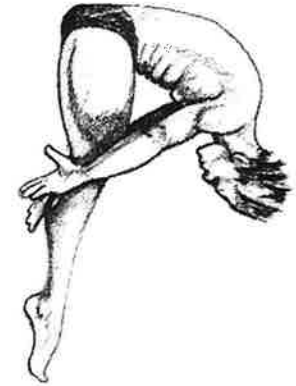
Butterfly / IM / Backstroke

Senior/ Movement Science

Height: 5'9", Weight: N/A

Personal Bests: Bench Press: 135 lbs., Squat: 200 lbs., Vertical Jump: N/A, Power Clean: 135 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"She has made herself in the weight room. Through countless hours in the weight room and pool she has become an elite swimmer. She is a joy to coach." —Don Sommer, NSCA member sponsor.



SWIMMING & DIVING

Swimming & Diving

University of Tennessee

Casey Dauw

Free/IM

Junior/ Biology

Height: 6'1", Weight: 175

Personal Bests: Bench Press: 185 lbs., Squat: 315 lbs., Vertical Jump: N/A, Power Clean: 225 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Casey has improved his focus, determination, and maturity in the weight room. He has made continuous improvements in his overall strength, flexibility, and explosiveness. His determination and effort was awarded by being recognized as an All-American honoree in the 800 free relay in the 2004 NCAA Championships. This season has been an even more productive one, and he began the season by breaking the Georgia Tech pool record in the 400 yard individual medley." —Roderick

W. Moore, Jr., NSCA member sponsor.

Swimming & Diving University of Tennessee

Tyler Gustafson

Free

Junior/ Logistics and Transportation
Height: 6'1", Weight: 175

Personal Bests: Bench Press: 275 lbs., Squat: 335 lbs., Vertical Jump: N/A, Power Clean: 250 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Tyler has worked arduously to improve his overall strength, flexibility, and explosiveness. Tyler was recognized as an Honorable Mention All American in the 400 meter medley relay in the 2004 NCAA

Championships. His focus this season has made him the strongest swimmer on the team, and reduced his NCAA qualifying times in the 100 yard freestyle and 400 yard free relay."

—Brian Lehmann, NSCA member sponsor.

Swimming & Diving Georgia Tech

Jaclyn Keys

Sprint

Senior/ Management
Height: 5'8", Weight: 133

Personal Bests: Bench Press: 120 lbs., Squat: 175 lbs., Vertical Jump: 24", Power Clean: 130 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Jaclyn is a very determined athlete whose work ethic and drive to be the best sets her apart from others. She demonstrates great leadership abilities not only in the weight room but also in the pool and classroom.

Jaclyn rises to every challenge presented to her and also encourages others to follow in her footsteps. She is a positive influence for our weight room." —Damon Harrington, NSCA member sponsor.

Swimming & Diving University of North Carolina at Wilmington

Michael Krayer

Freestyle Swim

Junior/ Chemistry / Marine Biology
Height: 6'4", Weight: 180

Personal Bests: Bench Press: 225 lbs., Squat: 275 lbs., Vertical Jump: 33", Power Clean: 225 lbs., 40-yard dash: 4.99, 5-10-5 Agility: 4.64

"Michael has made himself into a conference champion through hard work and motivation in and out of the weight room. He is the kind of student-athlete that is always asking for more. There has not been a day in his three years at UNCW when he has not given maximum effort, no matter how demanding the task." —Jim Mayew, NSCA member sponsor.

Tennis

Texas A & M University

Anna Lubinsky

N/A

Sophomore/ Business
Height: 5'6.5", Weight: 144

Personal Bests: Bench Press: 110 lbs., Squat: 225 lbs., Vertical Jump: 21", Power Clean: 65(kilo) lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.55

"Anna has consistently been at the head of weight training for her team. She leads by example and with heart.

Her performance on the court demonstrates what hard work in the weight room can do for your game."

—Anne Tamporello, NSCA member sponsor.

Tennis

University of South Carolina

Danielle Wiggins

N/A

Junior/ Sports Management
Height: 5'6", Weight: 135

Personal Bests: Bench Press: 160 lbs., Squat: 225 lbs., Vertical Jump: 24", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Danielle is a tremendous competitor who outworks everyone else. She is a natural born leader who is not afraid to make sacrifices. She is an asset to our University." —Mike Golden, NSCA member sponsor.



TRACK

Track

Georgia Tech

Andriane Lapsley

Sprints / Hurdles

Junior/ Public Policy

Height: 5'10", Weight: 145

Personal Bests: Bench Press: 165 lbs., Squat: 335 lbs., Vertical Jump: 28", Power Clean: 176 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Andriane is on of the toughest athletes I have ever met. She trains for several events and then comes in the weight room and gives everything she has everyday. She never complains or never asks to take off from anything. She qualified for the 2004 NCAA East Region Championships in the 100,200,100 hurdles, and the 4x100 relay. She was a 2004 All American in the 4x100 relay. Her work ethic is unmatched. She has been an absolute joy to work with."

—Steve Tamborra, NSCA member sponsor.

Track

Juniata College

Kira Troutman

Heptathlon

Senior/ Social Work

Height: 5'7", Weight: 130

Personal Bests: Bench Press: 150 lbs., Squat: 300 lbs., Vertical Jump: 25", Power Clean: 140 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"NCAA All-American Javelin. Holds school record for Heptathlon with 3,421 points. A very dedicated athlete who works very hard in the weight room to reach her goals."

—Matthew S. Huntsman, NSCA member sponsor.

Track
North Carolina A&T
State University
Tiffany Green

N/A
 Senior/ N/A
 Height: 5'6", Weight: 125
Personal Bests: Bench Press: 145 lbs., Squat: 300 lbs., Vertical Jump: 29", Power Clean: 155 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Tiffany's dedication to her training has allowed her to become one of the most prolific athletes all the while overcoming numerous obstacles. She is a well disciplined athlete that trains rigorously and will settle for no less than the best." —Christine Alongi, NSCA member sponsor.

Track
Rutgers University
Shameeka Marshall

Sprinter / Jumper
 Senior/ Music
 Height: 5'2", Weight: 120
Personal Bests: Bench Press: N/A lbs., Squat: 319 lbs., Vertical Jump: 33.5", Power Clean: (Hang) 145 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Big East champion in Long Jump 20' 10.5" —Shawn Windle, NSCA member sponsor.

Track
University of Missouri
Jennifer Bennett

Vaulter
 Senior/ Fine Arts
 Height: 5'7", Weight: 135

Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: 27.1", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Jennifer is the most dedicated, hard working athlete I train. She never misses an opportunity to improve and comes into the weight room with complete focus everyday. That along with her athletic ability creates a great combination. She has shown great toughness battling through injury, never feeling sorry for herself." —Antwan Floyd, NSCA member sponsor.

Track
University of Texas, San Antonio

Rosalind Holmes
Sprints
 Senior/ Kinesiology
 Height: 5'1", Weight: 105
Personal Bests: Bench Press: 140 lbs., Squat: 300 lbs., Vertical Jump: 23.5, Power Clean: 133 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Rosalind is the smallest female athlete I have had with the ability to squat 300 pounds. That is almost 3x her body weight. She is so upbeat and positive with her constant smile that her energy becomes contagious to all around her; every sport, male or female. Her intensity, drive, and power draw attention whenever she trains. She has transferred her success in the weight room to the track with All-Conference selections in the 60m, 200m, and sprint relay, as well as being selected Team Captain. Rosalind's leadership ability is not limited to athletics. She represents

her peers as a member of the Student Athlete Advisory Committee and she is a member of the Dean's list."
 —Michael Cox, NSCA member sponsor.

Track & Cross Country
College of the Canyons
Jessica Gomez

N/A
 Sophomore/ Communications
 Height: 5'8", Weight: 130
Personal Bests: Bench Press: N/A lbs., Squat: 190 lbs., Vertical Jump: 18.0, Power Clean: 120 lbs., 40-yard dash: 5.46, 5-10-5 Agility: N/A
"Jessica is a two-sport All-State and All-American for us here at College of the Canyons. Her complete dedication to our strength and conditioning program has helped her improve into a school record holder in the 800m and the best female cross country performer we have ever had. She is a joy to work with." —Matt Durant, NSCA member sponsor.



TRACK & FIELD

Track & Field
Black Hills State University

Hunter Schurrer
Weight Throw
 Senior/ Wellness Management
 Height: 6' 2", Weight: 230
Personal Bests: Bench Press: 362 lbs., Squat: 460 lbs., Vertical Jump: N/A, Power Clean: 330 lbs., 40-yard dash: 4.8, 5-10-5 Agility: N/A
"Through dedicated strength training and proper nutrition, Hunter gained an average of 10lbs of lean body-weight per year over his four year college career. He capped off his senior year by winning the NAIA Indoor National Championship Title in the 35lb weight throw." —Paul Young, NSCA member sponsor.

Track & Field
Boise State University

Neely Falgout
Javelin
 Senior/ Business Accounting

Height: 5'10", Weight: 162
Personal Bests: Bench Press: 135 lbs., Squat: 190 lbs., Vertical Jump: 22", Power Clean: 152 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Neely's dedication and hard work last year took her to the NCAA finals and this year is no different. Her determination in the weight room and out will take her even further this year." —Jeff Pitman, NSCA member sponsor.

Track & Field California State University - Fresno

Annie Malaythong
Pole Vault
 Senior/ Pre-Physical Therapy
 Height: 5'5", Weight: 129
Personal Bests: Bench Press: 120 lbs., Squat: 215 lbs., Vertical Jump: N/A, Power Clean: 150 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Annie has a work ethic that is unmatched. She is always looking for a way to improve and she pushes the people around her to improve as well." —Moses Cabrera, NSCA member sponsor.

Track & Field California State University - Fresno

Lexine Lesser
Pole Vault
 Senior/ Kinesiology
 Height: 5'7", Weight: 134
Personal Bests: Bench Press: 145 lbs., Squat: 220 lbs., Vertical Jump: N/A, Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"There is no keeping Lexine out of the weight room. Lexine has continued to take her training to a new level. Her positive attitude and hard work ethics are contagious."
 —Virginia Thomas, NSCA member sponsor.

Track & Field Central Michigan University

Fallon Bailey
Sprinter
 Senior/ Sports Studies
 Height: 5'4", Weight: 143
Personal Bests: Bench Press: 175 lbs., Squat: 325 lbs., Vertical Jump: 26, Power Clean: 175 lbs., 40-yard dash: 5.12, 5-10-5 Agility: 5.12
"Multiple MAC Champion in short sprints. Key member of MAC indoor and outdoor champion team. Great competitor. Regional qualifier."
 —Greg Halberg, NSCA member sponsor.

Track & Field Central Michigan University

Mike Sidlauskas
Throws
 Senior/ Recreation
 Height: 6'3", Weight: 230
Personal Bests: Bench Press: 360 lbs., Squat: 645 lbs., Vertical Jump: 34, Power Clean: 345 lbs., 40-yard dash: 4.95, 5-10-5 Agility: 4.20
"MAC Champion discus. Runner-up 35# weight. Multiple scorer indoors and out. Regional Qualifier for Discus and Hammer. Team captain, great leader, intense in competition"

and weight training." —Greg Halberg, NSCA member sponsor.

Track & Field Clemson University

Gisele Oliveira
Jumper
 Senior/ Management
 Height: 5'4", Weight: 124
Personal Bests: Bench Press: 115 lbs., Squat: 300 lbs., Vertical Jump: 25", Power Clean: 170 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Gisele is Clemson's all-time leader in the triple jump indoor and outdoor. Gisele also ranks second on the Lady Tigers' all-time list in the long jump outdoor. In 2003-04 she earned All-American honors in the long jump and triple jump...set a Clemson and ACC record in the triple jump with her mark of 44'6" in the finals of the NCAA Championships to place third. Gisele also finished eighth in the long jump with a mark of 20'5.75" at the NCAA Championships. Overall as a Clemson Athlete Oliveira has made All-Conference six times and made All-America six times. Gisele is not only talented on the track, but also in the classroom where she holds a 3.95 cumulative GPA. Clearly her dedication to train in the weight room and classroom has played a major role in all of her accomplishments." —Larry Greenlee, NSCA member sponsor.

Track & Field Eastern Illinois University

Aaron Grobengieser
Javelin Thrower

Senior/ Family and Consumer Sciences
 Height: 6'2", Weight: 253
Personal Bests: Bench Press: 355 lbs., Squat: 500 lbs., Vertical Jump: 34", Power Clean: 325 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Aaron is a highly motivated, hard working student athlete who is successful because of the time and effort he puts into everything he does. He owns every weight room record for throwers at EIU and is a member of our "Iron Panther Club". He always has a great attitude and work ethic. He leads by example in the weight room, on the field, and in the classroom. The EIU track & field team has won the conference in-door and out-door championship in each of his seasons at Eastern. Aaron was the 2004 Ohio Valley Conference Champion and NCAA regional qualifier in the Javelin. He is a two time all OVC team member. He also maintains a 3.8 GPA and has served as president of the student athlete advisory committee. I am sure Aaron will have a successful senior season and continue that success in whatever he pursues after college." —Nathan Moe, NSCA member sponsor.

Track & Field Johnson County Community College

Joshua Kirk
Decathlon
 Sophomore/ Liberal Arts
 Height: 6'3", Weight: 180
Personal Bests: Bench Press: 280 lbs., Squat: 280 lbs., Vertical Jump: 37", Power Clean: 198 lbs., 40-yard

dash: 4.5, 5-10-5 Agility: 4.0
“Hard worker in the class room, on the track, and in the weight room. Very disciplined and talented athlete.” —Istvan Javorek, NSCA member sponsor.

Track & Field Loras College

Pam Orris

Sprinter

Senior/ Marketing & Management
 Height: 5’6”, Weight: 140

Personal Bests: Bench Press: 145 lbs., Squat: 250 lbs., Vertical Jump: 24”, Power Clean: 150 lbs., 40-yard dash: 4.8, 5-10-5 Agility: 4.5

“Pam has used strength training to become a 12-time conference champion, three time All-American in the sprints. She has drastically reduced her time in 200m and 400m all while maintaining a 3.881 GPA out of 4.0.”
 —Thomas E. Kult, NSCA member sponsor.

Track & Field Miami University

Lashonda Davis

Sprinter / Jumper

Sophomore/ Health Studies
 Height: 5’3”, Weight: N/A

Personal Bests: Bench Press: 135 lbs., Squat: 315 lbs., Vertical Jump: 30”, Power Clean: 135 lbs., 40-yard dash: 4.65, 5-10-5 Agility: N/A

“Qualified to Nationals - Outdoor Long Jump. New Miami record holder (Long Jump Indoor and Outdoor). 55m Indoor Miami record holder. Anchored Conference champion 4x100 relay (New Miami Record).”
 —James A. Carsey, NSCA member.

Track & Field Miami University

Jake Dunkleberger

Thrower

Sophomore/ Business

Height: 6’4”, Weight: 270

Personal Bests: Bench Press: 350 lbs., Squat: 565 lbs., Vertical Jump: 29”, Power Clean: 310 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“New Miami record holder (Hammer). MAC Conference champ (Hammer). All-American - Hammer (6th place 213.7). Olympic “B” Standard (Hammer). Regional qualifier in shot put” —James A. Carsey, NSCA member sponsor.

Track & Field Norfolk State University

Imani Moorman

Triple Jump / Long Jump

Sophomore/ Elementary Education
 Height: 5’10”, Weight: 140

Personal Bests: Bench Press: 110 lbs., Squat: 250 lbs., Vertical Jump: N/A, Power Clean: 115 lbs., 40-yard dash: 5.0(meter), 5-10-5 Agility: N/A

“As a Freshman she won the MEAC Conference indoor and outdoor Triple Jump. She has tremendously improved her strength, and she give 100% in the weight room.”

—Rodney P. Gaines, NSCA member sponsor.

Track & Field Sonoma State University

Alena Cook

400 hurdles - 100 hurdles

Sophomore/ Kinesiology
 Height: 5’3”, Weight: 115

Personal Bests: Bench Press: 135 lbs., Squat: 365 lbs., Vertical Jump: 28”, Power Clean: 130 lbs., 40-yard dash: 5.1, 5-10-5 Agility: N/A
“Alena’s max strength & power improvements were the basis of her improvement from 66.79 @ 400 hurdles in ‘03 to 62.68 in ‘04 and 16.20 to 15.84 @ 100 hurdles” —Jim Hiserman, NSCA member sponsor.

Track & Field The University of Iowa

Andy Banse

Shot Put

Senior/ Athletics Administration
 Height: 6’4”, Weight: 260

Personal Bests: Bench Press: 340 lbs., Squat: 500 lbs., Vertical Jump: N/A, Power Clean: 315 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“After overcoming a serious wrist injury from throwing, Andy has dedicated himself to training and understanding what tools it takes to reach the next level of throwing from the strength and conditioning aspect. His preparation for this upcoming season makes it exciting to see what he is capable of accomplishing. Andy also has many great leadership qualities that will help advance him in whatever he pursues in life.” —Damon Davis, NSCA member sponsor.

Track & Field Troy University

Katrina Lewis

Shot/Discus/Hammer/Javlin

Senior/ Sports and Fitness Management
 Height: 5’7”, Weight: 164

Personal Bests: Bench Press: 140

lbs., Squat: 230 lbs., Vertical Jump: 23”, Power Clean: 150 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
“Very hard worker. Holds school record in the Hammer (154’), Indoor Shot (42’6”). Was named most valuable athlete for 2004 Track & Field team. Has great determination and work ethic.” —Richard Shaughnessy, NSCA member sponsor.

Track & Field U.S. Air Force Academy

Dominique Boivin

Discus

Senior/ English

Height: N/A, Weight: N/A

Personal Bests: Bench Press: 185 lbs., Squat: 265 lbs., Vertical Jump: 22”, Power Clean: 191 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

“Dom has been hampered by injuries; yet, this has not prevented her from becoming a leader in the weight room and winning the 2003 Mountain West Conference discus title.” —Buck Blackwood, NSCA member sponsor.

Track & Field University of North Carolina at Wilmington

Christie Schreckengost

Javelin Throw

Senior/ Criminal Justice

Height: 5’7”, Weight: 165

Personal Bests: Bench Press: 150 lbs., Squat: 255 lbs., Vertical Jump: 23”, Power Clean: 165 lbs., 40-yard dash: 4.98, 5-10-5 Agility: 5.03
“Christie has been a model of consistency in the weight room. She has

built herself into one of a handful of top javelin throwers in the nation through hard core work ethic. She is an incredible all-around athlete and has shown her competitive drive every day in the weight room. Her unmatched focus has been a great example to every athlete at UNCW."
—Jim Mayew, NSCA member sponsor.

Track & Field / Football Clemson University

Airese Currie

Sprinter / Wide Receiver

Senior/ Marketing

Height: 5'11", Weight: 185

Personal Bests: Bench Press: 320 lbs., Squat: 430 lbs., Vertical Jump: 36.5", Power Clean: 300 lbs., 40-yard dash: 4.25, 5-10-5 Agility: 4.04

"Airese Currie is one of Clemson's most dedicated all around athletes. Currie is known for his quick speed and great skills at receiver. Airese is part of the All-American 4x100 relay team that finished second at the NCAA Championships in 2002, and set school and conference records with a time of 38.82. In 2004 Airese was the NCAA East Region Champion in the 100m with a time of 10.29. Currie and the Tiger Track team claimed the ACC Outdoor Championship title and set a meet record for total points scored. As a wide receiver, Currie has also had his name in the record books. Currie led the ACC in receptions per game (6.0) and receiving yards per game (85.2) in 2004." —Larry Greenlee, NSCA member sponsor.

Track & Field/Football

Loras College

Travis Sullivan

Shot/Disc/Hammer & Linebacker

Senior/ Bio Chemistry

Height: 6'2", Weight: 245

Personal Bests: Bench Press: 365 lbs., Squat: 550 lbs., Vertical Jump: 32", Power Clean: 335 lbs., 40-yard dash: 4.7, 5-10-5 Agility: 4.4

"Travis is the hardest worker in the weight room I have coached. He became an All American shot putter and 4 year starter in football. He won 4 conference titles in track and is going to Pharmacy school next year."

—Thomas E. Kult, NSCA member sponsor.

Track & Field/Softball

Bowdoin College

Laura Perovich

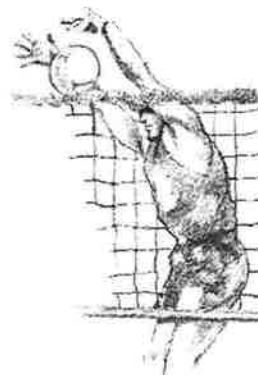
Throws/Catcher

Senior/ Mathematics

Height: 5'7", Weight: N/A

Personal Bests: Bench Press: 130 lbs., Squat: 235 lbs., Vertical Jump: N/A, Power Clean: 150 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Laura was new to the throwing events when she joined the track & field team as a sophomore. A commitment to strength training prepared her to become a provisional qualifier in the Women's 20# Weight, and a ranking of 23rd nationally in Division III Track & Field as a junior. She also captains a very successful softball team." —Jim St. Pierre, NSCA member sponsor.



VOLLEYBALL

Volleyball

Binghamton University

Anne Crocus

Middle Blocker

Senior/ Human Development

Height: 6'0", Weight: N/A

Personal Bests: Bench Press: 160 lbs., Squat: 300 lbs., Vertical Jump: 28.5", Power Clean: 182 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Anne is one of the hardest working athletes I have ever worked with. She is a tremendous leader on and off the court and is a great example to all of our student-athletes. Her hard work has paid off in being named twice to the America East All Conference Team." —Bryan McGovern, NSCA member sponsor.

Volleyball

Birmingham-Southern College

Sarah Martin

Middle Blocker

Sophomore/ Accounting

Height: 5'9", Weight: N/A

Personal Bests: Bench Press: N/A lbs., Squat: 185 lbs., Vertical Jump: 28", Power Clean: 170 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Sarah is a great example of what determination and dedication can do for an athlete. Her work ethic and ability have raised the bar on what is expected of every other athlete on campus." —Scott Charland, NSCA member sponsor.

Volleyball

Brigham Young

University

Michael Burke

Middle Blocker

Senior/ Business

Height: 6'8", Weight: 230

Personal Bests: Bench Press: 335 lbs., Squat: 400 lbs., Vertical Jump: 35", Power Clean: 265 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Mike is one of the strongest volleyball players I've worked with. He is definitely the "big man on the court." He is a team captain, 2x All-Conference, a 3 year starter, and member of the 2004 National Championship Team & 2003 NCAA National Championship 2nd place team. We are looking to him to lead the team to another national title." —Corey Anderson, NSCA member sponsor.

Volleyball

Chandler Gilbert

Community College

Janalyn Van de Graff

Middle

Sophomore/ Exercise Science
Height: 5'6", Weight: 140

Personal Bests: Bench Press: 110 lbs., Squat: 205 lbs., Vertical Jump: 24.5", Power Clean: N/A lbs., 40-yard dash: 5.43, 5-10-5 Agility: N/A
"Throughout the time that Janalyn has been at CGCC she has set an exemplary standard for other athletes. Her devotion to training and preparation has inspired many teammates to follow her lead. Physically, she is a strong, powerful, agile athlete, but her true strengths are evident in her personality: determination and integrity. In two years, she has missed very few (if any) training sessions and is constantly trying to improve upon her own fitness and volleyball skill, as well as help other players achieve their goals. Janalyn is a gifted athlete and a bright student (i.e. 3.1 GPA). She has been playing volleyball for the last six years and was just recently married in January 2004. Her hobbies include camping, hiking, being outdoors, hanging out with family, snow boarding, wake boarding, working-out, and quading. She comes from a large family of nine children. Janalyn would like to pursue strength and conditioning as a career."—Mark D. Peterson, NSCA member sponsor.

Volleyball**Chandler Gilbert****Community College****April Wooden****Hitter**

Sophomore/ Exercise Science
Height: 5'6", Weight: 154

Personal Bests: Bench Press: 140 lbs., Squat: 285 lbs., Vertical Jump: 25.5", Power Clean: N/A lbs., 40-yard dash: 5.3, 5-10-5 Agility: N/A
"April Wooden is one of the most athletically gifted female athletes that Chandler Gilbert Community College has seen. In fact, when adjusting for body mass, she is one of the strongest, most explosive athletes (male or female) that CGCC currently has. April constantly challenges herself mentally and physically to be the best athlete she can be.

Collectively, her commitment to sport conditioning and unmistakable outstanding fitness-competency has encouraged her peers to look to her as a leader. April is not only a gifted athlete, but a bright student (i.e. overall 3.2 GPA; 17 credit hours this semester). Upon graduating, April is planning to pursue a B.S. degree in Exercise and Wellness, at Arizona State University. Her other hobbies include snowboarding, wakeboarding, running, hiking, camping, and softball. In 2003, April was voted Most Improved Player!"—Mark D. Peterson, NSCA member sponsor.

Volleyball**College of the Canyons****Breanna Trudeau****Outside Hitter**

Sophomore/ N/A

Height: 5'11", Weight: 130

Personal Bests: Bench Press: N/A lbs., Squat: 210 lbs., Vertical Jump: 27", Power Clean: 160 lbs., 40-yard dash: 5.07, 5-10-5 Agility: 4.30
"The most physically dominant female athlete we have ever had here at College of the Canyons. Breanna

is a two-time all-conference player for us who can completely take over games and has already signed a Division I scholarship with Cal State Fullerton. Her vertical jump would be considered world class and her 5-10-5 is equally as impressive. Not only does Breanna possess tremendous physical ability, she has a tremendous work ethic. An athlete of this caliber does not come around too often in a strength coach's career."

—Robert dos Remedios, NSCA member sponsor.

Volleyball**Eastern Illinois****University****Erica Gerth****Outside Hitter**

Senior/ Health Studies

Height: 5'11", Weight: N/A

Personal Bests: Bench Press: 120 lbs., Squat: 240 lbs., Vertical Jump: 26.5", Power Clean: 152 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Erica is a gifted athlete who became an exceptional athlete through her work ethic, positive attitude, and determination. She has stayed here every summer to train for the upcoming season and holds three of the five weight room records for volleyball. In addition, she is a member of our "Iron Panther Club". As a four year starter, she has rewritten the EIU Volleyball record book. Erica, a three year all Ohio Valley Conference team member, was named OVC Volleyball "Athlete of the Year" while leading her team to a share of the OVC championship and a 25-6 record in 2004. While doing all of this, she has

maintained a 4.0 GPA. She is an academic All-American and a Scholar - Athlete Award winner, the highest academic achievement awarded by the OVC. Erica has been successful on and off the court and will continue to be successful in anything she pursues."—Nathan Moe, NSCA member sponsor.

Volleyball**Furman University****Rosey Cashman**

N/A

Senior/ Communications

Height: N/A, Weight: N/A

Personal Bests: Bench Press: 150 lbs., Squat: 345 lbs., Vertical Jump: 24", Power Clean: 147 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Rosey combines ability, strength and dedication to perform at an optimum level. Her leadership and work ethic over the last four years has enabled her to achieve many goals in competition as she will in life."—Calvin W. Brown, NSCA member sponsor.

Volleyball**Georgia Tech****Jayme Gergen****Middle Blocker**

Senior/ Psychology

Height: 6'0", Weight: 155

Personal Bests: Bench Press: 145 lbs., Squat: 240 lbs., Vertical Jump: 27.5", Power Clean: 165 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.5

"Jayme is the type of athlete you would like on every team. She has a tremendous work ethic and dedication. She goes all out on everything we do from beginning to end. She is

always the first one to finish in everything we do. She was chosen as one of the team captains for the 2004 season. She finished 2nd in ACC in hitting percentage and was 25th in the nation in hitting percentage last season. She is a three-year starter. She has been named on the ACC Academic Honor Roll for the last three years. She was named to the 2004 NACWAA Classic All-Tournament team. Jayme is one of the hardest working athletes I have ever had the chance to work with. She has been an absolute joy to coach." —William S. McDonald, NSCA member sponsor.

Volleyball Hofstra University

Julie Tatar

Outside Hitter

Senior/ Public Relations

Height: 6'1", Weight: 165

Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: 19", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Julie metamorphically changed during her collegiate career. She went from being a tall, skinny girl to a powerful, dynamic athlete. She increased her jump 6 1/2 inches from her freshman season to her junior year. Last year during a maintenance phase she was using 40 pound dumbbells on the flat bench, for sets of 10 reps! When she began lifting she started with 10 lbs. Julie's discipline in the gym carries over to her studies. Last year, Julie Tatar received our University award for female student-athlete of the year. She has a 3.9 G.P.A. and was this year's co-captain.

This season she was select to the COSIDA All-District Academic All-American first team. She was chosen player of the week once this season for the Colonial Athletic Association. She started every volleyball match for Hofstra and was an integral part of our second-place-regular-season finish." —Elaine Roque, NSCA member sponsor.

Volleyball James Madison University

Kate Fuchs

Middle Blocker

Senior/ Exercise Science

Height: 6'2", Weight: N/A

Personal Bests: Bench Press: 130 lbs., Squat: N/A lbs., Vertical Jump: 24.5", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Kate has shown a continued willingness to improve her performance on the court through hard work and dedication in the weight room. She elected to stay on campus last summer to train and improved her vertical jump by 2 inches and her broad jump by 10 inches in 2 months! All of Kate's hard work has paid off because she is now the school's all-time leader in total blocks and block assists. Kate also works hard in the classroom and has earned a 3.27 GPA in her Exercise Science major classes." —Matthew Green, NSCA member sponsor.

Volleyball Juniata College

Carlie Dale

Setter

Senior/ Accounting

Height: 5'6", Weight: 130

Personal Bests: Bench Press: 140 lbs., Squat: 275 lbs., Vertical Jump: 24", Power Clean: 130 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Two time NCAA All-American.

Carlie is an exceptionally hard worker on and off the court and is a tremendous team leader who pushes herself and teammates to their highest level." —Douglas B. Smith, NSCA member sponsor.

Volleyball Lafayette College

Heidi Olichwier

Forward

Senior/ Neuroscience

Height: 5'6", Weight: 166

Personal Bests: Bench Press: 110 lbs., Squat: 245 lbs., Vertical Jump: 23", Power Clean: 111 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Heidi's commitment to the strength and conditioning program has paid huge dividends during her time at Lafayette College. During the past four years her hard work and leadership has motivated the entire team to continuously improve in the weight room and on the court, culminating in the team's first winning season since 1994. During that time she started 395 consecutive games, which ranks her fifth all-time in Division I." —Stephen M. Mannino, NSCA member sponsor.

Volleyball Montana State University

Megan Zanto

Middle Hitter

Junior/ Business

Height: 6'3.5", Weight: 172

Personal Bests: Bench Press: 100 lbs., Squat: 215 lbs., Vertical Jump: 22.5", Power Clean: 155 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.90

"Megan works hard day in and day out. She pushes herself and her teammates to become better. Through her hard work in the off-season she has broken school records as well as personal records in the weight room and has stayed injury free. 1st Team All-Conference, Big Sky All-Academic Team Selection." —Doug Samuelson, NSCA member sponsor.

Volleyball New Mexico State University

Leah Nye

Defensive Specialist

Sophomore/ Criminal Justice & Marketing

Height: 5' 5 3/4", Weight: 143

Personal Bests: Bench Press: 95 lbs., Squat: 225 lbs., Vertical Jump: 22 1/2", Power Clean: 130 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.70

"Leah is the best of an exceptional group. Last year's Senior dominated Volleyball team set high standards that Leah and her teammates have matched. Leah is the first underclassman that I have bestowed this honor upon because she demolishes each and every workout. Leah is the

weight room leader and approaches each workout with a "Bring it on!!" attitude setting an atmosphere that motivates the rest of the team. Leah broke or tied 3 lifting records last spring and continues to push herself and others. —Antony A. McClure, NSCA member sponsor.

Volleyball
Ohio University
Briana Adamovsky

Setter
Senior/ Finance and Management
Height: 5'6", Weight: N/A
Personal Bests: Bench Press: 144 lbs., Squat: 235 lbs., Vertical Jump: 26", Power Clean: 140 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Briana is an exceptional worker in the weight room. All of her hard work has paid off. She has earned MAC Player of the Year and helped her team to an undefeated conference season." —Jarrett Ferguson, NSCA member sponsor.

Volleyball
Oregon State University
Katelyn Healy

OH/MB
Junior/ Business Administration
Height: 5'10", Weight: N/A
Personal Bests: Bench Press: 125 lbs., Squat: 225 lbs., Vertical Jump: 26", Power Clean: 170 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Outstanding leadership in weight room. Possesses great work ethic. Former walk on who earned a scholarship. Has played every position on court. Two time Honorable mention. PAC 10 All Academic Team"

—Andrew Dendas, NSCA member sponsor.

Volleyball
Portland State University
Stephanie Lavigne

Setter
Senior/ Biology
Height: 5'9", Weight: N/A
Personal Bests: Bench Press: 140 lbs., Squat: 225 lbs., Vertical Jump: 24.5", Power Clean: 151 lbs., 40-yard dash: 5.6, 5-10-5 Agility: 4.64
"Stephanie is another athlete coming off an ACL injury. She is the type of athlete you have to run out of the weight room. She goes above and beyond the call of duty in the weight room." —Frederick Scott Fabian, MS, CSCS, NSCA member sponsor.

Volleyball
Shenandoah University
Hannah Williams

Outside Hitter
Senior/ Kinesiology and Psychology
Height: 5'7", Weight: N/A
Personal Bests: Bench Press: 125 lbs., Squat: 200 lbs., Vertical Jump: N/A, Power Clean: 125 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"After being a force on the court her first 3 years, Hannah committed herself to the weight room. Not only did she become stronger and more athletic, she became an exceptional captain leading her team to its best record in years. A model student with a 3.5 grade point average, Hannah was selected to the COSIDA College Division Academic All District III third-team, All-USA South second team, and Penn State-Behrend All-

Tournament Team." —Terrance A. Brooks, NSCA member sponsor.

Volleyball
Texas A&M
International University

Jessica Vargas
Outside Hitter
Senior/ Psychology
Height: 5'4", Weight: 123
Personal Bests: Bench Press: N/A lbs., Squat: N/A lbs., Vertical Jump: 26", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Jessica lifted and worked on plyo's throughout the off-season. She added 6 inches to her vertical. Jess is truly a role model on and off the court." —Ernst Feisner, NSCA member sponsor.

Volleyball
Texas A&M University
Christi Hahn

Outside Attacker
Sophmore/ Pre-Physical Therapy
Height: 6'0", Weight: 172
Personal Bests: Bench Press: 130 lbs., Squat: 235 lbs., Vertical Jump: 29", Power Clean: 143 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.69
"Christi has only completed one off-season training program with me, but already has made good strides. She has an outstanding work ethic and leads by example. She is extremely tough and competed most of this season with a broken finger. I wish I had more athletes with her physical attributes and with mental toughness." —Raychelle Ellsworth, NSCA member sponsor.

Volleyball
Texas Christian
University

Ellen Rehme
Opposite
Senior/ Radio-Film-TV
Height: 6'1", Weight: N/A
Personal Bests: Bench Press: 175 lbs., Squat: 275 lbs., Vertical Jump: 25", Power Clean: 185 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A
"Ellen's expectations for tough play and desire to win is what motivates her in the weight room. She has the same intensity level during her workouts as she does on the court." —Matt Parker, NSCA member sponsor.

Volleyball
The Ohio State
University

Stacey Gordon
Outside Hitter
Senior/ Sport and Leisure Studies
Height: 5'11", Weight: N/A
Personal Bests: Bench Press: 145 lbs., Squat: 275 lbs., Vertical Jump: 27", Power Clean: 160 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.40
"Possibly the best all-around female athlete that I have ever worked with. She is a proven winner on and off the court." —Lee Anthony Glass, NSCA member sponsor.

Volleyball
The University of Northern Colorado

Amanda Wiggins

Outside Hitter

Junior/ Business Finance

Height: 6'0", Weight: 145

Personal Bests: Bench Press: 105 lbs., Squat: 175 lbs., Vertical Jump: 25", Power Clean: 155 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Hardest working female athlete at the University. Increased vertical jump by 2" over the summer. Season cut short by abdominal injury, but will be a force in 2005." —Kyle Ryan, NSCA member sponsor.

Volleyball
The University of Southern Mississippi
Jazzmien Stephens

Middle Blocker

Junior/ Education

Height: 5'11.5", Weight: 148

Personal Bests: Bench Press: 110 lbs., Squat: 190 lbs., Vertical Jump: 21.5", Power Clean: N/A lbs., 40-yard dash: N/A, 5-10-5 Agility: 5.44

"Jazz has gone above and beyond the call of duty. She's overcome many injuries to become the leader of her team." —Chaucer Funchess, NSCA member sponsor.

Volleyball
Towson University
Mary Clare Coghlan

Setter

Senior/ Biology with Spanish Minor

Height: 5'6", Weight: 140

Personal Bests: Bench Press: 115 lbs., Squat: 275 lbs., Vertical Jump: 26.5", Power Clean: 125 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"M.C. has excelled herself and her teammates into greatness. Her many athletic awards has helped propel her team into championships and post season NCAA "Tournys". —John D. Poitras, NSCA member sponsor.

Volleyball
University of California - Berkeley

Alicia Powers

Middle

Sophomore/ Public Health

Height: 6' 2", Weight: N/A

Personal Bests: Bench Press: N/A lbs., Squat: 210 lbs., Vertical Jump: 24", Power Clean: 120 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Alicia has a constant drive to succeed and willingness to push her teammates by both example and with her leadership skills. By dedicating herself to the off-season program she is reaching the goals she has set and building her confidence leading to more pursuits of greatness." —Kelly Clark, NSCA member sponsor.

Volleyball
University of the Pacific
Mike Gawlik

Libero

Senior/ Sports Medicine

Height: 6', Weight: 157

Personal Bests: Bench Press: 215 lbs., Squat: 320 lbs., Vertical Jump: 33", Power Clean: 215 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Mike is one of our hardest working leaders in the weight room. He is pound for pound one of our strongest athletes we've had in his four years at Pacific. His consistency has led him to his accomplishments on the court which include Pacific's all time leader in career digs." —Chad Shultz, NSCA member sponsor.

Volleyball/Basketball
MidAmerica Nazarene University

Christina Monesees

Outside Hitter

Junior/ Physical Education

Height: 5'11", Weight: 170

Personal Bests: Bench Press: N/A lbs., Squat: 170 lbs., Vertical Jump: 26", Power Clean: 143 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Christina has been our most dedicated female lifter. She has also made more improvement than any other athlete. Excellent student and role model." —Tom N. Cross, NSCA member sponsor.

Volleyball/Softball
University of Virginia's College at Wise

Kendall Rainey

N/A

Senior/ N/A

Height: 5'1", Weight: N/A

Personal Bests: Bench Press: 100 lbs., Squat: 145 lbs., Vertical Jump: 25", Power Clean: 85 lbs., 40-yard dash: 5.25, 5-10-5 Agility: N/A

"Great work ethic. Very athletic. A pleasure to have in the weight room." —Bruce Wasem, NSCA member sponsor.



WRESTLING

Wrestling
California State University - Fresno

Greg Gifford

184 Weight Class

Junior/ Civil Engineering

Height: N/A, Weight: 184

Personal Bests: Bench Press: 260 lbs., Squat: 310 lbs., Vertical Jump: N/A, Power Clean: 255 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Greg has a great work ethic. He's a self motivated person that gives it his

all every training session. Not even a broken thumb and sprained ankle could keep him from training hard."

—Moses Cabrera, NSCA member sponsor.

Wrestling **Drexel University**

Zack Makovsky

133 Weight Class

Junior/ Biology

Height: 5'4", Weight: 133

Personal Bests: Bench Press: 275 lbs., Squat: 240 lbs., Vertical Jump: 30.3", Power Clean: 185 lbs., 40-yard dash: 5.0, 5-10-5 Agility: N/A

"Zack is the most motivated and hard working athlete I have ever had the privilege to work with." —Michael R. Rankin, CSCS, NSCA-CPT, NSCA member sponsor.

Wrestling **Iowa State University**

Travis Paulson

N/A

Sophomore/ Business

Height: 5'9", Weight: 165

Personal Bests: Bench Press: 340 lbs., Squat: 400 lbs., Vertical Jump: 31.5", Power Clean: 290 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"Travis has been a great leader in every aspect. He leads by example and with his hard work, he has really helped himself and his team."

—Andrew L. Moser, NSCA member sponsor.

Wrestling **The Ohio State University**

Brent Billet

184 Weight Class

Junior/ Communications

Height: N/A, Weight: 184

Personal Bests: Bench Press: 295 lbs., Squat: 425 lbs., Vertical Jump: N/A, Power Clean: 265 lbs., 40-yard dash: N/A, 5-10-5 Agility: N/A

"A hard worker and his leadership in the weight room show on the mat."

—Lee Anthony Glass, NSCA member sponsor.

Wrestling **University of Missouri**

Tyron Woodley

165 Weight Class

Senior/ Marketing

Height: 5'9", Weight: 165

Personal Bests: Bench Press: 301 lbs., Squat: 435 lbs., Vertical Jump: 32", Power Clean: 295 lbs., 40-yard dash: N/A, 5-10-5 Agility: 4.38

"Tyron tore his ACL as a redshirt and worked extensively to overcome this injury to set personal records and reach his athletic potential. He improved his power in the vertical jump by 4" and broad jump by 15".

"T-Wood" is the first BIG XII conference champion at Mizzou, an all American, 3-year captain and president of the student-athlete advisory council." —Matthew Shannon Turley, NSCA member sponsor.



Mission Statement

As the worldwide authority on strength and conditioning, we support and disseminate research-based knowledge and its practical application, to improve athletic performance and fitness.