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# ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

*RECOGNIZING THE ACHIEVEMENTS OF  
STUDENT – ATHLETES DURING THE*

**2020 – 2021 SCHOOL YEAR**

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The NSCA All-American Strength and Conditioning Athletes of the Year program recognizes those collegiate and high school 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.

*\*A team coach who is a member of the NSCA, may make a nomination in the event that a team does not have a regularly assigned strength coach.*

## COLLEGE — BASEBALL

### APPALACHIAN STATE UNIVERSITY

**Robbie Young**

**Infielder**

**Senior**

Robbie is an exceptional leader on and off the field who leads by his actions. He represents himself with class and works hard every day. Robbie understands the weight room is a place where the culture is set and has led from the moment he stepped on campus. ~Grant Kastelan

### AURORA UNIVERSITY

**Skylar Yamamoto**

**Starting Rotation Pitcher**

**Senior**

Skylar is one of our outstanding student-athletes here at Aurora University currently in his senior year in the classroom and junior year on the baseball field. In 2019 Skylar received recognition for being an AU and NACC scholar athlete for the year. In 2020, even though the baseball season was cut short, Skylar elevated himself as a regular starting pitcher on the team recording 3 starts, 3 wins, 13 strikeouts, and a 2.84 ERA on a nationally ranked baseball team. Skylar currently prepares for his junior season to continue to build on his past accomplishments while also interning as a strength coach for Aurora's strength and conditioning staff. Skylar not only continues to better himself, but volunteers to help the growth of over 700 other student athletes across 23 varsity sports in a weight room and laboratory setting. ~Michael Freeze

### BRANDEIS UNIVERSITY

**Dan Frey**

**Outfielder**

**Senior**

Dan has been an exemplary student-athlete for our program. He is always willing to push himself and others during our workouts. He leaves our program with the heaviest squat and deadlift, but the impact he has had on our students and staff stretches far beyond that. ~Jay Mendoza

### CLEMSON UNIVERSITY

**Bryce Teodosio**

**Outfield**

**Senior**

Bryce Teodosio has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman three years ago. He attacks every workout, warmup and sprint session with the same intensity and focus that he has roaming the outfield for the tigers. Bryce is one of the strongest athletes on the team, demonstrated by his 350 pound reverse lunge and 300 pound barbell row. Bryce is also one of the fastest athletes on the team running a 6.5 60 yard dash. Bryce's greatest contribution to the team has been the leadership that he has provided in the weightroom and off the diamond. Weather it be firing up one of his teammates in the weightroom or inviting one of the "weight-gain guys" over for a steak dinner, Teodosio has exemplified the team credo of "plant trees you will never see." ~Rick Franzblau

## COLLEGE — BASEBALL

### CULVER-STOCKTON COLLEGE

**Caleb Antonacci**

**Outfield**

**Senior**

A weight room warrior for our Baseball program. Caleb can be found in the weight room almost every day training. Whether it's a scheduled or an additional session working on getting himself better. He always brings great energy to the group and challenges his teammates daily as well as him accepting the challenge back. Never afraid to ask questions and is very knowledgeable in the weight room. His work ethic shows with his performance on the field. ~Tyler Aulbur

### DALLAS BAPTIST UNIVERSITY

**Ryan Wroblewski**

**Utility**

Ryan came to DBU in the fall of 2019. While he is not the biggest guy on the team, it was immediately clear that he was no stranger to the weight room. He is incredibly strong and very powerful! After the 2020 baseball season was cut short due to the COVID-19 Pandemic, Ryan did everything he could to continue to train to be ready to return. He stepped up his level of investment to performance when he purchased himself a Whoop. He takes his recovery seriously and it shows in his performance. Ryan brought his vertical jump from 30" in Feb 2020 to 37.5" in Feb 2021. There is no doubt in my mind that he will reach his goal of 40" before the years end. ~Alex Spencer

### EASTERN MICHIGAN UNIVERSITY

**Anthony Sharkas**

**Outfielder**

**Sophomore**

Sharkas is one of the most competitive athletes in our baseball program. He's put on over 10lbs in the last calendar year, while also adding 4.5 inches to his vertical, and 50lbs to his trap bar deadlift. Anthony is an incredibly hard worker who leads by example with his work ethic, dedication to proper nutrition, and ability to take coaching. ~Seth Thomsen

### EMERSON COLLEGE

**Bryan Simmons-Hayes**

**RHP**

**Junior**

During a difficult year in terms of gym access, Bryan has remained one of the most consistent lifters on the team and is always willing to ask questions to better understand the movements and to help convey this information to the underclassman pitchers on staff. ~Jennifer Boyden

### EVOLVE FITNESS STRENGTH AND CONDITIONING

**Jacob Small**

**Pitcher**

**Junior**

Jacob has displayed his commitment to his desire to be the best that he can be over this past year. When many may have used the pandemic as an excuse to take time off, he found equipment and found a way to get better. Just recently when his team was quarantined he requested a training program that he could do in his room during that time period just so that he could continue to improve. As a result of his commitment in the off-season, Jacob has added velocity to his fastball and his arm feels better in between pitching sessions. ~David LaPlaca

## COLLEGE — BASEBALL

### FITCHBURG STATE UNIVERSITY

**Aidan Ward**

**Pitcher**

**Senior**

Aidan is one of the strongest student-athletes to ever come through our program, regardless of sport or position. His work ethic and consistency serve as a great example to all of his teammates and have served to carry on the high standard of performance in the weight room for our baseball program. ~Jim McGuire

### GEORGIA GWINNETT COLLEGE

**Jacob DeFries**

**Infielder**

**Sophomore**

The sophomore transfer has believed in the goals of the weight room from his first day in the room. Jake exemplifies what it means to be trainable and is always working to be a better athlete. A Business Management major and AD Honor Roll recipient, Jake has been dynamic in the weight room over the last year. His dedication to workouts year-round has helped him continue to improve his strength and power, showing significant increases in squat, deadlift and broad jump. ~James Williams

### MENLO COLLEGE

**Devin Burleigh**

**Outfielder**

**Senior**

Devin exemplifies everything a coach is looking for in an athlete with strong leadership, work ethic, and exceptional talent. On the field, Devin showed off his athletic ability by hitting a .333 batting average last season. Off the field, he continues to perfect his craft by spending time in the weight room and training field, developing his strength, power, speed, and agility. His desire to be better is evident as he continuously asks coaches what they see from him and what he can improve. Devin has a bright future in his sport and beyond. ~Jess Sayo

### MENLO COLLEGE

**Dylan Cole**

**1B / DH**

**Senior**

Dylan has been an outstanding representative of the Menlo College College Sports Performance Department throughout his four years at Menlo College. He arrived on campus and immediately bought into our system. His steady increase in stats on the field and weight room at Menlo College is a testament to his work ethic and character. Dylan's attention to detail during training is only matched by his attention to detail in recovery and nutrition. ~Victor Brankovich

## COLLEGE — BASEBALL

### PERU STATE COLLEGE

#### Reiner Mendez Yopez

##### Pitcher

##### Senior

Playing through injuries, Reiner has maintained a commitment to his strength and conditioning and ground-based power philosophy by increasing his squat to 335 and his power clean to 245. He has also taken a leadership role on the baseball team by encouraging his teammates to commit to the strength & conditioning program of the college. He has also taken a leadership role in the campus offerings of high intensity functional training by encouraging both students and student-athletes to participate. His commitment to strength & conditioning has further resulted in a career path of becoming a certified strength & conditioning specialist.  
~Kyle Ryan

### SAFFELL PERFORMANCE TRAINING

#### Jagger Jefferis

##### Pitcher

##### Freshman

This 5'10" 185lb southpaw can dismantle a batter with precision. Known for his control on the mound, Jagger is a true student of his craft. Combining his dedication to the weight room with attention to his mechanics, has allotted him a 500lb deadlift and a 90+ mph fastball. Had his senior season not been canceled due to covid, there is little doubt Jagger would own every pitching record for his high school. ~Mike Saffell

### STEPHEN F. AUSTIN STATE UNIVERSITY

#### Sarah Gill

##### Senior

Qualities: Team player, resilient, always positive, role model to the freshmen, in the weight room and on the bowling alley, even when she has bad days. Very fast and springy. She had a short season last year due to COVID but helped win the National championship for Stephen F Austin State University. S&C has helped her stay healthy physically to perform her best. She has learn the importance of taking care of her body and how much getting stronger will benefit her not just now but in the long run. S&C has also helped her become even more of a team player and has aided her in helping the freshman become better. Has won all-tournament multiple times. Sarah Gill 5 800 160.00 206 1 68th (Track Kat Klash) Helped win Southland conference championships. Major star in High school (most of her college stats have not been updated). ~Sarai Flores

### STONY BROOK

#### Cole Durkan

##### Outfield/Catcher

##### Junior

I have been working with Cole since his freshman year and every year he makes improvements that continue to amaze me. He is consistently in the weight room pushing himself with heavy weights while also focusing on mobility and flexibility. Coming off of a hamstring injury in his sophomore year he has made it a point to improve his hamstring strength. I look forward to seeing what Cole does his senior year. ~Joseph Quattrone

## COLLEGE — BASEBALL

### TRINITY COLLEGE

**Anthony Egel**

**Pitcher**

**Senior**

Anthony is the most dedicated athlete I have ever coached. He does everything right and is always looking to get himself and the team better. ~Bill DeLongis

### UNIVERSITY OF CONNECTICUT

**Randy Polonia**

**Pitcher**

**Senior**

Randy has a great work-ethic and a consistent approach to training which has served him very well over the years. He has set a great example of attacking adversity on multiple occasions while overcoming multiple potential career ending injuries. He has embraced the grind with countless hours in the weight room as well as in rehab just to have a chance to put on the UConn jersey. Through all of these obstacles, Randy has been consistent, displays great work ethic, and a positive attitude in the face of uncertainty. He has grown to be a great teammate, a source of inspiration for others and displays great drive to improve every day. He has been among the top of our performance rankings multiple times and will continue to push his own limits. ~Joel DeMarco

### UNIVERSITY OF DELAWARE

**Kyle Baker**

**Outfielder**

**Grad Student**

Kyle has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to recover from injury and expand his abilities on the field and at-bat. Baker missed last season due to an injury, but in 2018 he led the CAA in batting average, hitting .354 and led the team in batting average (.354), hits (75), triples (5), RBI (39), and slugging percentage (.481). He was nominated as a 1st Team All-CAA in 2018 and was selected to the ABCA/Rawlings All-East Region First Team. As a senior, he understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways as he comes back this season after an injury. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Stefano Pietrobono ~Stefano Pietrobono

### UNIVERSITY OF TEXAS RIO GRANDE VALLEY

**Deryk Serbantez**

**Pitcher**

**Junior**

Deryk is the strongest athlete we've had in my 7 years at UTRGV. He attacks the weight room with the same intensity he has on the mound. He pushes his teammates to rise to higher levels. ~Lucas Monroe

## COLLEGE — BASEBALL

### WAYNE STATE COLLEGE

**Bryce Bisenius**

**Infield**

**Senior**

Bryce is a future strength and conditioning coach that has a VERY bright future. His combination of genetics and work ethic make him a great lifter and more importantly a success in whatever he chooses to do. ~Grant Darnell

### WEST TEXAS A&M UNIVERSITY

**Kyle Moos**

**Catcher**

**Senior**

Kyle is a leader both on the field and in the weight room. He shows up each day ready to put in the work, prepare for competition and better himself in all facets of the game. Vocal when needed, his example sets a very high bar for his teammates to reach for in their own training. Kyle is a great teammate along with expecting the best from not only himself each day but his team. ~Sarah Ramey

### WRIGHT STATE UNIVERSITY

**Alex Alders**

**Senior**

Alex has been a tremendous asset in the weightroom during his 6 years at Wright State University. He is a dedicated worker and has truly earned every bit of success on the field. Alex's desire for improvement has helped drive competition and continues to push our baseball program forward. ~Cole Pittsford



## COLLEGE — BASKETBALL

### APPALACHIAN STATE UNIVERSITY

**Justin Forrest**

**Guard**

**Senior**

Justin is a leader on and off the court. He is a self-starter and easily motivated which makes him one of my picks for this award. In the weight room and on the court, he excels because of his drive and tenacity. I am extremely proud of his accomplishments. He has played in over 100 games in his career, with just as many starts. Averages 15.6 points and 3.1 rebounds. He is rank 14th in program history with 1,484 points. Has reached double figures in scoring 75 times in his career, scoring 20 or more points 26 times and 30 or more points five times. He was named First Team All-Sun Belt and NABC Second Team All-District in 2019-20 and has been named Sun Belt Player of the Week three times in his career. ~Anthony Glass

### APPALACHIAN STATE UNIVERSITY

**Lainey Gosnell**

**Small Forward/Power Forward**

**Senior**

Lainey is the athlete every strength coach wants to work with, she listens and understands the lifts so well she can help correct the underclassmen. She leads by example on and off the court by putting in the work to be the best she can. She is an exceptional athlete and leader and will have a very successful future. ~Grant Kastelan

### AUGUSTANA UNIVERSITY

**Adam Dykman**

**Forward**

**Senior**

Adam has used strength and conditioning to transform himself on and off the court during his career at Augustana. He has led the Vikings both vocally and by example. The same qualities that make him an outstanding student-athlete will be the same qualities that carry him to great success in the future. ~Andrew Stocks

### AUGUSTANA UNIVERSITY

**Hannah Mitby**

**Guard/Forward**

**Senior**

Hannah was a 2x NSIC All-Academic Team. Multiple NSIC South Division Player of the Week. Strength and Conditioning Athlete of Month. She's a natural born leader on the court and in the weight room. Hannah pushes her teammates to be better no matter the situation. It has been a true honor to coach Hannah and watch her grow as an athlete and person. ~Michael DiClementi

### BRADLEY UNIVERSITY

**Gabrielle Haack**

**Guard**

**Senior**

Gabrielle's commitment and dedication to her training is unparalleled. This has not only shown on the court becoming a top ten leading scorer in school history, but also posting a 325 pound back squat and 195 pound bench press. Her leadership in the weight room has also been a key contributor to the team's success by not only holding herself accountable but also pushing her teammates to be their best. Every team needs a Gabrielle Haack. ~Matthew Friend

## COLLEGE — BASKETBALL

### BRIGHAM YOUNG UNIVERSITY

**Alex Barcello**

**Point Guard**

**Senior**

Alex has a relentless drive to get better every day. Over the course of the off-season, he was able to improve in all 5 NBA Draft Combine tests. Most notably his approach jump improved to from 36.0" to 38.5". His Reactive Shuttle score improved from 3.05sec to 2.83sec. Alex's 185 Bench Press Repetition improved from 2reps to 7reps. On the Court his Points per Possession as a pick and roll ball handler coming off screens has increased. Alex's strength has contributed to him going from the 35th percentile to the 83rd percentile scoring around the basket. Alex is the consummate leader, exemplifying a balance of humility, empathy and expectation with his teammates and coaches. ~Erick Schork

### COLORADO COLLEGE

**McKenzee Gertz**

**Guard**

**Senior**

McKenzee is one of the most dedicated athletes in our entire athletic dept. She consistently puts in the work to improve herself on a daily basis and lead by example on and off the court. She also always bring a positive attitude to the weight room and shows her teammates both leadership and compassion as a Captain. ~Scott Caulfield

### DUQUESNE UNIVERSITY

**Halle Bovell**

Halle Bovell has been a model student-athlete throughout her time at Duquesne University. Her energy, leadership, and work ethic in the weight room, on the court, and in the classroom are all valuable components contributing to the team's overall success. Hale is an amazing student making the Dean's List countless semesters. She is also a member of Director of Athletics' Honor Roll, and Atlantic 10 Commissioner's Honor Roll. Halle also represented Duquesne Women's Basketball at the A-10 Leadership Summit in 2019. Like many student-athletes, Halle has faced some challenges throughout her time here but that has never changed her attitude or outlook. Her positive outlook, her efforts to improve daily and push those around her make her a tremendous competitor, leader, and a major part of our Women's Basketball Program. It has been a privilege to coach and aid in the development of a person with such high character. I am grateful for our relationship we have built in the weight room, as well as on and off the court. Some of Halle's performance achievements include a 29 inch Vertical Jump, an 8ft 6in Broad Jump, a 220lbs. Back Squat, and 140lbs. Bench Press. ~John Henderson

### DUQUESNE UNIVERSITY

**Austin Rotroff**

**Forward/ Center**

**Junior**

Austin Rotroff is a dedicated and self motivated student-athlete who has committed to enhancing his athletic career by means of strength and conditioning. He has demonstrated an elite commitment to training through every obstacle that has come his way. Through injury, remote training, extra lifts he has made exemplary progress in transforming his body, and in doing so, improving his game. His work ethic and consistency are matched by his quality of character. It's a pleasure to be Austin's coach and it is my great honor to nominate him for this deserving reward. ~John Henderson

## COLLEGE — BASKETBALL

### EASTERN MICHIGAN UNIVERSITY

**Yeikson Montero**

**Guard**

**Senior**

As a senior, Yeikson developed into a gritty weight room leader that any coach loves to have. He took all the uncertainty of this year in stride and took his focus and training to a new level. The 6'4 guard added 12 pounds over the last year, while increasing his vertical by 8 inches. Yeikson has seen improvements on the court as well, becoming one of our top scorers and one of our best rebounders. His willingness to be coached and do whatever is asked of him is second to none in our program, and he deserves all the success he is having. ~Seth Thomsen

### EMERSON COLLEGE

**Chad DiCenzo**

**Point Guard**

**Junior**

Chad is a hard-working student athlete and just a wonderful human being. It is a pleasure to work with such an incredible individual. Through injury and challenges that may come his way he works harder than anyone to improve himself in order to be the best person he can be on and off the court. His consistency and drive to get better set him apart. He has found that the time spent working in the weight room helps him on the court. ~Ron Smithers

### FITCHBURG STATE UNIVERSITY

**Jadelen Harold**

**F**

**Junior**

Jadelen's consistent commitment to the strength and conditioning program has allowed her to maximize her performance on the basketball court. ~Jim McGuire

### GARDNER-WEBB UNIVERSITY

**Lance Terry**

**Guard**

**Sophomore**

Lance is an unbelievable athlete that has bought into the importance of training and displayed tremendous character and perseverance. He leads our team in scoring, and he takes pride in training with great purpose every time he comes into the weight-room. I am excited to see his hard work transfer to success on the court and I look forward to witnessing him continue to grow as both a player and leader over the course of his career. ~Kyle Lodermeier

### GEORGIA TECH

**Lorela Cubaj**

**Post Player**

**Senior**

Lo is a relentless and competitive athlete that, not only drives herself, but everyone around her. She has taken responsibility for her own potential in a way that is driven by intention and discipline. Those standards, alone, have helped to shape the legacy and culture that is cultivating here, at Georgia Tech. She has proven to be one of the nation's top rebounders. She is an energy giver and one of the most impactful players that I have had the honor to coach. Her passion, work ethic and relentless energy is infallible and easy to love! ~Yolanda Berryhill

## COLLEGE — BASKETBALL

### HOBART AND WILLIAM SMITH COLLEGES

#### Olivia Parisi

#### Forward

#### Junior

Olivia Parisi – Better known to her teammates and coaches as “Liv”, Parisi has been an instrumental piece to our weight room culture and also her team culture in the midst of a national pandemic. Leading by example, the USBWA All-Rochester Area second team and All-Liberty League second team selection as a sophomore on the court, Liv boasted a 225+ lbs back squat, 100+ lbs bench press and 225+ lbs trap bar dead lift in the fall. Even after the challenging decision was made to not have a D3 Championship season, Parisi has taken solstice in the fact that she and her teammates will have more time to prepare for their 2021-22 season and have already started training in the weight room. Liv is a wonderful individual, coachable and an unparalleled hard worker who makes everyone around her better in the weight room and on the court. ~Chris Gray

### LINDENWOOD UNIVERSITY

#### McKenna Montgomery

#### Guard

#### Senior

McKenna is one of the most driven athletes to ever step foot on campus. She is fully invested in bettering herself as a person and as an athlete and is willing to put in the extra time to achieve her goals. McKenna believes that anything is possible through a disciplined, hardworking approach, which she consistently demonstrates through her “will do” attitude. McKenna always gives 100% and sets the standard for her teammates in the weight room. She also helps create a fun training environment by bringing positive energy and being her teammates’ biggest cheerleader on and off the court. ~Michael Reese

### LIPSCOMB UNIVERSITY

#### Parker Hazen

#### F/C

#### Senior

Parker works extremely hard at improving his game in the weight room and on the court. His leadership is not only through his communication, but more importantly through his example of being a relentless worker. He pays close attention to the details, no matter what he takes on. His dedication to building his body to take on the rigors of the game and to enhance his athleticism plays direct dividends on the court. I count it a joy to be able to get to work with. ~John Hudy

### MENLO COLLEGE

#### Corey Le'Aupepe

#### Center / Power Forward

#### Junior

Corey, did an outstanding job this last year in his home country of New Zealand staying in contact with the Sports Performance staff and following the prescribed training along with utilizing every resource available to transform his body and prepare for the upcoming season and return to play. When Corey returned to campus he had put on about 12lbs of muscle while recomping his body with a solid nutrition plan and consistent training. ~Victor Brankovich

## COLLEGE — BASKETBALL

### MONTANA STATE UNIVERSITY

**Amin Adamu**

**Guard**

**Senior**

Amin has made tremendous improvement in the 2 years he's been apart of our program. He has made tremendous strides in every area of Speed/Strength/Agility/Conditioning. He has also changed his body dramatically in terms of % fat and increased weight. He comes to work and compete everyday with a positive attitude.

All of which has carried over to a more significant improvement in his on court performance in terms of production and minutes played. Amin has made a significant contribution to the team.

It has been a pleasure working with this young man and watching him benefit from his hard work. ~John Sauer

### PERU STATE COLLEGE

**Kristian Dewitt**

**G**

**Senior**

There are times that an athlete serves as an inspiration not because of the numbers posted in the weight room, but because of the perseverance demonstrated through overcoming injury. Having first suffered a back injury, and then later hit harder than most as a result of COVID, Kris was forced to overcome these ailments to return to her "game shape" and finish the basketball season. Her determination and resolve served as an inspiration to her teammates and coaches alike and raised the intensity of all those around her. ~Kyle Ryan

### SAFFELL PERFORMANCE TRAINING

**Celeste Ryman**

**Guard**

**Sophomore**

Celeste is the quintessential gym rat. With her court awareness and superior ball handling skills, she routinely slices up defenses like fruit salad. Celeste was my very first client over seven years ago. This past Summer I had the pleasure of once again working with her. With her tenacious work ethic she has not only gotten significantly stronger, but faster as well. ~Mike Saffell

### SPRINGFIELD COLLEGE

**Sam Hourihan**

**Forward**

**Sophomore**

She is the example of working hard in silence and letting her success be the noise. ~Nicole Jimenez

### STONY BROOK

**McKenzie Bushee**

**Forward**

**Senior**

McKenzie is driven to do her best at everything she does. Whether it is on court or in the weight room, she will always give everything she has. Her hard work on the court got her the America East All Rookie Team in her freshman year as well the America East 6th player of the year for the 20-21 season. Her ability to show up is not limited to the court, in the weight room she has attained a bench press max of 135lbs and a back-squat max of 245lbs. It is my pleasure to nominate McKenzie Bushee as an All-American. ~Joseph Quattrone

## COLLEGE — BASKETBALL

### THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

**Nick Mora**

**Guard**

**Senior**

Nick has been a constant presence in the weight room that has grown every year from his freshman to his senior year. He has helped to set the tone for a positive training environment for his whole team during his time at UTRGV, and has even ran team warm-ups while they were on the road. ~Eric Sparks

### UNION UNIVERSITY

**Ousmane Gueye**

**Forward**

**Sophomore**

Ousmane is a prime example of the NSCA's all-American athlete. His dedication to improving his physical ability in the off-season was unmatched. He spent every available hour of his day in the off-season months preparing for the 2020-2021 season; he gained a significant amount of muscle and his dedication in the weight room paid large dividends toward his ability to withstand contact in the paint. His resilience likewise skyrocketed, remaining seemingly bullet-proof all season long, even in the face of grueling weekend series and long weeks of practice. His strength and power are tied directly to his devotion to training. ~Jonathan Wilson

### UNIVERSITY AT BUFFALO

**David Skogman**

**Freshman**

David Skogman made the most of his redshirt year by getting extra reps in the weight room to work on his physical development, as well as extra reps on the court to enhance his game. David transformed his body and added 5 inches to his vertical jump. This season David has been a major contributor coming off the bench for the Buffalo Bulls! ~Sean Conaty

### UNIVERSITY OF ALABAMA

**Tyler Barnes**

**Forward**

**Senior**

Tyler has been a tremendous person, student-athlete, worker, and leader for our basketball program. He gives his all every day while continuously bringing a positive spirit to the team and motivating his teammates to do the same in the weight room, gym, and classroom. ~Mike Snowden

### UNIVERSITY OF DELAWARE

**Ryan Allen**

**Guard**

**Senior**

Ryan has worked hard to accomplish his goals in the classroom, community, weight room, and on the court. He has used his time in the weight room to expand his abilities on the court. He is pound for pound one of the strongest players on the team with a 250-bench press, 440-back squat, and 41.5-inch standing vertical jump. Ryan ranks second in three-pointers made (242), and ninth in points (1441) in Blue Hens history. ~Rich Levy

### UNIVERSITY OF DELAWARE

**Jasmine Dickey**

**Guard/Forward**

**Junior**

Jasmine is the type of athlete that every coach dreams of coaching. Every day she brings the same relentless energy and commitment to weightlifting, conditioning, practice, and her academic pursuits. She is the CAA Player of the year and averages 24 points per game and 9 rebounds. Over the last 3 years, Jasmine has been undefeated when it comes to sprints/conditioning in practice and off-season conditioning drills. The best feature Jasmine possesses is her ability to lead others with positive verbal communication and by example with her actions. ~Rich Levy

## COLLEGE — BASKETBALL

### UNIVERSITY OF MISSISSIPPI

**Valerie Nesbitt**

**Guard**

**Senior**

Valerie has shown exceptional growth over her time at Ole Miss. She boasts a 32 inch max vertical leap (4.5" improvement over 1 year), a 1.17 second 10yard fly and a 310lb squat. She has helped established a culture of hard work, consistency and energy. Valerie has become a leader on the court and in training, all while maintaining academic excellence. It has been a pleasure to work with her. ~Tim Boeni

### UNIVERSITY OF WISCONSIN - WHITEWATER

**Emily Schumacher**

**Guard**

**Senior**

A first team All-Conference player, Emily is a ballhawk who shuts down opponents as a defender and can score from anywhere on the floor. She is an incredible leader by example who motivates her teammates with words of encouragement, both on the court and in the weight room. This work ethic has helped her recover from a terrible knee injury as she and her team competes for a conference title. ~John Schimenz

### UNIVERSITY OF WISCONSIN-WHITWATER

**Brian Conaghan**

**Guard**

**Sophomore**

Brian is a tireless worker on the court, classroom and in the weight room. He is the first one in and last one to leave. His work ethic and the gains he has made in strength and conditioning have helped him into playing significant minutes as a freshman and sophomore. Brian is great leader and is respected by his coaches and teammates. His attitude throughout the pandemic has been great and he is looking forward to playing a lot of basketball in the future. ~Lee Munger

### WAYNE STATE COLLEGE

**Ben Dentlinger**

**Forward**

**Senior**

Ben power cleans 275lbs with his 6'7 frame; he also has an approach jump of almost 12 feet. This has helped hi become the all time shot block leader at WSC. ~Grant Darnell

### WAYNE STATE COLLEGE

**Erin Norling**

**Forward**

**Senior**

The conference player of the year on the court, if you watch her train you would understand. She has embraced training and her frame has put on some great lead body mass during her time at WSC which has resulted in her being bigger, faster, stronger and more physical than her competition. This is an example of the best player also being the best in training. Watching her dominate throughout her career has been fun and I will miss it! ~Grant Darnell

### WEBBER INTERNATIONAL UNIVERSITY

**Rasheem Etienne**

**Guard**

**Senior**

Rasheem spent the entire summer of 2020 training every day while working a full time job. Rasheem went from being a role play his junior year to starting nearly every game his senior year, averaging 12.5 points per game, shooting 43% from the field, 80% from the free throw line, 4th in the nation for steals in the NAIA which landed him as a 2nd Team All Conference winner in The Sun Conference. I can't say enough about Rasheems work ethic and character as not only a basketball player, but a man as well. ~Austin Tomaz

## COLLEGE — BASKETBALL

### WILLIAM WOODS UNIVERSITY

**Matt Burgess**

**Guard**

**Senior**

Matt Burgess is the definition of a team player. He is humble, hard-working, and driven. Matt is a senior basketball player and has been on the team for all 4 years of his college career. Matt has continued to use the weight room to better his game. He comes in on his own accord to get workouts in. Some of his notable PRs are Bench at 200lbs, Hang Clean at 225lbs, and Back Squat at 375lbs. He has continued to get better both in the weight room and on the court over the course of his 4 years. His freshman year he appeared in 13 games out of 31 and averaged 1.4 points per game, sophomore year he appeared in 15 of 30 games. Junior year Matt appeared in 25 of 29 games and had a 41.7% field goal percentage. Matt's senior year he has appeared in every game, as is a part-time starter. He has 20 assists on the year. The last notable thing about Matt is he has been awarded Academic All-Conference every year and was Named NAIA-Daktronics Scholar-Athlete his junior year. ~Bob Jones

### WRIGHT STATE UNIVERSITY

**Loudon Love**

**Senior**

Loudon has excelled in the weightroom, not only from a physical aspect, but also as a leader. His desire for continued improvement is contagious and I believe it is a large contributor to our team's culture of success. Horizon League Player of Year x2, Horizon League Freshman of the Year, All Conference First Team x3, All Conference Second Team x1, All Conference Defensive Team x1. ~Cole Pittsford



## COLLEGE — BEACH VOLLEYBALL

### STEPHEN F. AUSTIN STATE UNIVERSITY

**Olivia Unnasch**

**Senior**

Qualities: Team player, resilient, always positive in the weight room and on the court, even when she has bad days. Very fast and springy. She had a short season last year due to COVID but had a winning streak before quarantine. S&C has helped her stay healthy mentally and physically to perform her best. She has learn the importance of taking care of her body and how much getting stronger will benefit her not just now but in the long run. S&C has also helped her become even more of a team player and has aided her in helping the freshman become better. Personal accomplishments, having breakthroughs in the weight room and on court have helped her mental health and consequently her GPA. Transfer student athlete, had a winning streak last year before COVID. ~Sarai Flores

### WAYNE STATE COLLEGE

**Jessie Brandl**

**Libero**

**Sophomore**

Jessie is a high achiever is all that she does. Her ATTACK mentality to go along with her positive energy make her an amazing teammate. Jessie is a true competitor and I would want her on my team any day! ~Grant Darnell

## COLLEGE — CROSS COUNTRY

### DUKE UNIVERSITY

**Leigha Torino**

**Women's Distance**

**Senior**

Leigha is an example of consistency and leadership. She has great attention to detail, she is coachable, and has a desire to do what is necessary to be the best she can be. She is respected and loved by everyone around her and she has been a pleasure to work with. ~Jordan Bar

### FITCHBURG STATE UNIVERSITY

**Ian Poyant**

**Runner**

**Senior**

Ian is one of the most consistent, coachable athlete's we've had. His progress from his freshmen year through today is tremendous and it can be attributed to his consistency - never missing a session, never being late, and being extremely receptive of coaching. ~Jim McGuire

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## COLLEGE — DIVING

### **VIRGINIA MILITARY INSTITUTE**

#### **London Yerasimides**

#### **Sophomore**

London is very hard-working and brings a consistent energy and effort to the weight room each day. She exemplifies all of the qualities of a successful student-athlete and is a key contributor to the VMI swim/dive program. As a sophomore, Yerasimides is already one of the more successful athletes in the program, with multiple first place finishes in 1-meter and 3-meter dive events during both her freshman and sophomore seasons. ~Jacob Conner

## COLLEGE — FIELD HOCKEY

### APPALACHIAN STATE UNIVERSITY

**Megan Smart**

**Midfield/Forward**

**Senior**

Meg is a great leader on and off the Field. Her work ethic is truly the example of an All-American Student Athlete. Coaches dream of working with athletes with her type of motivation but very seldom do we get the pleasure of working with this type of athlete. She makes everyone around her a better athlete and person. Proud of her accomplishments. As a junior Megan saw action in all 20 games, making 19 starts. She helped power App State to its first 6-0 start in school history with five goals in the first three games of the season becoming the first Mountaineer in school history to earn a MAC Field Hockey Offensive Player of the Week award. ~Anthony Glass

### DUKE UNIVERSITY

**Grace Kim**

**Defense**

**Junior**

When I took over the field hockey program two years ago I didn't know they type of athlete I was getting with Grace Kim. I have learned over my time with her that she is capable of some truly amazing things and training is a major part of her life. She is constantly pushing herself in and out of the weight room. While Olympic lifting and the "major lifts" aren't for everyone, Grace excels at the highest level in all of them. As coaches when we see such high level movement we sometimes get caught watching, something that happens daily when I am privileged to train Grace. ~Alex Merrill

### FITCHBURG STATE UNIVERSITY

**Sophia Laperle**

**F**

**Senior**

Consistent performer in the weight room throughout her career, returned from serious injury/surgery quickly due to work ethic. ~Jim McGuire

### SPRINGFIELD COLLEGE

**Sydney Harris**

**Defense**

**Junior**

Sydney is a constant source of energy in the weight room and on the field. She leads her team through her powerful presence all ways demands the highest standard from all those around her. She not only trains at a high level but coaches her fellow teammates around her. ~Logan Fletcher

### TRANSYLVANIA UNIVERSITY

**Makenna Saward**

**Midfield**

**Sophomore**

Makenna committed to improving her performance and abilities and the results have paid off - she is much stronger and faster. Great work ethic ~Zach Turner

### UNIVERSITY OF DELAWARE

**Femke Strien**

**Forward**

**Senior**

Femke has overcome adversity to accomplish her goals in the classroom, community, weight room, and on the field. She has used her time in the weight room to recover from injury and improve her prowess on the pitch. She is a First Team All-American and was CAA Offensive Player of the Year in 2019. She is one of our hardest working student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level. ~Christina Rasnake

## COLLEGE — FOOTBALL

### AUGUSTANA UNIVERSITY

#### TJ Liggett

##### Linebacker

##### Senior

TJ's commitment to strength and conditioning has been incredible. He holds the school record in the clean with 420 pounds. TJ was named Second Team All-NSIC in 2019 as well as earning a spot on the NSIC All-Academic Team of Excellence. His performances in the class room, on the field, and in the weight room are a testament to his unwavering work ethic. All of the things that brought him success at Augustana will carry him to great things in the future. ~Andrew Stocks

### AVILA UNIVERSITY

#### Joey Stark

##### Defensive Back

##### Senior

I have had the joy of working with Joey Stark for all four years of his collegiate football career. He came to campus with a good base knowledge of exercise science and chose to become a very active participant in his Kinesiology degree discipline. He spent many hours in my office asking questions he developed in his process of reading and watching new materials to gain a better understanding of the strength and conditioning field. During the last couple of years of his playing career his teammates viewed him as the consistent hard worker who was well respected for this and he helped to bridge buy-in between the S&C program and his teammates. He has persistently pursued the goal of becoming a collegiate S&C coach and has recently move across the country to participate an internship program and a DI program to help expand his knowledge base and networking capability. I look forward to calling Joey Stark a peer in the future. ~Brian Ciolek

### CHADRON STATE COLLEGE

#### Cole Thurness

##### Wide Receiver

##### Senior

2019 Omaha World-Herald All-Nebraska DII Offense  
2019 Team MVP  
2019 RMAC All-Conference 2nd Team Offense, 2nd Team Special Teams  
2018 Team MVP  
2018 Special Teams MVP  
2018 Omaha World-Herald All-Nebraska DII First Team  
2016 Scout Team Defensive Player of the Year in 2019  
Thurness thrived with quarterback Dalton Holst under center. Thurness finished No. 2 in the RMAC, behind teammate Tevon Wright, with 65 pass receptions, 827 yards receiving, and eight receiving TDs were both fourth-best in the league. Thurness earned All-RMAC Second Team honors for both his offensive and special teams' play, where he returned 12 kickoffs for 218 yards and 10 punts for 131 and a special teams touchdown. Thurness also received second consecutive Team MVP and named to All-Nebraska DII First Team. Thurness has been nominated for two years in a row as the teams' "Lifter of the Year". Thurness has posted a 38 inch verticle, a 335 lb. hang clean, a 445 lb. front squat, a 500 lb. back squat, and a 4.48 40 yard dash. ~EJ Kreis

## COLLEGE — FOOTBALL

### CLEMSON UNIVERSITY

#### James Skalski

#### Linebacker

#### Senior

James Skalski, a 6'0.5 245 lb. linebacker, is an outstanding leader, student-athlete, person, and worker for our football team.

In 2020, Skalski was elected by his teammates as a permanent team captain and earned 2nd team All-ACC honors. On the football field in 2020, Skalski, battling injury, produced 44 tackles (3.5 for loss), 1.5 sacks, three pass breakups and a fumble recovery which he returned 17 yards for a touchdown in 291 snaps. During Skalski's tenure thus far (2016-2020), the Tigers have posted a record of 65-6, winning two national championships, winning five Atlantic Coast Conference Championships, and appearing in the College Football Playoff five times. Skalski has played 1,222 snaps over 56 games (25 starts) in his career. His 56 career games played entering 2021 are already tied for ninth-most in school history. In addition, Skalski is the only player ever to play in five ACC Championship Games.

In the weight room, Skalski has put in consistent, disciplined, outstanding work each day to improve his abilities, to perfect his craft, and to lead his teammates. As a senior, Skalski's testing numbers were as follows: bench press 405 lbs., bench press 225 lbs. 24 times, squat 560 lbs., power clean 320 lbs., vertical jump 29.5", broad jump 9'0.5. In addition to his strength & conditioning and football accomplishments, Skalski is a graduate of Clemson University, earning a degree in communication, and is a three-time ACC Honor Roll selection. Skalski diligently puts in the work on and off the field. He exhibits respect, personal excellence, integrity, leadership, and incredible work habits in all he does. James Skalski has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Joey Batson

### CLEMSON UNIVERSITY

#### Cade Stewart

#### Offensive Line

#### Senior

Voted as a permanent team captain and played the most snaps from scrimmage then any other player on his team. Cade is part of a Clemson senior class that was first in school history to go undefeated at home in a four year span and helped Clemson to ACC titles and CFP berths in all four seasons. 6'4, 305 lbs. Loved the training aspect of the game. Was a leader on the field and in the weight room. ~Larry Greenlee

## COLLEGE — FOOTBALL

### CLEMSON UNIVERSITY

#### Regan Upshaw

##### Defensive End

##### Senior

Regan Upshaw, a 5'11 240 lb. defensive end, is a tremendous person, student-athlete, worker, and leader for our football team. Upshaw did not begin playing football until college, and started his career at Clemson University as a walk-on. Upshaw earned a scholarship through his tremendous effort, commitment, discipline, consistency, and hard work. On the football field in 2020, Upshaw produced 19 tackles (3.5 for loss), 2.5 sacks, and a pass breakup. He has played in 36 games in his career. During Upshaw's tenure thus far (2016-2020), the Tigers have produced a record of 65-6, winning two national championships, winning five Atlantic Coast Conference Championships, and appearing in the College Football Playoff five times. In the weight room, Upshaw has worked consistently each day to maximize his abilities, to develop his craft, and to set an outstanding example for his teammates. As a senior, Upshaw's testing numbers were as follows: bench press 470 lbs., bench press 225 lbs. 30 times, squat 635 lbs., power clean 300 lbs., vertical jump 31.5", broad jump 9'11. In addition to his weight room and football achievements, Upshaw is a graduate of Clemson University, earning a degree in economics. Upshaw puts in the work on and off the field. He displays personal excellence, leadership, respect, integrity, and tremendous work habits in all he does. Regan Upshaw has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Adam Smotherman

### COACH ROZY PERFORMANCE

#### Salvador Chavez

##### Defensive Line

##### Sophomore

Salvador "Sal" Chavez is a Biology Major, attended West Point for 3 years, is Airborne Qualified and is a heavyweight boxing champion - as well as being part of Mt. Marty University new football team that will play it's first season in the fall of 2021. Sal is a defensive end on the team and has worked his way into a starting position on the depth chart because of his hard work, dedication and intense focus. From the weight room, Sal has improved his bench up to 315 lbs, his squat max is 405 lb while hitting 28 inches in his vertical jump. ~Mark Roozen

### COACH ROZY PERFORMANCE

#### Evaristo "Kiko" Nunez

##### Offensive Line

##### Freshman

Evaristo "Kiko" Nunez is a Freshman at Mt. Marty University, from Dickinson, TX. He is part of the first ever football team at the University. The first season of play will be the fall of 2021. Kiko is an Offensive Lineman on the football team and also plays baseball on MMU's baseball team as a First Basemen. From the fall coming into school, Kiko has improved his bench 40 lbs by maxing 300 lbs, in the squat he hit 455 for a 60 lb improvement while hitting 30.5 inches in the vertical jump. ~Mark Roozen

## COLLEGE — FOOTBALL

### DUQUESNE UNIVERSITY

**Roman Macek**

**Offensive Line**

**Senior**

Passion, intensity, and leadership are just a few of the quality attributes that come to mind when describing Roman Macek. Resiliency would be another. On August 14, 2019, Roman suffered a torn ACL which caused him to miss the 2019 football season. Instead of feeling sorry for himself, he committed to the rehabilitation process and has returned better than he was before. His unwavering commitment to his own development, as well as that of his teams, is remarkable. He leads from the front, and brings an energy and passion to the program that motivates his teammates to be better every single day. Roman has a passionate commitment to strength and conditioning that has helped him overcome adversity, and become a leader of the program. Roman's personal records include: 275 Power Clean, 470 Back Squat, 440 (School Record) Bench Press. ~Anthony Longo

### EAST STROUDSBURG UNIVERSITY

**Keanan Baines**

**DL**

**Junior**

Keanan is a leader and mentor in and out of the weightroom. He is destined for great things in the future. Keanan lives to prove himself everyday! His devotion to his physical development has helped him overcome a serious knee injury and get back into the best shape of his life. He understands the injury prevention benefits, as well as performance benefits of strength and conditioning. As a result, he is back on track to setting PR's and to get into the 1400lb Club. ~John Kalinowski

### EVOLVE FITNESS STRENGTH AND CONDITIONING

**R.J. Aron**

**Offensive Line**

**Freshman**

R.J. is a very committed student-athlete both on the football field and in the weight room. What has impressed me most about R.J. is his commitment towards improvement during in-season competition. While many athletes may disregard continuing to make progress in the weight room during the season, R.J. has come into the weight room after practice on a consistent basis in order to help improve his abilities. Along with his work ethic, he is also one of the more respectful and coachable student-athletes that you will come across. ~David LaPlaca

### FITCHBURG STATE UNIVERSITY

**Caleb Gonsalves**

**DL**

**Senior**

Coaching Caleb for the past four years has been great. He always brings energy and a positive attitude that rubs off on his teammates. Along with that he is one of the strongest, most explosive players on the team and has been one of our most productive players on the field throughout his career. ~Jim McGuire

### JUNIATA COLLEGE

**Keith Caputo**

**Offensive**

**Senior**

Keith is an exceptional leader on and off the field. Keith took on a leadership role in the weight room and helped develop a culture for his team. Over the past 4 years Keith has committed himself to this program and process of being the best teammate he can be. ~Kaleb Weyant



## COLLEGE — FOOTBALL

### JUNIATA COLLEGE

**Fletcher Hart**

**RB**

**Senior**

Fletcher is an exceptional leader on and off the field. Fletcher took on a leadership role in the weight room and helped develop a culture for his team. Over the past 4 years Fletcher has committed himself to this program and process of being the best teammate he can be. ~Kaleb Weyant

### LINDENWOOD UNIVERSITY

**Lloyd Lockett**

**Defensive Back - Safety**

**Senior**

Lloyd is an outstanding example of dedication on and off the field, which is one of the many reasons why he is such a respected member of our program at LU. Since his surgery early last year he has embraced hard work and consistency to come back better than ever, no matter the obstacle in his path. In the weight room there is no one more vocal, energetic, and enthusiastic to accept the daily challenge of whatever the workout may throw his way. This attitude has not only helped him to have continued success in achieving his post-surgery goal of hitting a new personal best 500lb squat but is also contagious in pushing his teammates around him to achieve more as well. Lloyd's ability to help raise the level of his teammates through vocal encouragement and setting the standard, while keeping the environment of the session positive/lighthearted at times, are attributes that help to further highlight his key role as a leader in our program. ~Jon Hull

### MERRIMACK COLLEGE

**Cory Hagerman**

**Defensive Line**

**Junior**

"Cory Hagerman has established himself as a leader on the field, in the weight room, and in the classroom. His commitment to growth and development has shown through in all domains. Putting a disciplined mindset to work, Cory has emerged as a force to be aware of. From conference accolades to shattering weight room records, his potential is limitless. A leader amongst his peers and teammates, Cory's reputation is well recognized through the campus community. Further, he is a high character individual that has proven extremely valuable for the organization." ~Michael Kamal

### MORNINGSIDE COLLEGE

**Niklas Gustav**

**Defensive End**

**Senior**

Niklas raised the standard for the entire football team in the weight-room and on the field. While overcoming two significant injuries sustained in his collegiate career he showed what is possible with commitment to rehab and training. He worked tirelessly in becoming the best version of himself which led him to multiple conference championships, two National Championships, and GPAC Defensive Player of the Year his senior season. He always had a strong interest in the training process and would constantly want to know the "why" behind what we were doing. This passion has led him into pursuing a career in coaching. His collegiate football and strength and conditioning experience, as well as his leadership and communication skills, make the perfect foundation for him to go out and have a successful career. ~Aaron Jung

## COLLEGE — FOOTBALL

### STEPHEN F AUSTIN STATE UNIVERSITY

**Dennis Osagiede**

**Defensive Line**

**Junior**

Dennis consistently has the right attitude brings high intensity to all training sessions. He is a great teammate who sets a high standard for himself and demands that from his teammates. He is mission focused and makes decisions that are good for his team.

Dennis is a example to follow on and off the field, maintaining a GPA over 3.4 as well as being one of the top performers for his position

Bench Press: 380

Squat: 565

Hang Clean: 300

Vertical Jump: 25

40-Yard Dash: 5.30

5-10-5 Agility: 4.50

Dennis' commitment to his preparation has led him to be a productive player on the D-Line. He has played in every game as a Lumberjack not missing time due to injury.

~Joshua Stoner

### TROY UNIVERSITY

**B.J. Smith**

**Running Back**

**Senior**

B.J. 's resilience is due to his mindset. Even after two major surgeries in a year and a half, he has a focused, positive approach to weight training and motivates his teammates every day. He's very consistent with his effort. Never feels sorry for himself or expresses any frustration. he's a fighter!

Power clean 280

Squats 460

Bench 320

460 ~Richard Shaughnessy

### UNIVERSITY OF DELAWARE

**DeJoun Lee**

**Running Back**

**Senior**

DeJoun has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to enhance his abilities and become the best version of himself. In the 2019 season, he played in nine games as a redshirt junior, rushed for 463 yards, and caught nine passes for 57 yards. DeJoun is the team's primary kick returner and in the first game of the 2021 spring season, he returned the opening kickoff for a touchdown. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level.

~Chris Stewart

### UNIVERSITY OF WISCONSIN - WHITEWATER

**Mackenzie Balanganayi**

**Defensive Line**

**Junior**

As an All-American and Defensive Player of the Year in the region and conference, Mackenzie dominates on the gridiron. He is a leader in the weight room, both in word and in action, bringing out the best in his teammates. His work ethic has driven him to come back from a devastating knee injury in preparation for an outstanding senior season. ~John Schimenz

### UNIVERSITY OF WISCONSIN-RIVER FALLS

**Luke Fugate**

**Running Back**

**Junior**

~Carmen Pata

## COLLEGE — FOOTBALL

### VIRGINIA MILITARY INSTITUTE

**Brad Davis**

**Offensive Line**

**Senior**

Brad is a team captain and leader, not only on the field, but in the weight room, as well as the classroom. He has taken accountability for, and ownership of, his training process throughout his career. He is a reliable, dependable, and valued member of our program. ~Dave Forman

### WAYNE STATE COLLEGE

**Grant Darnell**

**DL**

**Senior**

Josh is off the charts strong. A 735lb max squat with a lot more potential in the future. He is a true all American!  
~Grant Darnell

### WAYNE STATE COLLEGE

**Josh Taylor**

**DL**

**Senior**

Josh has a very bright future in powerlifting as well as weightlifting. His 735lb raw squat puts him in an elite category internationally. He has worked for his successes but his potential is unlimited. I am excited about his future. ~Grant Darnell

### WEST TEXAS A&M UNIVERSITY

**Hayden Dennis**

**LB**

**Senior**

Hayden Dennis will be missed in our training! A great leader, excellent worker and all around phenomenal human being. No other football player is more deserving of this award and I wish him the best in his future.

2020 Football Stats: Finished his collegiate career with 245 tackles, 13.5 tackles for loss, two sacks, two forced fumbles and an interception. Recorded the second-most tackles on the team, 49, with 1.5 tackles for loss and a sack. Recorded double digits in three games including a season-high 14 against Angelo State on Sept. 26. Recorded his first career interception against Stephen F. Austin. Recorded his second career sack in the season opener against Oklahoma Panhandle State. ~Benjamin Kozak

## COLLEGE — GOLF

### DALLAS BAPTIST UNIVERSITY

#### Faith DeLaGarza

Faith is a very special athlete! Faith came in as a lone freshman in 2018 to a veteran team of juniors and seniors (no sophomore class). Faith dove in headfirst to training being pulled along by the upperclassmen to either sink or swim. She was drinking from a firehose! However, she didn't miss a beat. If anything, she stepped up and pushed the upperclassmen in the weight room, quickly earning her stripes. And it paid off! She came into the ATC after a few weeks of training and informed me that she had added several yards to each club! She continues to be one of the hardest workers I've had the pleasure to work with. Continuing to put in the time and effort to get better and even stepping into a leadership role over the past two years. ~Alex Spencer

### DUKE UNIVERSITY

#### Steven DiLisio

#### Captain

#### Senior

The game of golf has changed. Today the weight room is a bigger part of training for golfers than it was in the past. Steven is a true example of this. As a little freshman he has changed his body through hard work and discipline to become one of the biggest, strongest, and longest players in college golf. It has been a true pleasure to watch his growth and I know he will continue to succeed at the next level, in whatever he chooses to pursue. ~Alex Merrill

### IOWA STATE UNIVERSITY

#### Amelia Grohn

#### Senior

Amelia has been one of my favorite student-athletes to work with because of her great work ethic and her ability to push herself in the weight room. She always comes to her weight sessions with either Coach Baier- Pyszczynski or myself with an infectious positive attitude that sets the tone for each training session. She has been a positive influence for both her teammates and the Strength and Conditioning Coaches here at Iowa State. ~Tim Dombrowski

### LIPSCOMB UNIVERSITY

#### Trevor Gold

#### Senior

Trevor has worked very hard in the weight room to help improve his golf game. He has had to work through and overcome injuries throughout his career, but he has never used them as an excuse. He is a very good leader with his encouraging words and by his work ethic. These traits will help him be successful in life. Trevor holds many Top 3 positions in several of our golf weight room records. ~John Hudy

### MARYVILLE UNIVERSITY

#### Brad Karpick

#### Junior

Brad has used his time in the weight room to help him grow as an athlete and golfer. He puts effort into every detail of lifting from warm up to cool down and has used this to gain strength and work capacity that transitions to his approach on the golf course. He continues to seek advice and guidance from the strength and conditioning staff to better himself and he leads by example in the weight room. Brad has strung together top finishes at several tournaments along with being part of a Division 2 Academic National Championship Squad. ~Jake Fitts

## COLLEGE — GOLF

### MARYVILLE UNIVERSITY

#### Carmen Villaverde

##### Senior

Carmen has continued each year to put the work in the weight room to help keep her golf game at its peak. She continues to lead in the weight room and put her head down and go to work each and every session. Her career has been filled with honors of several top 3 finishes at tournaments, GLVC player of the week honors, and continued her competitiveness on the golf course. ~Jake Fitts

### PERU STATE COLLEGE

#### Allison Tichy

##### Senior

A standout basketball player for Peru State College, Allison has recently transitioned to the sport of golf while maintaining her commitment to strength & conditioning and ground-based power. Her leadership has further resulted in her conducting high intensity functional training classes on the campus and she is a recognized leader among both student-athletes and students. Maintaining a 3.8 grade point average, Allison hopes to give back to the profession by pursuing a physical therapy degree and certification through the National Strength & Conditioning Association. ~Kyle Ryan

### UNIVERSITY OF TENNESSEE

#### Jet Tickle

##### Senior

Jet Tickle embodies being the ultimate teammate. Whether it is working on technique in a lift, encouraging a teammate, approaching his warm-up and warm-down with same attention to detail as his tournaments throughout the year, or just bringing an EDGE to the Training Session. Jet does it with laser focus. I am a better coach for having worked with him. Jet truly embodies what it means to be a NSCA All American. ~Gregory Adamson

### UNIVERSITY OF TEXAS RIO GRANDE VALLEY

#### Rachel Yu

##### Senior

During her time at UTRGV has been a leader for our women's golf team in the weight room and on the golf course. She always pushes herself and her teammates in the weight room and has physically developed herself into a fantastic athlete. She has also made an impact on the entire athlete department as the president of the student athlete advisory committee. ~Lucas Monroe

## COLLEGE — HOCKEY

### COLGATE UNIVERSITY

#### Caroline Ross

#### Defense

#### Senior

Due to a knee injury that caused her to redshirt in the 2019-2020 season, this fifth years comeback has been stronger than ever. Her determination to become stronger and faster during off-season & preseason training was not only noticeable in the weight room but on the ice as well. This drive on and off the ice shows why she is a captain with the ability to motivate herself and her teammates around her. Ross has played in over 123 games and has contributed to Colgate with 3 goals, 21 assists and over 24 points as a defenseman. It is my honor as her strength coach to nominate her for this award. ~Jasmine Johnson

### COLORADO COLLEGE

#### McKay Flanagan

#### Defense

#### Senior

McKay is a true "gym rat", while not being a starter he continually raises expectations in the weight room with his dedication and leadership. He is a great young man who always has a positive attitude no matter the circumstances and his consistent effort in the weight room will help him in all aspects of his life. ~Scott Caulfield

### FITCHBURG STATE UNIVERSITY

#### Jordin Holmes

#### D

#### Junior

Jordin commitment to the weight room is second to none. He came in as one of the strongest players in the program and has continued to work hard and develop to maximize his performance on the ice. ~Jim McGuire

### PENN STATE UNIVERSITY

#### Aarne Talvitie

#### Forward

#### Junior

I'm a huge fan of athletes that do the right things the right way, all of the time. Aarne is no exception. He is one of the most dedicated athletes that I've had the pleasure of working with in my time as a coach. He maintains a constant positive attitude, and works very hard in training every single day. He captained the Finnish national team to a gold medal in the 2019 IIHF World Junior Championships, and was drafted in the 2017 entry draft by the New Jersey Devils. I have a lot of fun working with Aarne and am honored to nominate him for this award. ~Cam Davidson

### UNIVERSITY OF CONNECTICUT

#### Natalie Snodgrass

#### Forward

#### Senior

Natalie has been a standout in our program since she arrived on campus as a freshman. Her commitment to greatness has fueled her passion for the game on and off the ice which has propelled her to the top of our team performance rankings year after year. Natalie never backs down from a challenge and has grown into an exceptional leader. As a senior captain, she has elevated the performance standards with her consistent effort and unwavering commitment to her teammates and the program. She has a tireless work ethic and a fierce competitive edge that allows her to push her limits on any day. She has and will continue to raise the bar for our program in the weight room. ~Joel DeMarco

### UNIVERSITY OF WISCONSIN-RIVER FALLS

#### Abigail Stow

#### Forward

#### Junior

~Carmen Pata

## COLLEGE — LACROSSE

### CENTRE COLLEGE

**Jack Shannon**

**Midfielder**

**Senior**

Over the past four years, Jack's dedication to using strength and conditioning to improve his sport has been unparalleled. He lead by example each day in the weight room and is a great example of what a student athlete can achieve if they dedicate themselves to both athletics and academics. An Economic and Mathematics double major, Jack was selected to the Southern Athletic Association (SAA) Academic Honor Roll all four years. In 2019, Jack was selected to the All-SAA Second Team for his on-field performance. His positive attitude and energy are qualities that all athletes should strive for in the weight room, on the field and in the classroom. Jack, thank you for all you have done for Centre Men's Lacrosse and this strength and conditioning department over the past four years. —Coach Carlson & Pearson. ~Jeremy Carlson

### COLORADO COLLEGE

**Isaac Atencio**

**Defense**

**Senior**

Isaac is an honest and selfless student-athlete who puts his teammates and the program first. His leadership and experience have had a huge impact on the team - both on the field and in the weight room. He always puts in extra work and it shows in his performance on the lacrosse field. Isaac's resilience, discipline, and integrity will leave a lasting legacy on this program. ~Emily Andersen

### CULVER-STOCKTON COLLEGE

**Ally Frazier**

**Midfield**

**Senior**

Ally is the definition of a blue collar athlete in the weight room and on the field. She comes in every day with the mentality to not only making herself better but also her fellow teammates. The competitiveness and energy she brings to the group is second to none. Not only has her work payed off in the weight room but it has made her a force to be reckoned with on the field as well. ~Tyler Aulbur

### DREXEL UNIVERSITY

**Anthony Rosato**

**Face-Off**

**Sophomore**

Anthony, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Anthony's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. ~Michael Rankin

### DREXEL UNIVERSITY

**Lucy Schneidereith**

**Midfield**

**Senior**

Lucy Schneidereith has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Lucy's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~Brigita Roemer

## COLLEGE — LACROSSE

### EMERSON COLLEGE

**Hunter Gervais**

**Attack**

**Junior**

Hunter is a dedicated student-athlete who has seen the importance of strength and conditioning to help him physically prepare for the demands of Lacrosse. He leads by example in the weight room, training with intent, effort and energy. He does all the little things asked of him and it shows. He is an athlete that any coach would be blessed to have. ~Ron Smithers

### FITCHBURG STATE UNIVERSITY

**Julia Miele**

**M**

**Junior**

Julia is a highly motivated athlete, leading her team through by the example she sets for work ethic and effort, along with being the top weight room performer on the lacrosse team. ~Jim McGuire

### HOBART AND WILLIAM SMITH COLLEGES

**Dan Ryan**

**LSM**

**Senior**

Aside from being a tremendous individual, Dan Ryan was named to the NEC Academic Honor Roll last year in a shortened 5 game season. Dan is a relentless worker in the weight room boasting great numbers across the boards but what separates Dan from others is his work ethic. Dan has incredible personality, leadership and is a once in a decade type individual. ~Chris Gray

### LINDENWOOD UNIVERSITY

**Andrew Hasz**

**Attack**

**Senior**

Hasz defines hard work and determination when it comes to bettering himself as an athlete and as an individual. He is fully bought into the process of developing himself, and he is always looking for ways to go above and beyond to get there. He gives 100% with every session, whether it's a team or individual session, and he does not waste any reps or sets. He demonstrates an exceptional "will do" attitude, whether that pertains to his own training or helping teammates out. He is a leader in more ways than one. He always looks to push his teammates, whether that be with some friendly banter, or plain old motivation. Hasz knows what it takes to get to the next level both physically and as a human being. I owe him many thanks for being a pleasure to work with and be around day in and day out. ~Michael Reese

### MARYVILLE UNIVERSITY

**Tim McCarthy**

**Senior**

Tim is a leader both on the Lacrosse Field and in the Weight Room. Tim has served as a valuable leader for me that I can rely on to help spread the message of our strength and conditioning program to the Lacrosse Team. I was able to put a lot of responsibility on Tim's shoulders to aide in leading warm ups and continuing to maintain the intensity of our lifts as a team. Not only a valuable member of the team in the weight room but also on the field receiving All-GLVC honors. ~Jake Fitts



## COLLEGE — LACROSSE

### SAINT ANSELM COLLEGE

**CJ Hart**

**Goalie**

**Senior**

CJ Hart has been one of the most consistent athletes in our entire department across all 17 varsity sports at Saint Anselm. He is someone that has seen success due to his diligent work ethic and ability to care for all others around him. Pound for pound one of the strongest athletes in recent years, he is as physically gifted as he is smart. In the classroom, on the field, and off the field CJ is the embodiment of what an NSCA All-American truly is. ~Codi Fitzgerald

### SALISBURY UNIVERSITY

**Brad Apgar**

**Defense**

**Senior**

Brad puts the work in! Day in and day out you can find Brad working to improve his game. He is a dedicated and hard working athlete that is always striving to improve. It has been an absolute pleasure to work with such a hard working athlete. ~Matt Nein

### SALISBURY UNIVERSITY

**Alexis Strobel**

**Attack**

**Senior**

Alexis is not only a great leader in the weight room and on the field, she is also one of the hardest working athletes in our department. Alexis brings a great attitude and puts in tremendous effort daily. It has been a great honor to work with Alexis over the past four years. ~Matt Nein

### SPRINGFIELD COLLEGE

**Connor Dubzinski**

**Defense**

**Senior**

Connor's positive energy and tenacity are infectious. He inspires his teammates daily to push themselves, hold each other accountable, and strive to be the most hard-working, respectful athletes they can be. He is a model athlete who constantly shows up ready to challenge himself, in and out of the weight room, all with a smile on his face. ~Aaron Matthias

### STEVENSON UNIVERSITY

**Connor Nelson**

**Attack**

**Junior**

Since the minute Connor stepped foot on campus, I knew he would be a special athlete. His dedication to strength training is fueled by his desire to be the best athlete he can be and is unparalleled on this campus. Connor is the athlete who can never do enough work, who wants to be in the gym on off days and goes beyond what is asked of him. While he is definitely one of the strongest athletes on the lacrosse team, it is his work ethic, his commitment to hard work and his leadership that make him stand out. While it is evident that others have used Covid, the shortened 2020 season and extended time away from campus as excuses, Connor has not, adding 20 pounds to his bench max and 30 to his squat max. ~Mary Clare McFadden

## COLLEGE — LACROSSE

### STEVENSON UNIVERSITY

**Shannon Snyder**

**Defense**

**Senior**

As a defender on our women's lacrosse team, Shannon knows the effect weight training has on her ability to play the game. She is strong, tough and holds her ground at all times. Be very afraid if you try to go to battle with her on the field as you will not win. Not only is she the strongest athlete in the room during a team lift, but she may be the strongest female athlete on campus. Shannon is inspirational to our younger athletes who see how hard she works in the gym, and in turn, how well she performs on the field. As a two year captain, Shannon not only leads by example but also by encouraging and supporting her teammates no matter the team activity. Mostly, Shannon is a great human as she is encouraging, hard working and kind. ~Mary Clare McFadden

### STONY BROOK

**Dave Estrella**

**Midfield**

**Junior**

Dave is an athlete who strives to be better every day he comes into the weight room. Whether it is mastering his hang clean technique or hitting a bench PR he treats everyday with the same intensity. His improvements in the weight room over the last 3 years have reflected his skills on the field as he is one of our most explosive athletes. I look forward to seeing what goals Dave surpasses his senior year. ~Joseph Quattrone

### TRANSYLVANIA UNIVERSITY

**Salem Carlow**

**Midfield**

**Senior**

Salem gives effort on every rep, during every session, week in and week out. She exemplifies the hard work that young athletes look up to. ~Zach Turner

### TRANSYLVANIA UNIVERSITY

**AJ Teague**

**LS Midfield**

**Junior**

AJ suffered an injury at the end of the fall semester that will most likely end his season. He hasn't missed a lift. Dedication. Toughness. ~Zach Turner

### UNIVERSITY OF DELAWARE

**Ryan Shaw**

**Defense**

**Grad Student**

Ryan has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to expand his abilities on the field. Shaw is a leader on the defensive unit that has been ranked inside the top ten scoring defense in the last two seasons. In the 2021 season, his peers recognized Shaw as team captain. Prior, in 2020 and 2019, Shaw has carried the team's Hard Hat, an award that embodies hard work and dedication. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Tom Evens

### VIRGINIA MILITARY INSTITUTE

**Trajan "TC" Cannon**

**Midfielder**

**Junior**

TC is a very consistent and focused hard worker. He is the type of student-athlete that is self motivated in all areas to improve his game and compete in anything set out in front of him. He was named to the honorable mention All-Freshman team as a short stick defensive midfielder by College Crosse (SB Nation) 2019. He has been a 3 year starter and consistent performer on the field ranking as a stat leader. He is a good team leader that is humble and dedicated to the teams success. ~Dave Lawson

## COLLEGE — OLYMPIC WEIGHTLIFTING

### WAYNE STATE COLLEGE

**Isabelle Vacek**

**Hitter**

**Freshman**

Belle is a very proficient lifter that is strong beyond her years. She continues to push hard everyday and has a good opportunity to have multiple lifting records to her name in the next 4 years. ~Grant Darnell

## COLLEGE — ROWING

### CATHOLIC UNIVERSITY

**Elizabeth Dorrian**

**N/A**

**Sophomore**

Elizabeth is the standard for not just an All-American in Strength & Conditioning; she's the standard for a human being. It took only just a few short months for Liz to get on board with training. Since then, she's taken her "blueprint" and transformed herself into this relentless, hard working, passionate athlete. As a primary soccer athlete, transitioning to rowing was no easy feat, yet she adapted, learned, and worked her tail off in the weight room and on the water to be one of the best rowers at her school. Her commitment to improvement in training can only be matched by her desire to be the best version of herself day in and day out. A phenomenal lifter, ever-improving rower, and an even better person, this award has Elizabeth Dorrian written all over it. I find myself inspired by her on a consistent basis. As a coach, this is who you want on your team. ~Phil Giackette

### MERRIMACK COLLEGE

**Audrey Regan**

**Senior**

"Audrey Regan has built a reputation of exceeding expectations in the weight room, on the water and in the classroom. Her ability to push her teammates and herself has made her a leader among her teammates and peers. A two-year captain and two-time team MVP, Audrey has played vital a role to the success of the team. The attitude and effort brought on a daily basis has helped Audrey build a reputation throughout the campus community. An embodiment of our core values of communication, discipline and culture, Audrey has raised the standard of the organization. Audrey's consistent hard work and determination will help her find success in any domain she pursues." ~Michael Kamal

### TRINITY COLLEGE

**Tyler Somerville**

**Senior**

Winner of the 2020 Battle of the Bants ~Bill DeLongis

## COLLEGE — RUGBY

### LINDENWOOD UNIVERISTY

**Ayden Hurst**

**Back Row**

**Senior**

Ayden has been a consistent example of coming to the weight room "ready to work". Not only does he have a great work-ethic, he has been a great Player's-Coach to his teammates and has also been a great mediator between myself (the Strength Coach) and the players.

~Matthew Matau

### LINDENWOOD UNIVERISTY

**McKenna Strong**

**Second Row**

**Senior**

McKenna is tough as nails and has been consistent with showing up to workouts ready to work. She takes coaching well and is always looking for a way to enhance her Athletic Performance through her Strength & Conditioning. ~Matthew Matau

## COLLEGE — SOCCER

### AMERICAN UNIVERSITY

**Olivia Mahony**

**Defense**

**Junior**

Liv understands the value of strength & conditioning for maximizing her athletic potential! She WANTS to train! She wants to be challenged and she wants to prove herself. Liv has significantly enhanced her strength, power, and her desire to do whatever it takes to succeed. It is a pleasure being her strength coach. ~John Kalinowski

### AUGUSTANA UNIVERSITY

**Bailey Parsons**

**Midfield**

**Senior**

Bailey's do-more attitude is the key to her success. She has never shied away from a challenge and is consistently a top performer in the weight room. She earned All-Academic NSIC honors in 2018 and 2019. Bailey's relentless effort will propel her to great things in the future. ~Andrew Stocks

### AURORA UNIVERSITY

**Justin Rutherford**

**Forward**

**Senior**

Justin has succeeded not only on the field and in the classroom, but he has exhibited the knowledge, skills, and abilities necessary to succeed within the field of Strength & Conditioning during his time as an intern in the Strength & Conditioning Department here at Aurora University. For these reasons, I believe he is a strong candidate deserving of this award. ~Carlos Estrada

### CENTRE COLLEGE

**Kristin Dean**

**Midfielder**

**Senior**

Kristin is an exemplary leader inside and outside of the weight room. Over the course of her four years with Centre Women's Soccer, she has shown great consistency and enthusiasm in the weight room. Her dedication to improvement is infectious amongst her teammates. Beyond the weight room, she is the true definition of a scholar-athlete. As a Mathematics and Data Science double major, Kristin has been named to the Southern Athletic Association (SAA) honor roll all four years she has played for the Colonels. In addition, she received All Region Scholar recognition in 2019. Kristin, thank you for all you have done for Centre Women's Soccer and this strength and conditioning department over the past four years. ~Coach Carlson & Pearson

### COLORADO COLLEGE

**Sajjan Singh**

**Midfield**

**Sophomore**

Sajjan has put in more time than any other athlete I have worked with this year at Colorado College. He asks for extra SAQ, strength, and conditioning sessions so that he is able to improve at his sport. Not only does Sajjan show up and put in the work for extra sessions, but his effort is always outstanding. On top of excellent hard work, Sajjan is always motivating his teammates to get better and does a great job of lifting the team up with his positive energy. Sajjan is only a sophomore and is apart of the starting lineup this year. In my opinion, this is partially due to the additional hard work and dedication Sajjan has put in. He is an outstanding soccer player, student athlete, and motivator. Most importantly though, Sajjan is an outstanding person. He deserves this award. ~Derek Savage

## COLLEGE — SOCCER

### DUQUESNE UNIVERSITY

**Lexy Kendro**

**Forward**

**Junior**

Lexy brings an outstanding work ethic to our strength and conditioning program. She consistently works hard to improve areas in her strength and fitness development as a soccer player, while pushing those around her to be better. Lexy's ability to lead by example has shown to be second to none. Her efforts both on the field and in the classroom have made her a phenomenal student athlete. ~Chris Gilman

### EMERSON COLLEGE

**Bo Feekins**

**Center Back**

**Sophomore**

Bo is an incredibly hard-working student athlete. He is focused and has a high level of consistency, effort and intent in all he does to prepare for the rigors of soccer. Bo leads by example and is a pleasure to coach. ~Ron Smithers

### EMERSON COLLEGE

**JoJo Mazza**

**Right/Left Back**

**Sophomore**

JoJo is a dedicated and hard-working student athlete and just an all-around wonderful person. She has found that strength and conditioning will help her to be a more durable and resilient soccer player. She brings high-level effort and intent to every training session and leads by example in the weight room. Having an injury-riddled freshman year and having the season cancelled this fall, she has met the challenges head on and worked to be physically prepared for the Fall 2021 Season ahead. ~Ron Smithers

### GEORGIA GWINNETT COLLEGE

**Gabby Bishop**

**Defender**

**Senior**

Gabby's work ethic, attention to detail and overall enthusiasm toward sports performance is unmatched by many. The Exercise Science major and AD Honor Roll recipient, understands how improvement in the weight room with movement, strength and power can help her stay healthy and on the field. Her remarkable increase of 2 inches in vertical jump emphasizes that dedication. Gabby continues to improve her craft with each opportunity and is an excellent example of dedication and work. ~James Williams

### GEORGIA GWINNETT COLLEGE

**Sebastian Farias**

**Goalkeeper**

**Freshman**

Sebastian has embraced the weight room with heart and commitment. The freshman has been a staple in the room from the beginning of the fall semester. His dedication to work out over the extended winter break was unparalleled. He is extremely coachable and understands the need for quality movement and baseline strength. The Exercise Science major and AD honor roll student-athlete continually works to be a better athlete in the weight room so it will convert to a better player on the field. His dedication has created increases in all his strength and power tests. ~James Williams

## COLLEGE — SOCCER

### IOWA STATE UNIVERSITY

**Mira Emma**

**Midfielder**

**Sophomore**

Mira is a great role model and leader for the rest of her teammates. She gives her best and makes everyone around her better consistently. She is an outstanding athlete and leader who puts the work in every opportune moment to raise the bar for herself and the team. ~Tyler Raborn

### MENLO COLLEGE

**Zoe Bell**

**Midfield**

**Senior**

Zoe's work ethic is second to none, her ability to stay motivated and train during this difficult year was the ultimate test in willpower. Her effort in the weight room and on the field is outstanding. Over her 2 1/2 years at Menlo Zoe has hit all miles stones in the weight room -2x BW in Deadlift, Front Squat 1.5x BW etc. Her nutrition and recovery routine is well organized and consistent which is why her performance on and off the field match. ~Victor Brankovich

### PORTLAND STATE UNIVERSITY

**Kasey Isobe**

**Forward**

**Senior**

Kasey has done an outstanding job coming off her Lisfranc surgery and been a complete leader on her team and in the weight room. The Lisfranc surgery was a set back for her but she has used the weight room to her advantage to come back even stronger. Kasey has even taken her own personal time to help some of the younger players with their technique in lifting, because covid has limited my time with the soccer team. Having an athlete like Kasey makes my job so much easier all around. I am extremely proud to nominate Kasey for this honor. ~Frederick Scott Fabian

### SALISBURY UNIVERSITY

**Emma Hill**

**GK**

**Senior**

Emma is a very dedicated and hard working athlete. She has exemplary leadership skills and is always pushing her teammates to get better. It is a true honor to have had the opportunity to work with such a great person and athlete. ~Matt Nein

### COLORADO COLLEGE

**Tayla Wheeler**

**Midfielder**

**Senior**

Tayla is one of the most consistent and dedicated athletes in our whole department. She inspires others by her leadership and commitment to self improvement. She's literally a strength coaches ideal athlete. ~Scott Caulfield

### STEPHEN F. AUSTIN STATE UNIVERSITY

**Carli Arthurs**

**Defender**

**Senior**

Carli has one of the best work ethics on the soccer team. She pays great attention to the exercise to make sure her form is correct, and never hesitates to challenge herself. She sees the weight room as a chance to get better every time she comes in and does not waste the opportunity. Has played all minutes in a soccer game, plus overtimes, in 32 of her 51 career games. She has twice been named to the Southland Conference All-Academic First Team (2017, 2018). Her advisor described her as "academically unparalleled". ~John Deal



## COLLEGE — SOCCER

### TRANSYLVANIA UNIVERSITY

**Jak Birdsong**

**Midfield**

**Junior**

Jak puts more energy into training on and off the field, in and out of the weight room, than anyone else. ~Zach Turner

### TRANSYLVANIA UNIVERSITY

**Morgan Patton**

**Goalie**

**Senior**

Morgan has been a consistent leader in the weight room for 4 years. You don't find that discipline in a lot of players and she has it. ~Zach Turner

### TRINITY COLLEGE

**Cassidy Schiff**

**Senior**

Exemplifies our core values of dedication, effort, attitude, and team first. ~Bill DeLongis

### TRINITY UNIVERSITY

**Neil Verwillow**

**D/MF**

**Senior**

Neil has been one of the hardest working young men on our campus for the entirety of his student-athlete career at Trinity. His leadership by example, demonstrated through a vigorous work ethic and discipline, has helped our strength & conditioning program with the men's soccer team to truly thrive. ~Daniel Martinez

### UNIVERSITY OF CONNECTICUT

**Randi Palacios**

**Goalkeeper**

**Senior**

Randi first came to UConn as an injured freshman with a whole lot of work ahead. Rather than allow her circumstance to dictate the beginning of her career, Randi demonstrated her persistence and determination immediately. In the last 5 years, Randi has earned every single rep she's performed, embraces and seeks new challenges regularly, and is always going above and beyond to improve. In addition to her physical development putting her at the top of the team, she has stepped up as a leader within our program. She holds her teammates to high standards while taking the time to teach, and is an unwavering leader by example.

Randi barely sees adversity. She sees opportunity. She sees growth. She sees potential. And then she capitalizes. In the midst of reimagining training strategies in the face of Covid-19, Randi has been an assertive, positive, and commanding presence in training sessions. Randi creates an encouraging space for everyone while presenting herself in a way that demands full accountability in herself and those around her. Randi's growth and performance have been exceptional throughout her career and she truly represents what an NSCA All-American is. ~Moe Butler

### VIRGINIA MILITARY INSTITUTE

**Richard Quispe**

**Midfielder**

**Senior**

Richie does an exceptional job for VMI soccer on and off the field. In the weight room, he takes charge and is a very productive leader due to his attention to detail and consistent effort. On the field, Richie has excelled as a 4-year starter. He has been productive as a playmaker and is one of the statistical leaders on the team. ~Jacob Conner

## COLLEGE — SOCCER

### VIRGINIA MILITARY INSTITUTE

**Maria Vargas**

**Midfielder/Forward**

**Junior**

Maria is a very focused and driven student-athlete. She is very consistent with her efforts each day and provides good leadership to others on her team. She has a very positive and upbeat demeanor that helps those around her to improve. She is a statistical team leader and has been a three year starter. ~Dave Lawson

### WAYNE STATE COLLEGE

**Madison Craig**

**Defender**

**Senior**

Craig is an all around great athlete and great leader. Once her soccer career is over her life long career of competition and training will just be beginning, I look forward to watching and helping when needed. ~Grant Darnell

### WEST TEXAS A&M UNIVERSITY

**Beau Johnson**

**Left Winger**

**Sophomore**

Beau has been an astonishing athlete to work with. He shows up each day bringing positive energy and the commitment to improve. In the weight room, he is constantly being the example for the team and pushing his teammates to get better. Along with his phenomenal work ethic, Beau also leads by example with his 350 pound back squat, 425 pound deadlift, and 200 pound bench press. His commitment to the process and attention to detail has set the example for the rest of his teammates to follow in the weight room and on the pitch. ~Derek Kennedy

### WEST TEXAS A&M UNIVERSITY

**Hannah Kelly-Lusk**

**Forward**

**Junior**

Hannah is a fast, explosive athlete both on the field and in the weight room. Her dedication to the game, her personal improvement and pushing her teammates to the next level is tough to compete with. She is never the biggest one on the field but puts up solid numbers all around. 250lb Deadlift, 180lb Front Squat, 110lb Bench, 135lb Hang Clean, 23.5" Vertical and can rip off 15 chin ups! Hannah competes in every task placed in front of her and it is an honor to coach her. ~Sarah Ramey

### WRIGHT STATE UNIVERSITY

**Jessika Seward**

**Goalkeeper**

**Sophomore**

Jess has been an incredibly influential athlete in the weight room. Her hard work and dedication to her craft shines through in the weight room as she gives every rep of every exercise her utmost. Additionally, she continuously motivates and encourages her teammates to do the same, and thus deserves to be included in the ranks of the All-American Athletes of the Year. ~Patrick Rawle

## COLLEGE — SOFTBALL

### AUGUSTANA UNIVERSITY

**Ashley Mickshl**

**Pitcher**

**Senior**

Ashley's determination, toughness, and leadership has led her to being a top performer in the class room, on the diamond, and in the weight room. Her softball accolades include numerous All-American, All-Region, and All-NSIC honors. She was named to the NSIC All-Academic Team of Excellence in 2019. In the same year, Ashley led the Vikings to victory in the NCAA DII National Championship and was named the tournament's Most Outstanding Player. Her strength and athleticism also earned her the team record in the vertical jump. Ashley's work ethic will lead her to great things in the future. ~Andrew Stocks

### AURORA UNIVERSITY

**Kaylee Underwood**

**Senior**

Kaylee is a passionate professional committed to academic and athletic excellence. She is hardworking, organized exercise science professional dedicated to the pursuit of optimizing performance. ~Chad Trudo

### AVILA UNIVERSITY

**Brooke Day**

**Shortstop**

**Sophomore**

I try to choose an upper classman for this nomination but Brooke Day is such an outstanding candidate that she deserves to be recognized as a sophomore. Brooke is always a positive personality in the weight room. She is an extremely hard working softball player on the field and in the weight room not including she is the strongest player on the team. Her energy is infectious and she has already taken on an active role as a team leader in development. While she has was not able to demonstrate her abilities on the field due to 2020 circumstances she is poised for a break out year this upcoming season. Her hard work in the weight room and dedication to improvement will carry her far. ~Brian Ciolek

### BRADLEY UNIVERSITY

**Grace French**

**Pitcher/IF**

**Junior**

Grace has not only grown into a great player, but a great leader. Her leadership in training sessions have been a tremendous contributor to the team. She pushes her teammates to be their best along with becoming a force on the field. She posted among a team best 165 pound bench press, over 250 pound squat and 185 pound clean. She has a bright future ahead of her! ~Matthew Friend

## COLLEGE — SOFTBALL

### BRANDEIS UNIVERSITY

**Mel Rothenberg**

**Outfielder**

**Senior**

Mel has been a silent leader throughout her time in our program. She leads by examples and inspires her teammates to follow suit. She works tirelessly to improve and never tries to find excuses. Her work ethic is unparalleled and she will continue to do great things.

~Jay Mendoza

### CLEMSON UNIVERSITY

**Camden Pereira**

**2nd Base**

**Senior**

Cammy transferred to Clemson the Fall (2019) before our very first competitive Softball season in school history. She immediately made an impact by stepping into a leadership role to help guide the team as the majority of the members were experiencing their first exposure to collegiate athletics. She has only continued to grow in her leadership role and continues to hold high standards for herself and the team in and out of the weight room. Her work ethic in the weight room is apparent as each rep is performed with intention, and her work ethic outside of athletics is just as impressive. She is involved in a number of organizations on campus and recently has been accepted into medical school. ~Ryan Metzger

### DUKE UNIVERSITY

**Raine Wilson**

**3B/C**

**Senior**

It's difficult to think of an athlete more deserving of this nomination than Raine Wilson. Raine works hard, builds up those around her, is a fierce competitor, and leads by example - she is the epitome of a great athlete and a great teammate. I have had the privilege, over the past 4+ years, to witness an amazing physical and mental transformation as Raine has become a standout performer in the weight room, on the field, and in the arena of competition. Raine is an amazing young woman and will succeed in whichever arena she competes in.

~Jordan Bar

### EMERSON COLLEGE

**Morgan Mitchell**

**IF**

**Junior**

Morgan has consistently been a presence in the weight room for 7am lifts, providing guidance to each freshman class while striving to improve her own lifts each season.

~Jennifer Boyden

### FITCHBURG STATE UNIVESITY

**Taylor Colvin**

**Pitcher**

**Senior**

Taylor is one of the strongest female athletes to come through the strength program. She works extremely hard and brings a consistent, enthusiastic approach to every session. ~Jim McGuire

## COLLEGE — SOFTBALL

### GEORGIA GWINNETT COLLEGE

**Josie Haulk**

**Infielder**

**Freshman**

As a Freshman walk-on, Josie has taken her drive and determination to the weight room. The Elementary Education major and AD Honor Roll recipient, showed significant increases in her vertical and broad jumps as well as deadlift this past fall and continues to show improvement every day. Her strength and power increases coupled with her ability to run has helped her develop an athletic skill that permits her to be a versatile softball player. ~James Williams

### HUMBOLDT STATE UNIVERSITY

**Katelyn Dendas**

**Outfield**

**Junior**

With a season shortened by Covid, Katelyn was able to put together some impressive numbers on the field. She had the second highest slugging percentage and was tied for the most triples in the shortened season. In the weight room she was one of the unquestioned leaders on her team. We could rely on her to show up early and set an example for the rest of her team. She was so trusted in the weight room that she was hired on staff. She is well deserving of the All-American honor. ~Anthony Ratto

### HUMBOLDT STATE UNIVERSITY

**Haley Suter**

**Third Base / Utility**

**Senior**

After a promising junior season was cut short due to the Covid Pandemic, a season that saw her hit .290 with four homeruns and drive in 19 runs in just 23 games, Haley Suter was poised to have a dominant senior campaign in 2021. Once again though fate would intervene with another modified season. Haley's consistent dedication to a year around sports performance program had a foundation in her love of the weight room. Haley will choose to graduate at the end of the spring and forego an extra year of eligibility granted by the NCAA. I have no doubt that she will continue to be successful as she moves into life after college. Haley's presence and effort in the facility will be missed; the example she set for her teammates will be part of legacy she leaves behind. ~Drew Petersen

### IOWA STATE UNIVERSITY

**Logan Schaben**

**Infield**

**Senior**

Logan has returned to the Iowa State Softball team for the 2021 season as a 5th-year senior, and I am very glad she did so I had the chance to work with her as her Strength and Conditioning Coach. Logan had dedicated herself to the weight room and it has shown on the field. During the difficult times of this pandemic year, Logan kept in constant contact with me regarding her training. I am very honored to have worked with Logan during her last year as a student-athlete. ~Tim Dombrowski

## COLLEGE — SOFTBALL

### JONES COLLEGE

**David Queck**

**Second Base**

**Sophomore**

Kat Wallace was one of only a handful of athletes at Jones College that never missed a training session during 2020 while being remote at her home. A leader on and off the field, Kat was determined to make sure her training never stopped during COVID-19. She came back to campus in the fall in the best shape of her life, and as strong as she has ever been. She is most proud of deadlifting 295 pounds. Kat, a 4.0 GPA student was named a Tullos Scholar, the highest honor bestowed upon a student at Jones College. Along with other academic and leadership scholarships, Kat is the undisputed leader of the team, and a model student-athlete across all sports at Jones College. ~David Queck

### JUNIATA COLLEGE

**Catherine Miller**

**P/1B**

**Junior**

Catherine is an extremely hard worker and it shows with her performance on and off the field. She leads by example in the weight room for the lower classmen and brings the best energy to every workout. Over the past 3 years Catherine has committed herself to the program and the process of being the best teammate she can be. ~Kaleb Weyant

### LAMAR UNIVERSITY

**Hannah Carpenter**

**Infield**

**Senior**

In Hannah's first week of training at Lamar, she made it evident that she has incredible drive and an unmatched work ethic. Although she wasn't a senior upon arrival, it was immediately apparent she is a leader through her actions and a person people want to be led by. Whether it's on the softball field, in the weight room, or just in passing, her presence automatically sets a tone of genuine positivity. Hannah's selfless demeanor and willingness to put others, and the team, before herself makes her an invaluable teammate. Hannah really sets herself apart when it comes to the things that require no talent. She is always prepared and on time, provides great effort, has a high level of energy, and brings a positive attitude. Additionally, she carries herself with good body language, has an excellent work ethic and is very coachable. As Hannah's coach, I'm proud of both her work in the weight room and accolades in athletics. Although these things are notable, I am much more proud of the person she has become. I have no doubt Hannah will find success in anything she chooses to do and wish nothing but the best for her in the future. ~Coach A

### LINDENWOOD UNIVERSITY

**Riley Luetkenhaus**

**Corner Infield**

**Junior**

Riley goes above and beyond any team standards or expectations. Whether it's coming in on her own for summer training or getting extra training sessions in during the school year, she is always working to improve. She consistently does the right thing regardless if anyone is looking. Her energy is contagious and always leads the team in the right direction. Riley is my go-to contact and team leader in the weight room. ~Michael Reese

## COLLEGE — SOFTBALL

### POINT PARK UNIVERSITY

**Tyra Bell**

**First Base**

**Senior**

When you think of the perfect athlete, you think of someone like Tyra. That's what I think of at least. I was impressed on day one by how hard she went. I haven't stopped being impressed. If I had to choose one of my athletes to be in a foxhole with me, it's Tyra. ~Cody Miller

### POINT PARK UNIVERSITY

**Jodi Frontino**

**Second Base**

**Junior**

Jodi has been someone I can rely on. Her work ethic is stellar, her character is solid, and her personality is affable. She embodies everything this award stands for. ~Cody Miller

### POINT PARK UNIVERSITY

**Hailey Leitner**

**Catcher**

**Junior**

Hailey has shown exemplary effort, engagement, and a willingness to be coached. She loves the sport and values the work that it takes to realize her potential. She fits the bill for this award. ~Cody Miller

### SAINT ANSELM COLLEGE

**Beanie Luttig**

**Catcher**

**Senior**

Beanie Luttig's dedication to strength and conditioning is a cornerstone of her Softball preparation. She is not only one of the strongest athletes in our Softball program, but a leader on the field, off the field and in the classroom. Above all else, her enthusiasm and drive are contagious and makes everyone else around her want to get better. It has been a tremendous honor to work with her during her two years here at Saint Anselm. ~Codi Fitzgerald

### SALISBURY UNIVERSITY

**BK Hewitt**

**3B**

**Junior**

BK is a junior third baseman on the Salisbury University Softball team. Ms. Hewitt consistently demonstrates passion, effort, and integrity both on the field and in the weight room and inspires these same traits in other. BK has shown remarkable dedication towards self-improvement as an athlete, student, and aspiring nurse. Her outstanding character makes her an ideal choice for a recipient of the NSCA All-American Award and I hope she will be considered. the NSCA All-American ~Matt Nein

### STEPHEN F. AUSTIN STATE UNIVERSITY

**Savanna Parker**

**Catcher/Infield**

**Junior**

Savanna is an easy athlete to work with. She is very respectful, will ask for help if she needs it, but she will get into her zone and give her best efforts every day. She will outwork the person next to her, and will normally go above minimum weight requirements for any exercise. Parker is always willing to help out her younger teammates and provide coaching tips to them if they ask. ~John Deal

### STONY BROOK

**Mel Rahrich**

**Pitcher/1B**

**5th Year Senior**

Mel brings the energy into the weight room every time she steps in. This past year she set goals for herself on both bench press and pitshark and blew them out of the water. Her presence in the weight room will be greatly missed next year. ~Joseph Quattrone

## COLLEGE — SOFTBALL

### TRINITY COLLEGE

**Gillian Birk**

**First Base**

**Senior**

155 bench, 210 front squat, top 5 finish in the battle of the bants. ~Bill DeLongis

### UNION UNIVERSITY

**Mackenzi David**

**Utility**

**Sophomore**

Mackenzi showed phenomenal effort in the off-season preparatory period in developing her fitness for the 2020-2021 softball season. She made significant improvements in strength and power and, as a result, has added minutes to her playing time directly influenced by her effort in the weight room. Even when sick, Mackenzi could be seen working out outside, taking every opportunity to stay in shape and increase her effectiveness on the field. ~Jonathan Wilson

### UNIVERSITY AT ALBANY

**Kelly Barkevich**

**Infield - 1st/3rd Base**

**Senior**

Kelly has been an outstanding student athlete at UAlbany throughout her entire career and exemplifies what it means to be a Great Dane. In 2020 she was recognized as the 2019-2020 America East Woman of the Year. She is one of the hardest working individuals to ever walk through our doors, and her passion and dedication to mastering her craft shine brightly whether its in the weight room, on the field, or in the classroom. Her leadership and mentorship to this program have left a long lasting impact that will continue to push student athletes to succeed for years to come! ~Rachel Jones

### UNIVERSITY OF MICHIGAN

**Meghan Beaubien**

**Pitcher**

**Senior**

Meghan is currently a senior pitcher for the University of Michigan softball team and a member of the 2018 and 2019 Big Ten Championship teams. Meghan's commitment to strength and conditioning over her career has helped her to sustain a high level of durability and success throughout her career. Over the course of her career, she has added 30lbs to her 1RM back squat, 10lb to her 1RM bench press, and 2.1 inches to her vertical jump, all while consistently finishing among the top performers in our conditioning tests. Meghan's improvements are a testament to her consistency in effort and desire to be a great. Meghan has taken struggles and adversity in stride alongside her successes, and while not easy, she's managed to continue moving growing as a softball player. Her commitment to excellence goes far beyond the athletic realm. Meghan is an accomplished student, earning multiple Academic All-Big Ten honors while pursuing a degree in Biomedical Engineering. I am fortunate to be able to work with Meghan as she strives to be a great teammate and representative of Michigan Softball. Undoubtedly, Meghan is a student-athlete I will use as an example for many years to come. It is with great pleasure that I nominate her for this award. I look forward to continue helping her reach her goals as a student-athlete. ~Lew Porchiazzo III



## COLLEGE — SOFTBALL

### UNIVERSITY OF MISSOURI-ST. LOUIS

**Jessica Mrzlak**

**Catcher**

**Junior**

Jess is hardworking, consistent, and always brings a positive attitude each and every day. She is someone who leads by example and is a good role model for her teammates. She has a demanding schedule as a nursing major and anytime she misses a workout she does everything possible to make it up. She'll be successful with whatever she chooses to do. ~Josh McMillian

### UW-WHITEWATER

**Taylor Briehl**

**Outfield/Catcher**

**Senior**

She is a multi-WIAC Scholastic Honor Roll attendee, who works just as hard off the field as she does on it. Over her career she has scored runs and batted runs in, in several big wins for the Warhawks, as well as, being a solid staple on defense. When she is in the weight room she is no less a leader than on the diamond. She constantly pushes herself and her fellow teammates to get better and work harder. She has always has a great attitude coming in even when she knows it is going to be a hard lift. She is the athlete that every coach hopes that they can work with. ~Jesse Koenig

### WEIDER FITNESS CENTER

**Celeste Sermeno**

**Outfield**

**Senior**

Celeste Sermeno is a great example of how hard work and dedication will pay off for a student-athlete. Each year she worked hard to follow the program and improve herself. She has gained strength, speed, and agility which has greatly enhanced her game. This improvement has contributed to more playing time for Celeste. Her hard work has not gone unnoticed by others. She had earned respect from teammates and coaches. This had helped establish her as a leader in the weight room and on the field. Celeste will take this dedication to training and apply it to being an EMT after graduation. Celeste will be missed by everyone associated with the WWU softball program. ~Weider Fitness

### WEST TEXAS A&M UNIVERSITY

**Alyx Cordell**

**Middle Infield**

**Senior**

Alyx started working with me the summer before her freshman year. From then I knew that she was a very passionate athlete and wanted to push herself to be one of the best at WT. The energy she brings to everything she does is infectious to everyone around her and shows her true leadership abilities. Her commitment to strength and conditioning has helped her achieve multiple LSC honors over the years as one of the top middle infielders in the conference. It is with great pleasure that I nominate her for this award. ~Matt Segura

## COLLEGE — SQUASH

### DREXEL UNIVERSITY

#### Hannah Blatt

#### Senior

Hannah has worked extremely hard in all areas of our strength and conditioning program to improve her individual athleticism. Hannah's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman.

~Michael Rankin

## COLLEGE — SWIMMING

### AUGUSTANA UNIVERSITY

**Abby Magee**

**Fly / IM**

**Senior**

Abby's commitment to strength & conditioning has made her a great athlete to work with. She was a part of the school record holding 400 medley team in 2018-19. She earned All-Academic NSIC honors in 2019-20. Abby's toughness and grit will be a tremendous asset throughout her future career. ~Andrew Stocks

### DENISON UNIVERSITY

**John Stauffer**

**Senior**

John's leadership in the weight room and his commitment to improve over his four year career has been exemplary. John has seen great improvement in both the pool and weight room during his time at Denison. John is a Health, Exercise, and Sport Studies major, in addition to being a fellow in the HESS program. He is a 4 time All-American, as well as a 2 time all North Coast Athletic Conference performer. He was a national team member in both 2019 and 2020 and has also been a part of 2 NCAA National Championship teams. John serves as a student rep to the Committee on Athletics and is a member of both the philanthropic and sexual respect councils. In his four signature events in the pool, he has seen huge improvements. His 400 IM time went from 4:10.66 to 3:52.52, 200 Fly from 1:51.94 to 1:47.42, 200 Back from 1:56.48 to 1:48.76, and 200 IM from 1:59.67 to 1:50.36. In the weight room John has put almost 100 pounds on his squat max, added over 5 inches to his vertical jump, and improved his pull ups from 13 reps to 22 reps. John has been a pleasure to coach and his leadership and dedication to the weight room over his four year career will be missed. ~Beau Scott

### DUQUESNE UNIVERSITY

**Emma Brinton**

**IM/Back**

**Senior**

Emma has been an integral member of the Women's Swimming and Diving team throughout her four years at Duquesne University. Emma's dedication to training has led to some amazing athletic achievements. They include being a 7 time conference champion, 11 time conference medalist, and conference record holder in the 400IM, 5 school records, and becoming an Olympic Trail qualifier in the 200 IM in 2020.

Emma is also an amazing student. She is a Physician's Assistant Major in the health science program and has made the Dean's List every semester. She is a member of the Atlantic 10 Commissioner's Honor Roll, Academic All-Conference twice and was selected as a Scholar All-American by the CSCCA.

Emma has been a motivating and inspiring member of the Swim and Dive team, greatly contributing to their success in the pool, in the classroom, and in the weight room. ~Christopher Tarullo

## COLLEGE — SWIMMING

### DUQUESNE UNIVERSITY

**Clare Flanagan**

**IM/Back**

**Senior**

Clare has worked tremendously to accomplish her goals academically, athletically, and in the community in her time at Duquesne University. Her purposeful effort and dedication to the strength and conditioning program has led her to excel in the water. Clare has improved her time in the 200 Backstroke significantly since her freshman season to earn her a Bronze medal at conference in 2020. She also improved her 100 Backstroke time to be a championship finalist at conference.

Clare's work outside the pool has been nothing but astonishing. Clare majors in biomedical engineering and has made the Dean's List every semester. She is also a member of the Atlantic 10 Commissioner's Honor Roll and has been named Academic All-Conference. Clare also received the Dean's Award for Excellence and Outstanding Students from the Rangos School of Health Science at Duquesne University. Clare also had the opportunity to do an internship through the National Science Foundation at the University of Florida. There she worked as a lab assistant creating a new method to detect cancer cells. Clare's positive attitude, willingness to help others, and desire to be the best version of herself impacts her teammates, coaches, and anyone fortunate to come in contact with her. ~Christopher Tarullo

### IOWA STATE UNIVERSITY

**Emma Sass**

**Sprinter**

**Senior**

Over the course of her career Emma continued to be a leader for the team. Emma would attack each day and showed tremendous growth in all of her metrics over her career. Thank you for all your hard work over the years Emma. ~Ben Durbin

### LINDENWOOD UNIVERSITY

**Beata Maruszczuk**

**Breaststroke**

**Sophomore**

Beata is one of the most driven and determined athletes that I've ever coached. She has the deadly combination of natural talent paired with incredible work ethic. She's always setting a higher standard for herself and is looking for the next challenge to improve. She sets the tone for the entire team and lifts everyone up to challenge themselves to get better. ~Michael Reese

### LINDENWOOD UNIVERSITY

**Gerald Brown**

**Backstroke & IM**

**Senior**

Gerald comes to every workouts with the mindset that he's going to get better. He leads by example by always giving full effort during team lifts, and he brings an energy to the room that gets the whole team excited to train. Gerald is one of the leaders on the team because of his commitment to get better not only as an athlete but also as a person. ~Michael Reese and Bryan McPherson

### UNIVERSITY OF DELAWARE

**Audrey Duvall**

**Senior**

Audrey has worked hard to accomplish her goals in the classroom, community, weight room, and in the pool and has made tremendous strides in the past 4 years. She is very dedicated and her work ethic in the weight room is contagious. She is one of the top female lifters for our group and is always looking to push more weight on Squat. Duvall understands the value of what strength and conditioning can provide her to accomplish her future goals. ~Stefano Pietrobono

## COLLEGE — SWIMMING

### UNIVERSITY OF TENNESSEE

**Kara Holt**

**Dive**

**Senior**

Kara does whatever she can do to better herself in all ways. She approaches her sports performance training with passion, dives with passion, mental training with passion, voluntary brain tissue research with passion, and is a wonderful young lady to boot. And when someone as dedicated/intense as she is commits to getting better every day the ceiling she can reach truly has not height to it and the sky is truly the limit. She embodies every quality of being a LADY VOL and what it means to be an NSCA All American! ~Gregory Adamson

## COLLEGE — TENNIS

### DUKE UNIVERSITY

**Luca Keist**

**Senior**

Luca is always working to be better. Not only does he do what is required, he goes above and beyond to work to be the best he can be. It has been a pleasure working with him, and the Men's Tennis program here at Duke has been elevated by having him here to lead by example. He is a great competitor, a hard worker, and an even better person. Luca is well deserving of this nomination. ~Jordan Bar

### DUQUESNE UNIVERSITY

**Meredith Lee**

**Singles/Doubles**

**Senior**

Meredith is the standard when it comes to being a student-athlete. Meredith's work ethic and discipline are second to none as she balances academics, currently pursuing her Doctor in Pharmacy degree, and her athletic goals. Meredith strives to create a better version of herself every day. She leaves the stresses of life behind, comes in, gives her best, but also demands the best out of her teammates daily. Meredith is one of those people that I would love to coach forever, but I am more excited to see her accomplish all of her goals in life. ~Jeremy McCullough

### LIPSCOMB UNIVERSITY

**Liza Diachenko**

**Junior**

Liza intentionally set aside time to continue bettering herself off the court. During available time off she requested additional training and completed any task given. As a result she broke through barriers she previously thought were impossible for strength. Furthermore, I've seen her confidence and ability to lead her teammates grow tremendously in the past year. Her personal transformation impacts beyond her own capabilities and affects those around her. I'm extremely proud to nominate Liza for her continued hard work in and out of sport. ~Trey Kilgore

### STEPHEN F. AUSTIN STATE UNIVERSITY

**Paula Cerda**

**Freshman**

Paula is the embodiment what you look for in this award. She has that killer inner drive that pushes her to be the best she can possibly be. It is evident in how she treats each training session whether it's in the weight room or on the court. Being able to watch her and coach her, she always leaves the impression on me that she is on a mission to become the best. She is coachable to the highest meaning of the word and carries out everything I provide to her as if it the most important thing she can do to get better. This work ethic shows as she is the Team's #1 and was awarded "Player of the Week" for the Southland Conference. ~Jon-Paolo D'Este

### STONY BROOK

**Lizzie Pam**

**Senior**

Lizzie is a leader by nature, in her freshman year she became assistant captain to the team, and by her her Junior year she became captain. Lizzie does not only lead by voice; she also leads by demonstration. Her hard work has led to a back-squat of 305lbs and a pro agility of 4.7s. She for the past 4 years she has been a positive presence in the weight room and on court, and is why I am proud to nominate her for All-American. ~Joseph Quattrone

## COLLEGE — TRACK AND FIELD

### AUGUSTANA UNIVERSITY

**Justin Kooiman**

**Hurdles**

**Senior**

Justin's love for lifting has been the foundation for his athletic career. He has overcome two severe injuries to recorded PR performances on the track. In 2019, Justin earned spot on the NSIC All-Academic Team of Excellence. Justin's positivity is infectious. His electric charisma led to great lifting sessions and will undoubtedly be an asset in his future career. ~Andrew Stocks

### AUGUSTANA UNIVERSITY

**Kali Ryan**

**Mid-Distance**

**Senior**

Kali's pursuit of excellence has propelled her to success at Augustana. She is one of Augie's strongest pound-for-athletes, squatting over double her body weight. She was named to the NSIC All-Academic Team of Excellence in 2019 and All-Academic NSIC in 2018. The same things that made Kali successful as a student-athlete will propel her to great things in her career. ~Andrew Stocks

### CENTRE COLLEGE

**Braden Tabor**

**Throws**

**Senior**

Toward the end of Braden's sophomore year, he full embraced how our strength and conditioning department could help him achieve his Track and Field goals, as well as his off-season powerlifting. Since that time, he has been committed to improving himself in the gym on a daily basis. This led him to break the school squat record that stood for over two decades. A Behavioral Neuroscience major, Braden was selected to the Southern Athletic Association (SAA) Academic Honor in 2019. His best competition lifts to date are as follows:

Back Squat: 678 lbs.

Bench Press: 424 lbs.

Deadlift: 700 lbs.

Braden, thank you for all you have done for Centre Track and Field and this strength and conditioning department over the past four years. ~Coach Carlson & Pearson

### DUQUESNE UNIVERSITY

**Bethany Evankovich**

**Sprinter**

**Senior**

Bethany is one of the most dedicated student athletes that I have ever coached. She not only excels as one of the top sprinters in the NCAA, but she is a phenomenal student in our schools pharmacy program. Bethany holds 8 school records, is a 12x A-10 Conference medalist, and is a 2x ECAC outdoor 400m champion. Her work ethic is like no other. She is a highly motivated person that leads by example and pushes those around her to be better. ~Chris Gilman

## COLLEGE — TRACK AND FIELD

### FITCHBURG STATE UNIVERSITY

**Ben Sacramone**

**Indoor Track & Field**

**Sophomore**

Ben brings a great energy and enthusiasm to every session. You always know what you are going to get with Ben - great effort and great enthusiasm. ~Jim McGuire

### FITCHBURG STATE UNIVERSITY

**Cody Soderlund**

**Outdoor Track & Field**

**Junior**

Cody is a repeat winner and for good reason - his strength and power numbers are impressive, but more so he continues to earn this award for his commitment, effort, and the example he provides to his teammates. ~Jim McGuire

### HUMBOLDT STATE UNIVERSITY

**Beka Baur**

**Thrower**

**Junior**

Beka has set the record for her weight class in the back squat at HSU and is looked at as a student assistant strength coach when her team is in the weight room. She is such a reliable figure in the weight room that we hired her onto our strength staff. Due to covid, she was unable to compete last year; however, she is the unquestioned leader of the throwers on the team and is poised to have a great competition season this year. ~Anthony Ratto

### HUMBOLDT STATE UNIVERSITY

**Jared Del Real**

**Throws**

**Senior**

Jared's dedication to a thorough and complete year around training regime has been the foundation of consistent performance throughout his collegiate career. His numbers in the weight room and on the field improved significantly each year. Jared's leadership within his Throws teammates made him like a de facto assistant strength coach in our facility; much of his legacy will be the culture he leaves behind within the group. ~Drew Petersen

### IOWA STATE UNIVERSITY

**Janette Schraft**

**Mid Distance**

**Sophomore**

Janette has shown tremendous dedication to her strength and conditioning regimen. She continues to raise the bar in the weight room and elevate her understanding of her craft, earning PRs on the track and in the weight room. ~Ben Durbin

### NOVA SOUTHEASTERN UNIVERSITY

**Spencer Ochko**

**Throws**

**Junior**

Spencer is the glue that holds the team together. His personality, work ethic, maturity, and performance have provided positive energy throughout the team. Always a hard worker in the weight room, this year his performance on the track reaped the benefits. Spencer is studying Exercise and Sport Science and has a 3.29 GPA. ~Steven Orris



## COLLEGE — TRACK AND FIELD

### THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

#### Idatonye Cheetham-West

##### Multis

##### Senior

Qualified for NCAA West Preliminary Round ... Won WAC Championship in long jump with program-record leap of 6.43 meters, earning All-WAC First Team honors (5/11) ... PRed in 100-meter dash with time of 11.95 at WAC Championships (5/10) ... Recorded fifth-best long jump in program history, 6.08 meters, at Bobcat Classic (4/26) ... Posted then-program record (now second) best long jump in program history, 6.40 meters, at the UIW Invitational (4/12) ... Won the long jump and earned WAC Field Athlete of the Week honors with the third-best mark in program history, 6.14 meters, at the Cactus Cup (3/22). ~Eric Sparks

### UNIVERSITY OF CONNECTICUT

#### Jordan Torney

##### Multi

##### Senior

Jordan is one of the most focused, determined and positively energetic student-athletes that I have had the pleasure to coach. He has a ferocious approach to training and improving himself. He is a leader in the weight room not only by example, but also vocally as he consistently supports, competes with, and motivates his teammates. His commitment to excellence, commitment to team and overall character are unquestionable. Jordan has consistently had this work ethic day in and day out each of the 4 years that he has been in this program. He exemplifies and exceeds all of our standards and goals both within the team and for himself. Jordan ranks in the top 10% of the roster in both back squat and vertical jump. His growth and development physically as well as a leader have been a pleasure to witness. I can pay Jordan the highest compliment in saying that he makes everyone around him better, including myself. In my opinion, any roster of any sport nationwide would benefit from having Jordan Torney on it. ~Mike Rozzi

### UNIVERSITY OF NORTH DAKOTA

#### Destinee Rose-Haas

##### Throws

##### Junior

Destinee is someone that embodies everything it means to be a successful student athlete. For the three years that I have had the privilege of coaching her, she has worked tirelessly to be the best that she can all while having a smile on her face. In the weight room she has continued to improve steadily over the years even while battling through injuries. At UND, she currently sits 10th all-time in the hammer throw, 3rd all-time in discus, and 2nd all-time in the weight throw. She has been named to multiple academic accolades such as Big-Sky all academic team, and the Summit League Commissioner's List of Academic Excellence. With all the success she has had so far, I look forward to seeing just how far she can go. ~Alex McKee-Crow

### WEST TEXAS A&M UNIVERSITY

#### Ray Dixon

##### Thrower

##### Junior

I have only had the pleasure of working with Ray for just over a year but from the moment I met him he showed me how dedicated he was to getting better and would work harder than anyone else. He embraced the complications of COVID at home and found a way to continue to train while everything was closed. In just over a year's time, he has added 30lbs to his 1RM Power Clean, 35lbs to his 1RM bench press, 60lbs to his 1RM Back Squat and 70lbs to his 1RM Deadlift. Due to his added strength, he has become the school record holder in the weight throw and as added over three feet to his shot-put distance this year. His efforts in the ring aided in winning the 2021 LSC Indoor Track and Field Championships. I am proud to nominate Ray for this award. ~Matt Segura

## COLLEGE — TRACK AND FIELD

### WEST TEXAS A&M UNIVERSITY

**Zada Swoopes**

**Thrower**

**Senior**

Zada has been an extraordinary athlete to work with. She is the type of person who is never satisfied with anything and wants to continually push her limits. The commitment she has shown to strength and conditioning has led her to become one of the best athletes in WT history. She holds the schools shot-put record for both indoor and outdoor, the school record in the weight throw, is a 5 time All-American, the 2018 Outdoor National Champion in the shot-put, and just broke her own school record as well as the all-time LSC record in the shot put during the 2021 LSC Indoor Championships. It is with great pleasure that I nominate her for this award. ~Derek Kennedy

### WEST VIRGINIA UNIVERSITY

**Sada Wright**

**Discus and Weight Throw**

**Junior**

The onset of the pandemic in March 2020 cost spring sport athlete's the opportunity to compete. While everyone learned to manage their own situation Sada went right to work. Through creative means Sada was able to accomplish every workout during the 6 months she was not allowed access to the university's facilities. During that time she continued to improve and within a month of returning to school she was able to accomplish her goal of squatting 400lbs as well as also achieving personal bests in several other lifts. Her display of self-motivation is constantly evident as she is the only thrower on the WVU roster yet she invests significant time into getting to know her team mates as well as other athletes in the department. This is all done while navigating a rigorous curriculum directed toward following in her mother's footsteps to work in the medical field. Sada is recognized throughout our department as an example of what means to be Mountaineer and I believe there has never been a more deserving athlete for this award ~Jarrod Burton

## COLLEGE — TRIATHLON

### TRANSYLVANIA UNIVERSITY

**Malauri Edwards**

**Sophomore**

Malauri displays her desire to succeed, not only by working hard every training session, but also by coming in off days and getting extra work. ~Zach Turner

## COLLEGE — VOLLEYBALL

### APPALACHIAN STATE UNIVERSITY

**Emma Reilly**

**Libero/Defensive Specialist**

**Senior**

Emma is a leader on and off the court. She has a great work ethic and is a true example of an All-American Student Athlete. In the weight room and on the court, she excels because of her drive and determination. It has always been a pleasure working with her. I am proud of her accomplishments on the court and in the weight room. Emma played in all 30 matches last season. She earned First Team All-Sun Belt honors after finishing second in the conference in total digs (550) and digs per set (4.74 d/s). Her 550 total digs rank sixth in single season program history. She ranked third in the Sun Belt with 54 service aces, posted double digit digs in 28 of 30 matches and had 1,456 digs in her career, which ranks fifth in program history. ~Anthony Glass

### AUGUSTANA UNIVERSITY

**Izzy Sommers**

**Middle Blocker**

**Senior**

Izzy has been the model student-athlete during her time at Augustana. Her performance in the class room, on the court, and in the weight room have been tremendous. Izzy earned a spot on the NSIC All-Academic Team of Excellence in 2019 and was an All-Academic NSIC selection in 2018. She holds team and school records in the clean, deadlift, and vertical jump. Izzy's leadership and internal drive will serve her well in the future. ~Andrew Stocks

### CHADRON STATE COLLEGE

**Karli Noble**

**Defensive Specialist/Libero**

**Senior**

As a 3 year starter during her junior campaign, Karli Noble finished third on the team in total digs, with 276. Noble averaged 2.73 digs per set and had a season high 23 digs against Westminster. On the season, Noble had 10 or more digs 17 different times. For the second straight year, the DS/Libero led the Eagles in service aces, with 25. Within the weight room, Karli has set the standard for all of our teams in terms of Olympic variations with her movement quality. Karli has a 155 lb. hang clean, a 185 lb. front squat, and a 250 lb. deadlift. ~EJ Kreis

### CLEMSON UNIVERSITY

**Katelyn DeGuzman**

**Defensive Specialist/Libero**

**Senior**

Katelyn (a.k.a Guz) set the standard in the weight room on a daily basis. Her hard work and enthusiasm were infectious and elevated those around her. A consistent hard worker, Guz's work ethic paid off in substantial strength/power gains, while also driving those around her to work harder. Guz was a student-athlete who understood the importance of strength training, as well as the importance of putting the team first. ~Billy Cedar

## COLLEGE — VOLLEYBALL

### COLORADO COLLEGE

**Isabelle Aragon-Menzel**

**Setter**

**Senior**

Belle is a wonderful leader by example, leading with resilience, grit, and love. She works hard, trusts the process, and always has a positive attitude. Belle brings out the best in her teammates and inspires them to go all out every day. She excels in the weight room, on the volleyball court, and in the classroom. Her integrity, effort, and attention to detail as a student-athlete will undoubtedly shine through in anything she pursues in life. ~Emily Andersen

### DUQUESNE UNIVERSITY

**Claire Boe**

**Defensive Specialist**

**Senior**

Since she stepped foot on campus, Claire Boe has been the model student athlete here at Duquesne. Claire's attention to detail, discipline, and high performance execution is what sets her apart. She is the definition of coachable. There has never been a student athlete I trust more than Claire. I know exactly what I will be getting from her every time she steps in the weight room. Her consistency and effort, makes everyone around her want to work harder. She is the standard for what our program wants our student athletes to be. Claire's commitment to competitive excellence on and off the court is exceptional. Claire's personal records include: 145 Power Clean, 215 Back Squat, 110 Bench Press. ~Anthony Longo

### FITCHBURG STATE UNIVERSITY

**Perry Joubert**

**Defensive Specialist/ Setter**

**Senior**

Perry is a committed athlete who brings energy and enthusiasm to every work out. She carries it all in lunch pail, she arrives at the weight room ready to work! ~Jeffrey Godin

### FITCHBURG STATE UNIVERSITY

**Lauren Riccardi**

**OH**

**Senior**

Lauren always brought great energy and effort to every training session! ~Jim McGuire

### GARDNER-WEBB UNIVERSITY

**Caitie Mayo**

**Defensive Specialist**

**Junior**

Caitie is an incredibly deserving NSCA All-American. She has a passion for strength and conditioning, and her enthusiasm and positive attitude lifts up everyone around her. Caitie's entire team has bought into the importance of training and has reaped the benefits in no small part because of her leadership and the example that she sets. I look forward to seeing her continued success on the court and know that she will be an outstanding coach when her career is over! ~Kyle Lodermeier

### IOWA STATE UNIVERSITY

**Izzy Enna**

**Defensive Specialist/ Libero**

**Senior**

Izzy has been one of the most consistent and diligent student-athlete I have the privilege of working with on the volleyball team here at Iowa State. Her constant effort, positive attitude, and dedication to the weight room have been shown by her accomplishments on the court. I am very honored to have worked with Izzy over her outstanding career. ~Tim Dombrowski

## COLLEGE — VOLLEYBALL

### JUNIATA COLLEGE

**Victoria Taylor**

**Outside Hitter**

**Senior**

Landmark All-Conference first team...AVCA All-Region...AVCA All-America honorable mention...NCAA Regional All-Tournament Team...Landmark Championship MVP.

Vic's attention to detail, dedication and willing to motivate and teach others has not only enhanced her own athletic abilities, but has also contributed positively to those around her.

Her work ethic and dedication to becoming a better athlete and leader of the Volleyball team is exceptional. Her work demeanor and her charismatic personality is a major factor in the success of volleyball program.

~Douglas Smith

### JUNIATA COLLEGE

**Theodore Weinberger**

**Middle Blocker**

**Senior**

Theo's is a team leader both on the court and in the weight room. His work ethic and leadership skills, along with his focus to detail in the strength and conditioning program will go far in assuring his future success on the playing court and in future life endeavors. ~Douglas Smith

### LINDENWOOD UNIVERISTY

**Kat Finnerty**

**Middle Blocker**

**Senior**

Kat has been an example of coming into the weight room and pushing oneself physically and mentally in order to enhance one's Athletic Performance. Not only does she lead by example, but she also encourages her teammates to challenge their physical/mental abilities. Kat has been a great mediator between the players and also myself as the Strength Coach. ~Matthew Matau

### LIPSCOMB UNIVERSITY

**Megan Kuper**

**Right Side**

**Senior**

Megan has battled through injuries and has overcome obstacles, in and out of the weight room, to become a leader in all areas. ~Sean Johnson

### MARYVILLE UNIVERSITY

**Faith Ahlhardt**

**Junior**

Faith is one of the most dedicated and hardest working athletes I've had the privilege of working with. She has always been one to use the weight room to get better but over this last year it hit a whole new level. Faith has been able to overcome and return to the court in less than a year from an ACL tear. The progress from her dedication and determination speaks volumes for who she is as an athlete, person, and competitor. She continues to make strides each and every day to get stronger, move better, and keep her knees healthy to be a force on the volleyball court. It is an honor to be part of her return and see the progress she has made. ~Jake Fitts

## COLLEGE — VOLLEYBALL

### MENLO COLLEGE

**Chase Direito**

**Middle Blocker**

**Junior**

Chase has shined in recent years as he continues to show amazing improvement, on the court and off. On the court, Chase finished a shortened season with 117 kills and 47 blocks. His success earned him the privilege to be named to the USA Volleyball Men's Collegiate National Team. His success on the court, continues to drive and motivate his desire to be great, off the court as well. Chase came back to the team after the off-season in great shape, adding muscle and strength to his frame by remaining diligent and dedicated to his programming. His commitment will set him up to have an even greater upcoming season. ~Jess Sayo

### MORNINGSIDE COLLEGE

**Krista Zenk**

**Outside Hitter**

**Senior**

Krista has been a tremendous asset for the women's volleyball program. Possessing a tremendous attitude and dedicated work ethic, she has been a proven leader on and off the court. An everyday type of student-athlete as well as an All-GPAC Conference performer. Krista has consistently improved in the weight room and court the last four years at Morningside. Krista embodies everything not only in our volleyball program, but what Morningside College student-athletes represent. ~Aaron Jung

### NOVA SOUTHEASTERN UNIVERSITY

**Rachel Nelson**

**OH/DS**

**Senior**

Rachel Nelson has set the standard for leadership on her team. Whether on the court or in the weight room, she consistently raises the intensity and effort of everyone around her. She defines what a teammate should be. She will graduate this year with a degree in Information Technology. ~Steven Orris

### PENN STATE UNIVERSITY

**Jonni Parker**

**RS**

**Junior**

It has been a pleasure to work with Jonni these past couple of years. She's a great teammate, has tremendous work ethic, and is very consistent doing the right things the right way in volleyball, and in her academics. In the weight room she is a great leader and communicator, and constantly pushes herself and others to get better. Whether we win or lose, have a good day or bad, she always has a positive attitude towards training and that really makes it very enjoyable to work with her. I really appreciate what she brings to the team and I'm honored to nominate her for this award. ~Cam Davidson

### PERU STATE COLLEGE

**Tyra Mollhoff**

**MH**

**Senior**

Serving as the lone senior on the Peru State Volleyball team, Tyra was not only a leader on the volleyball court but in the weight room as well. Despite being in quarantine several times, Tyra was able to add 2 inches to her vertical jump, maintained a deadlift of 200 pounds, and was able to squat 245 pounds. Tyra will graduate with a degree in Disease and Human Health and plans to enter the nursing field. ~Kyle Ryan

## COLLEGE — VOLLEYBALL

### SPRINGFIELD COLLEGE

**Sara Labadorf**

**Setter**

**Junior**

Sara is a tireless worker. She sets the pace in the weight room with her constant drive to improve herself and her teammates. Sara not only leads by example, but consistently pushes those around her to give their all as well. Embodying the mindset of hard work, respect, and accountability, Sara is a standout athlete who works to help the team reach their goals every day. ~Aaron Matthias

### SPRINGFIELD COLLEGE

**Nate Reynolds**

**Middle Blocker**

**Senior**

In the midst of a crazy year, Nate has transferred into the Men's Volleyball program and has become an exemplary athlete in the Springfield College Weight room. He is an athlete that challenges himself with every single session in the weight room, has followed all protocols set in place throughout the year, consistently communicates with his strength coaches, and he takes his recovery to the next level. He is an athlete that asks for his form to be checked, asks for more, and prioritizes his ability to move well so that he can perform on the court. ~Aysia Shellmire

### STEPHEN F. AUSTIN STATE UNIVERSITY

**Madelynn Miller**

**Libero**

**Senior**

She is a very quick and resilient player on the court, she has stated she has used S&C to be more physically able to endure long games and sometimes long practices. She like being in the weight room because she feels good overall and good on the court. She feels like maintaining muscle has been important for her overall performance. Team player, and named team captain her last season. She has been named player of the week multiple times and will hopefully be named conference player of the year this season. ~Sarai Flores

### TRANSYLVANIA UNIVERSITY

**Karrington Jackson**

**Middle Blocker**

**Sophomore**

Karrington has a quiet demeanor, but works hard and pushes herself outside of her comfort zone. ~Zach Turner

### TRINITY UNIVERSITY

**Avery Tuggle**

**Outside Hitter**

**Senior**

Avery has been a dominant force on our volleyball team and in her strength & conditioning. Her determination and hard work set a very high standard for our strength & conditioning program and for the volleyball team. ~Daniel Martinez



## COLLEGE — VOLLEYBALL

### TROY UNIVERSITY

**Natalie Hummel**

**S**

**Senior**

Natalie is one of the hardest working, most dedicated and focused players on the volleyball team. She embodies our standard of Best Teammate-Best Effort. She is a model of consistency in the weight room (Bench-115lbs, Squat-185lbs., Clean-125lbs., Vertical 21inch), in the gym, and in the classroom. Natalie is a Biological and Medical Sciences major and currently holds a cumulative GPA of 3.93 and will pursue Physicians Assistant school post-graduation. Her Dedication and improvement on the court and her consistent work ethic and drive in our strength and conditioning program has been second to none. Natalie is a true leader and a shining example of Troy Volleyball ~Richard Shaughnessy

### UNIVERSITY AT BUFFALO

**Lexi Nordmann**

**MB**

**Senior**

Lexi is a model student-athlete who balances a very demanding mechanical engineering course load, while still excelling on the volleyball court, and being a senior leader to the team in the weight-room. ~Sean Conaty

### UNIVERSITY OF WISCONSIN-WHITWATER

**Morgan Wardall**

**Middle Hitter**

**Junior**

Morgan has been the definition of dedication throughout her career at UW-Whitewater. She has battled a foot injury for multiple seasons but has been unbelievably dedicated to the weight room and improving her craft as she is able. Morgan is a tremendous student and a wonderful teammate. Her attitude and approach to training through her injury has been outstanding. She is a great leader and is looking forward to her Senior season. ~Lee Munger

### WAYNE STATE COLLEGE

**Maggie Brahmer**

**Middle Hitter**

**Freshman**

A fiery competitor that has the combination of amazing genetics along with an incredible thirst for success. Maggie comes to work everyday trying to be the best in all that she does. With 4 years of eligibility remaining, I feel sorry for the rest of the league. ~Grant Darnell

### WEST TEXAS A&M UNIVERSITY

**Torrey Miller**

**Outside Hitter**

**Sophomore**

A naturally strong young woman, Torrey continues to put in the work to improve each day. She has a presence on the court and brings that same work ethic to train. Impressive numbers with a 305lb Deadlift, 205lb Front Squat, 150lb Bench, 170lb Hang Clean and 24.5" vertical jump. Torrey has high expectations for herself and for the amount of work her teammates are going to put in. She is a great leader and will continue to grow as a person and an athlete! ~Benjamin Kozak

### WRIGHT STATE UNIVERSITY

**Teddie Sauer**

**Middle Blocker/Right Side**

**Senior**

Teddie is a huge reason for our volleyball program's recent success. Her tireless work ethic and exacting leadership continues to elevate those around her. ~Cole Pittsford

## COLLEGE — WHEELCHAIR BASKETBALL

### THE UNIVERSITY OF ALABAMA

#### Anthony Harris

**1**

#### Senior

Anthony has been one of the most consistent and dedicated student-athletes in our program over the past few years. His dedication to self and team improvement, coupled with his resilience as a competitor, have led him to success in every facet of his life. He truly embraces and values strength and conditioning and utilizes it to become the best person he can be. Anthony is a cornerstone for his team and it always pushing his teammates in and out of the weight room. Not only has Anthony thrived in the weight room, he was a part of our 2018 and 2019 National Championship teams, currently serves as a team captain, completed his undergraduate degree in Criminal Justice and is seeking his master's degree in Management currently holding a 3.0 GPA.

~Will Wright

## COLLEGE — WHEELCHAIR TENNIS

### THE UNIVERSITY OF ALABAMA

#### Avery Downing

#### Senior

Avery is one of the hardest working athletes I have every met and an overall remarkable person. She joined our program with limited experience and has worked diligently to become a great player, leader, and contributor to our program. Avery was a captain for our Women's Wheelchair Basketball in 2019 when they won a National title. She was also apart of 2018 and 2019 Wheelchair Tennis National Championships and has served as a captain for that team for both the 2020 and 2021 seasons. Not only is she a dual sport athlete, she is also a dual major currently seeking a bachelor's degree in both English and Spanish with a 3.9 GPA. ~Will Wright

## COLLEGE — WRESTLING

### APPALACHIAN STATE UNIVERSITY

**Cary Miller**

**Heavyweight**

**Senior**

Cary Miller was the prime example of how a senior team captain should operate on a daily basis. Cary attacked each training session with a level relentlessness and detail that set the tone for the entire room. He demanded the most out of his teammates, but did so in a positive and productive way. What impressed me the most was the consistency that Cary operated with. He trained with the same passion, intensity, and detail every single day, and brought his teammates with him. This work ethic and consistency allowed him to become a 2x Conference Champion and 2x National Qualifier. Cary was the ultimate team leader and I cannot think of anyone more deserving of this award. ~Derek Stork

### AUGUSTANA UNIVERSITY

**Daniel Bishop**

**184**

**Senior**

Daniel was a NCWA Division II Scholar. NSIC All-Academic Team of Excellence. Broke the school record with career Tech Falls. Dan leads by example no matter what he's doing. Has passion for strength and conditioning and credits it to being a better wrestler. It has been a true honor to coach Daniel and watch him grow as an athlete and person. ~Michael DiClementi

### IOWA STATE UNIVERSITY

**Marcus Coleman**

**197lb Weight Class**

**Junior**

Marcus Coleman was asked to move up two weight classes in the off season from 174lbs in the 2019-2020 season to 197lbs in the 2020-2021 season. Marcus demonstrated tremendous dedication to his strength training over the off season. Gaining 15lbs of lean muscle mass, gaining strength, and maintaining a healthy, movement patterns, flexibility, and body composition ~Ben Durbin

### MARYVILLE UNIVERSITY

**Logan Radik**

**Senior**

Logan is the definition of a leader in the weight room. He has used his time and dedication in strength and conditioning to shape the wrestler he is today. He is a leader who leads by example and takes ownership of everything he does. He has taken his skill and strength to earn a trip to the NCAA Championships, earn countless honors within the GLVC and continue to be a positive force both on and off the mat. ~Jake Fitts

### MENLO COLLEGE

**Jordan Bernal**

**174 lbs**

**Senior**

Jordan has been a source of stability and leadership for the Men's Wrestling team for the past several years. As a team captain and National Qualifier, Jordan has consistently shown his talent and work ethic by earning success on the mat as a mainstay in the lineup. Jordan also displays excellent dedication to his craft as he is often seen spending extra time in the weight room, the training field, or on the mat. His positive attitude and infectious demeanor make him a strong and reliable leader for our team. ~Jess Sayo

## COLLEGE — WRESTLING

### SPRINGFIELD COLLEGE

**Ryan Gray**

**184**

**Senior**

Ryan is a true team leader in the weight room, wrestling room, and classroom. He has worked very hard during the chaos of the past year and is an example for his teammates. He is constantly helping the younger wrestlers with their technique in the weight room and I know I can rely on him to act as an assistant coach for me. He also serves as a role model academically with a 3.8 GPA in Applied Exercise Science. ~Brian Thompson

### UNIVERSITY OF MICHIGAN

**Blake Querio**

**Heavyweight**

**Freshman**

Blake Querio, a redshirt-freshman wrestler, has continually progressed his leadership in and commitment to strength and conditioning, along with the wrestling program as a whole. His dedication, positive attitude, attention to detail and relentless effort to both his physical preparation and wrestling, have been instrumental to his continued development as a wrestler. Among his numerous personal bests this year is setting the team all-time bench press record at 430lbs. Blake's leadership by example has been paramount in inspiring his teammates to achieve personal bests within the strength and conditioning program leading to new levels of physical preparedness. Blake has repeatedly earned the respect of the coaching staff and his fellow teammates due to his willingness to rise to any challenge in order to make Michigan Wrestling successful. ~Michael Favre

### UW-WHITEWATER

**Cole Walkington**

**Wrestler**

**Sophomore**

Cole is a WIAC Scholastic Honor Roll attendee, who also managed to place 6th in the WIAC in 2019-2020. He has posted several winning records over his first 2 years at UW-Whitewater and continues to build upon his previous success. Unfortunately, he has been plagued by several various injuries that kept him out of some meets, but what he couldn't do on the mat, he more than made up for in the weight room. Even as a sophomore he is putting up impressive numbers for his size. Constantly pushing himself to be better and get stronger so he can come back as a better athlete. He is an athlete that will give you his full attention when you are giving him advice or technique critiques. He takes those talks to heart and uses the information to drive workouts even further towards his end goals. He may be just a sophomore, but he has an amazing athletic career ahead of him. ~Jesse Koenig

## HIGH SCHOOL — BASEBALL

### KEYS HIGH SCHOOL

**Lane Taylor**

**Center Field**

**Junior**

Lane has never been the biggest one on the field, and so he knew that he needed to gain strength and improve his speed. He started working hard in the weight room and really started to see significant improvements in his game. He is now stronger than most of his teammates and faster than all of them and is making more plays on the field, that he wasn't able to make before. Very dedicated to the classroom as well. Lane currently has a 4.0 G.P.A. ~Adam Hass

### LONDONDERRY HIGH SCHOOL

**Owen MacDonnell**

**Pitcher**

**Senior**

Owen is the definition of an Iron Lancer. He has been involved in our training program for his high school career and understands the importance of consistency, intent and effort in and out of the training facility. He has developed the lifestyle habits necessary to take him to the next level and I'd say the best part about Owen is his communication and willingness to learn about what works best for him! He has been a pleasure to work with. I'm excited to see him finish his senior season and to watch him fly as a member of Sacred Heart University's baseball program! ~Michelle Hart-Miller

### LUDINGTON AREA SCHOOLS

**Jacob Irelan**

**Short Stop, Pitcher**

**Senior**

Jacob Irelan is a humble and hungry multi sport athlete. Jacob is a never give up type of teammate. Throughout his high school career Jacob has always been in our top 5 on our Oriole Strength Index (RSI or relative strength index). Despite his passion for baseball, he will be continuing his education at Madonna University where he will be playing college football. Jacob's never give up attitude helped him earn All State Honorable Mention, 1st Team All Area, and 1st Team All Conference. Covid-19 stole his first year of Varsity baseball, but Jacob's positive attitude did not deter him from preparing his body to play sports at the next level. He is a relentless and compelled athlete. ~Rich Kirby

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Nick Thayer**

**Outfielder**

**Senior**

Nick is a veteran member of PEAK Performance who has shown a consistent approach to his Strength & Conditioning. His preparation in the weight room has allowed him to excel as a Baseball player. He is also an accomplished soccer player as well as a member of our basketball team too. Nick's commitment to his fitness as a multi-sport athlete is an example for our younger student-athletes to emulate. ~Todd Johnston

## HIGH SCHOOL — BASEBALL

### PENNSBURY HIGH SCHOOL

**Joe Limongelli**

**C**

**Senior**

Joey was determined to get bigger, stronger, faster, and more powerful. Well he has done just that! In a short period of time, Joey's dedication and hard work has led to a 22lb increase in body weight, a deadlift in the low 400's, a +5 C Velo, a +8 Exit Velo, and -0.5 seconds off of his 60yd time. I look forward to his continued development through his senior year in high school and even more as he continues his academic and baseball career at Elizabethtown College. ~John Kalinowski

### PRESS ON PERFORMANCE

**Tate Mart**

**3B/SS**

**Sophomore**

Tate maintains incredible consistency in his performance training. He is an athlete that thrives on attacking challenges. I can't wait to see Tate's continued progression over the next couple of years. ~Tyler Thielges

### SOUTHSIDE CHARTER HIGH SCHOOL

**Landen Haas**

**Athlete**

**Junior**

Landen has been an asset to our program not only in terms of being incredibly athletic and hardworking but also by being a tremendous leader. He is an incredibly gifted athlete but works as if he has never saw the field and wants to. This is great for our younger athletes to see as he's one of the best players on the team and is still driven to push himself even more with as gifted as he is. ~Deerick Smith

### ST. LAURENCE HIGH SCHOOL

**Josh Bell**

**Junior**

Josh Bell is a very kind and respectful young man. His work ethic, quiet leadership and ability to accept coaching make him a pleasure to be around. Currently, Josh also holds our All-Time Record with a 505lb back squat! ~Jonathan Valentini

### THE WEBER SCHOOL

**Rami Fabian**

**1st Base**

**Senior**

Rami is a natural born leader. In the classroom, weight room or on the field, his peers naturally gravitate to his calm and positive demeanor. Rami is the definition of consistency and is mature beyond his years. He is a successful captain on the baseball team because he is selfless and constantly putting others before himself. Rami is proficient in communicating with all ages and is excellent at creating meaningful relationships. He is always eager to further his knowledge on the baseball field and in the weightroom. His determination to be a better person and improve the lives of others is truly inspiring. Rami is the star example of an athlete's increased performance on the field through dedication in the weightroom. ~Jessica LaGala

## HIGH SCHOOL — BASKETBALL

### **BROOKINGS HIGH SCHOOL**

**Nick Schefers**

**Power Forward and Center**

**Senior**

Nick has been the epitome of leadership the last two years. His leadership shown through this last summer during Covid challenges in the weight room. Nick helped the athletes in his group understand the seriousness of Covid-19, provided a constant positive attitude all summer, and made some incredible strides in his strength and conditioning for basketball. During the fall season, Nick continued his relentless pursuit of improvement in the weight room and on the court. During fall testing, Nick set several personal records, and broke into a couple categories for "Bobcat Top 10." Throughout the year, Nick has been the athlete that I have leaned on to provide leadership, bounce ideas for training off of, and as a bright spot for our student body. Nick's leadership on the court, in the weight room, and in his outside activities have shown us what type of drive it takes to be one of Brookings' best. ~Kerry Brown

### **COACH ROZY PERFORMANCE**

**Ellie Karolevitz**

**Guard/Forward**

**Junior**

Ellie Karolevitz is a Junior on the Yankton High School Girls Basketball team, a top 10 player from the State of South Dakota for recruiting. She was averaging 23.8 ppg, shooting 20% from the 3 point line, 12 rebounds per game and 2.5 assists per game before she had an injury that shortened her season. Ellie has already started the rehab process and is working to get back into peak performance shape. Always a great strength & conditioning athlete, Ellie will be back in the weight room to get herself back to her top levels of squatting 225 lb, benching 115 and having a vertical jump of 19 inches, and looking to improve on those marks as she prepares of next year. She was part of the 2020 ESD Conference Championship team and qualified for State before the season was cut short due to COVID. She is a member of the National Honor Society and runs track for Yankton HS. ~Mark Roozen

### **COACH ROZY PERFORMANCE**

**Spencer Karstens**

**Guard/Forward**

**Freshman**

Spencer Karstens goes to Gayville-Volin School in South Dakota and is already a stand out on the basketball court and football field. He also takes part in Track and Field along with playing Baseball. In Basketball, on JV Spencer averaged 14 points per game and 10 rebounds. Playing up on varsity he averages 8 points a game and 5 rebounds with 6 assists. In JV Football he had over 1000 yds rushing with over 30 touchdowns at the Quarterback position. In Baseball he bats over .400 and has placed 1st in a number of track meets in the throws for Junior High School. Spencer has used the weight room to improve his vertical from 18 inches to 26 inches, has increased his bench in the last year by over 60 lbs and pushed his max squat up by over 120 lbs. We look for great things in the future for Spencer. ~Mark Roozen



## HIGH SCHOOL — BASKETBALL

### COACH ROZY PERFORMANCE

**Molly Larson**

**Back line**

**Junior**

Molly Larson is an athlete at Gayville-Volin High School, South Dakota. In Volleyball, Molly has a career total of 2080 digs, 655 this past Junior year, a 9.2 dig per set and 32.8 digs per match. Digs per Match for her Career is 17.3. Her serve reception is 95.7% with 37 aces. In Basketball, she has 1040 career points, averages 13.1 points per game with 330 career rebounds as a point guard and 195 career assists. Her GPA is 4.1 on a 4.0 scale and has been on the academic honor roll every year in high school. Her work in the weight room and leadership separates her from her competition with a bench of 135 lbs, a squat of 190 lbs. She has been able to use strength and conditioning training to be a starter in Volleyball and Basketball since her freshman year.

~Mark Roozen

### COACH ROZY PERFORMANCE

**Matthew Mors**

**Power Forward**

**Senior**

Matthew Mors is a Senior at Yankton High School in South Dakota. He is a 6'7" and 225 lbs. He has committed to the University of Wisconsin to continue his basketball career. In his senior year he has 18 Games Played, scored 443 Points = 24.6 PPG, FG % 173/331 = 52% has 143 Rebounds = 7.9 RPG

50 Assists = 2.8 APG, 42 Steals = 2.3 SPG, 33 Blocked Shots = 1.8 BPG. He has also been awarded or honored as 2021 McDonalds Basketball All American Nominee... (SD's only male nominee). 2020 South Dakota Basketball Coaches Association Class AA Player of the Year. 2020 Sanford Pentagon/KELOLAND Media South Dakota HS Boys Basketball Player of the Year... (Finalist in 2018 & 2019). 2020 Argus Leader Sports Awards South Dakota Boys Basketball Player of the Year... (Finalist in 2018 & 2019). 2x Class AA All-Tournament Team (2018 & 2019...Tournament was cancelled in 2020 due to Covid-19). 2x South Dakota Boys Basketball Gatorade Player of the Year (2019 & 2020). 3x National Strength & Conditioning Association All-American in the sport of Basketball... (2018, 2019 & 2020). 3x Midco Sports Network – South Dakota Class AA Boys Basketball Player of the Year (2018, 2019 & 2020). Matt is also a leader in the weight room - this past year improving his squat max up 60 lbs to 420 lb, and pushing his bench max up 30 lbs to 300. He has a 31 inch standing vertical jump and a 40 inch run approach vertical. Matt is also a high level baseball player and high jumps in track & field. ~Mark Roozen

## HIGH SCHOOL — BASKETBALL

### COACH ROZY PERFORMANCE

#### Darien Rabe

##### Center

##### Senior

Darien Rabe is a Senior at Gayville-Volin School in South Dakota. He has signed to play football in the fall of 2021 at Morningside in Iowa. He is a 3 sport athlete. In Football, Darien played line and tight end. He has 8 receptions in the teams 6 game season (but short because of COVID) for a total of 153 total yards and 3 touchdowns. On the defensive side of the ball, Darien had 15 solo tackles and 23 assisted tackles with 7 tackles for loss and 8 pass breakups along with 1 forced fumble. On the basketball court, he averages 10 rebs and 8 points a game. He looks to have a great year in track as a thrower, after missing his Jr. Year because of COVID. He is predicted to medal in the Shot and Discus this year at the State Meet. ~Mark Roozen

### CONESTOGA JR/SR HIGH SCHOOL

#### Lane Fox

##### Point Guard

##### Senior

Lane has been a leader for our Basketball and Strength & Conditioning programs during his entire high school athletic career. He leads by example through his dedication and commitment to improving himself in all aspects of life. He is also a great teammate in pushing those around him to always give their best effort. Lane has earned All-Conference all four years (1st team during two seasons), Second Team All-State, Academic All-State two years, set numerous school records and surpassed 1,500 career points scored. He also participates in Track & Field and summer baseball while dedicating himself to perfect attendance for our year-round Strength & Conditioning program. ~Trenton Clausen

### KEYS HIGH SCHOOL

#### Kylie Eubanks

##### Guard

##### Junior

Kylie was always a good basketball player, but it wasn't until this year when she decided to start strength and conditioning that she ever really dominated the game. She worked so hard this offseason on her speed and strength that there is not anyone on the court that can come close to matching her athleticism. She is beyond faster and stronger than everyone and due to her increasing her vertical, she is also one of the best rebounders on her team. Kylie also does very well in the classroom. Due to Kylie's academic efforts, she is able to maintain a 3.6 G.P.A. ~Adam Hass

### KEYS HIGH SCHOOL

#### Dyllan Lindsey

##### Post

##### Senior

Dyllan is someone that will do anything to be the best in his sport and once he learned that strength and conditioning could help him with that, it was hard to keep him out of the weight room. The most impressive thing about Dyllan is his focus on the intent for the given exercise that he is doing. He wants to know the WHY so that he is maximizing his performance. Because of Dyllan's work ethic in the weight room, he is now faster than everyone on the court and is finishing at the rim easier due to his strength taking on contact. Dyllan is also an excellent student. He currently carries a 3.5 G.P.A. ~Adam Hass

## HIGH SCHOOL — BASKETBALL

### LUDINGTON AREA SCHOOLS

#### Kyle Barnett

##### Guard

##### Senior

Kyle Barnett is a never give up kind of student athlete. He is a talented multi sport athlete that has demonstrated a high level of skill in many sports. Kyle earned second team all conference during his freshman year for his cross country team. As a sophomore Kyle earned first team honors on the track team. During his sophomore and junior years he was second team all conference for his varsity football team. Kyle brings a high level of energy and positivity to whatever environment he is in especially the wt room. He has earned and maintained top 5 status throughout his high school career for our Oriole Strength Index (RSI or relative strength index) and has maintained a top 10 status in all lifts throughout his high school career as well. In basketball Kyle can score, but his defense is relentless. Kyle never complains, never takes a play off and never misses a rep! He is the X factor on the varsity basketball team. Kyle, is a great teammate. ~Rich Kirby

### MORGANTOWN HIGH SCHOOL

#### Reece Moore

##### Senior

Reece has shown tremendous dedication and leadership in her time training for athletics at Morgantown High School. She excelled at pushing herself to be better every day even when times were difficult. After years of hard work Reece found herself on the Morgantown High School weight room record board, but the grind never stopped there for her. In addition to this, Reece also created a strong culture for her team through encouragement and example setting that will last for years to come. Not only is this a hard task for most athletes, Reece accomplished this while dealing with a global pandemic that created many obstacles for athletes to overcome. In my time coaching at Morgantown High School, I can't think of anyone who deserves this award more than Reece Moore. ~Bailey Gesteland

### PARKVIEW SPORTS MEDICINE PERFORMANCE

#### Ayanna Patterson

##### Junior

Ayanna exemplifies every quality a coach dreams about she has a work ethic second to none, a positive attitude, and an unrelenting desire to get better every day. In the last year Ayanna's hardwork, consistency, and discipline on and off the court has allowed her to collect division 1 offers from every major school in the country including UCONN, Louisville, South Carolina, and Notre Dame just to name a few. Ayanna used her strength and physicality to become one of the most dominant post players in the country. She is currently ranked in the top three of players for her class in the country. The highlight of the summer had to be her throwing down her first career dunk. ~Tyler Palmer

## HIGH SCHOOL — BASKETBALL

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Presley Avery**

**Forward**

**Senior**

Presley has been a member of PEAK Performance throughout her high school career. Her enthusiasm for training and her year-round commitment to Strength & Conditioning have helped her be a valuable part of our Basketball team. She is also an accomplished high jumper on our Track & Field team. ~Todd Johnston

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Isaac Buckwalter**

**Guard**

**Senior**

Isaac Buckwalter has displayed an incredible commitment to his Strength & Conditioning. As a senior member of our basketball team, it has been enjoyable for me to plan training sessions to maximize his athleticism. During the shutdown and times of remote learning during Covid-19, Isaac was a leader in our class and displayed a great deal of enthusiasm for training in those unique times. Now that we have returned to in-person learning in PEAK Performance, he has continued to shine as a leader in our class. Additionally, he is an excellent student and will graduate in the top 10 percent of his class. I am proud to honor Isaac with this nomination for Strength and Conditioning All-America status. ~Todd Johnston

### PRESS ON PERFORMANCE

**Molly Musland**

**G**

**Junior**

Molly has a remarkable amount of drive. She utilizes her competitive spirit to push herself in the training lab each rep of each set. I am looking forward to seeing a continued translation of this resulting athleticism to the court. ~Tyler Thielges

### PRESS ON PERFORMANCE

**Max Musland**

**G**

**Freshman**

Max is super steady, dependable, & diligent in his performance training. He has made impressive progress on his strength, speed, & mobility in the training lab this past year. I am looking forward to Max continuing to climb towards his potential over the next few years. ~Tyler Thielges

### SOUTHSIDE SCHOOL DISTRICT

**Olivia Allen**

**Guard**

**Junior**

This will be Olivia's second year being selected as a NSCA all American. She has continued to lead our girls program and serves as a mentor for the younger girls in the basketball court both on the court and in the weight room. We appreciate everything she does and stands for. ~Deerick Smith

### THE WEBER SCHOOL

**Logan Spector**

**Guard**

**Senior**

Logan is the definition of a competitive athlete. Both on the court and in the weightroom, Logan is always the hardest working one in the room. Logan is a guard on the Varsity Basketball team and led the team in rebounds. His dedicated off the court work in the weightroom has directly translated to his individual success on the court. ~Jessica LaGala

## HIGH SCHOOL — BASKETBALL

### TOPSPEED STRENGTH & CONDITIONING

#### Shannon Karlin

#### Forward

#### Senior

Karlin, a 2021 McDonald's All-American nominee, was named first-team All-District following both her sophomore and junior years with NDSHS of Kansas City.

As a senior she is averaging 21.4 points and 7.5 rebounds per game. This follows a season in which she averaged 20.2 points and 9.8 boards as a junior for Sion. She was honored by the school in January after scoring 1000 points in her career and now sits close to 1500 total points scored.

Her future college coach has said "Shannon is a versatile guard-forward who can knock down the 3 or punish her opponent on the block. Having a player that can bully her smaller opponent, or out-quick her bigger opponent enables us to use Shannon's great versatility to maximum effectiveness. I love that when a shot is taken by a teammate, Shannon goes after the rebound as if it was a pass from her teammate. That constant pursuit of the ball and toughness on the boards will really help our team."

As an honors recipient every term at Sion, as well as an NHS student set to graduate in the top 10 percent of her class, she heads to Cal Poly ready to major in Industrial Engineering.

"I chose Cal Poly because of my respect for and connection with the coaching staff and the competitive family team atmosphere they promote," she said. "I also chose Cal Poly for their excellent academics and 'Learn by Doing' approach."

Meanwhile, Karlin (also an all-district volleyball player) has participated in Student Council, as well as National Art Honor Society and the Medical Club. ~Joseph Potts

### TYLER LEGACY HIGH SCHOOL

#### Nathan Noland

#### Senior

Nate works extremely hard both in the weight room, and on the court, and it has paid off huge this year. He always comes in ready to work and excited for the session - ready for the challenge and looking to push himself in whatever we're doing. ~Andrew Pichardo

### WINDSOR HIGH SCHOOL

#### Symphony Schodroski

#### Guard

#### Senior

In a year where almost any excuse to skip a training session or pause training all-together would be understood and forgiven, Symphony never missed. She never allowed any obstacle dealt by the 2020-2021 year to interrupt her training. Symphony was a three-sport athlete. Often-times, the demands of always being in-season can detract from an athlete's consistency and continued improvement, but Symphony was special. She was fully committed to every aspect of training, from proper nutrition and prioritizing sleep, showing up to every weight room open hours, to eventually purchasing her own equipment so she could follow her program while stuck at home during snow days. This dedication and determination led to Symphony setting two Female Strength & Conditioning All-School records, as well as eight women's basketball, ten women's soccer, and eight women's tennis records. Symphony's consistency built the resiliency that allowed her to be a perennial starter on the tennis, basketball and soccer teams. No one this year has earned the right to be called an NSCA All-American more than Symphony Schodroski. ~Ty Van Valkenburg

## HIGH SCHOOL — CHEERLEADING

### GEORGE WALTON COMPREHENSIVE HIGH SCHOOL

**Marissa McIlvony**

**Base**

**Junior**

Marissa comes in every session with a great attitude and works very hard. In her first year of training with weights she set the female school record for back squat, and sets the standard for all of our female athletes in the weight room. She's a leader for her team and a great example of what it means to be a Walton Raider, hard work, dedication, and being a team player. ~Chris Romano

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Katelyn LeMaire**

**Back Row**

**Senior**

Katelyn is a veteran member of both PEAK Performance and also our highly successful Competitive Cheer team. The strength that she has developed in the weight room has allowed her to be an important member of our team and her personality and leadership have made her a valued part of PEAK Performance too. ~Todd Johnston

## HIGH SCHOOL — CROSS COUNTRY

### KEYS HIGH SCHOOL

#### Kristina Holmes

#### Runner

#### Senior

Kristina is a dedicated student-athlete. She maintains a 3.2 G.P.A. and participates in three sports. Kristina comes into the weight room focuses on what she needs to accomplish for that day. Weather we are lifting, running, or working on mobility, she makes sure that she is doing it correctly so that she can perform the best during cross country season. She improved tremendously this season after training all year in the weight room. ~Adam Hass

## HIGH SCHOOL — FOOTBALL

### **CEDARBURG HIGH SCHOOL**

**Frank Brezovar**

**Offensive Line**

**Junior**

Frank personifies work ethic, character and pride. Frank is not satisfied with being average; he strives to be the best in everything he does, on the field and in the weight room. Frank's work ethic and passion have earned him 1st Team All-Conference this past season. He is a leader by example. ~Jon Verdegan

### **COACH ROZY PERFORMANCE**

**Kyle Hirsch**

**Running Back - Corner**

**Junior**

Kyle Hirsch is a standout athlete at Gayville-Volin School in South Dakota. This past season, in a shorten season because of COVID, with 6 games; Kyle averaged 8 yards per carry and 15 yds per reception. Bringing his game average yards to per game; for a total of 876 yds of offense. He even threw for 37 yds and a touchdown. On defense Kyle had 19 solo tackles and 39 assisted tackles. He also had 9 pass breakups with 3 interceptions and 1 forced fumble with a recovery. On the hardwood, Kyle averages 11 points per game, 6 rebounds per game and 5 assists per game. Kyle has also excelled on the track as a sprinter - but missed this past season because of COVID. ~Mark Roozen

### **COACH ROZY PERFORMANCE**

**Bodie Rutledge**

**Offensive Line**

**Junior**

Bodie Rutledge is a Junior at Yankton High School and is on the Bucks Football Team and part of the Track & Field Team. He was named to the Class 11AA All-State Football Team and the All-ESD Conference team after the Bucks Football team finished 9-2. The 6 foot 2, 240 lb led the offensive line which totaled over 2,200 yards rushing with a 5.2 yd per carry average. Bodie improved his squat from 355 to 410 in the off-season and his bench went from 275 to 325 during that same time. Bodie throws the shot and discus on the Yankton Bucks track team. ~Mark Roozen

### **CONWELL EGAN CATHOLIC**

**Andrew Garwo**

**DB/WR**

**Senior**

Andrew has matured significantly over the last three years that we have been training together. He has grown to understand what it takes to be a student-athlete. Andrew became a leader on the field and in the weightroom. In addition, he earned his way into the 1200lb Club with PR's in Deadlift @500, Squat @445, and Bench @290. I look forward to watching him continue his academic and athletic career at Temple University next year. ~John Kalinowski



## HIGH SCHOOL — FOOTBALL

### DISCOVERY HIGH SCHOOL

**Christian Gray**  
**Defensive Tackle**  
**Senior**

Christian is a dominant athlete on and off the field. He is one of the strongest guys in the weight room, but more importantly, he holds everyone else accountable. He has maintained a 3.2 GPA and will continue his football career at Washburn University. ~James Romaniw

### GEORGE WALTON COMPREHENSIVE HIGH SCHOOL

**Conor Cummins**  
**Kicker**  
**Senior**

Conor has been one of the hardest working athletes across all sports over the past 4 years. The progress and growth I witnessed him achieve with his hard work from his freshmen season through his senior season has been more than any strength coach could ever expect. He is a true leader in the weight room and on the field. I know his future college strength coach very well and cannot wait to see how he progresses at the next level playing college football. ~Chris Romano

### GRAND ISLAND NORTHWEST HIGH SCHOOL

**Brady Baasch**  
**Running Back**  
**Senior**

Brady has demonstrated an incredible work ethic and drive to succeed the last four years in are program. His infectious personality is truly contagious. Brady's teammates respect his work ethic and level of commitment. But most of all Brady is a NSCA All-American person. Brady is a 4.0 student athlete and a top 15% of his class and has over 80 hours of community service hours. His award is a testament to Brady's hard work and dedication to reaching his utmost potential as a athlete. ~Troy McNeil

### GRAND ISLAND NORTHWEST HIGH SCHOOL

**Parker Janky**  
**Guard, WR/K**  
**Senior**

Parker has demonstrated an incredible work ethic and drive to succeed the last four years in are program. His infectious personality is truly contagious. Parker's teammates respect his work ethic and level of commitment. But most of all Parker is a NSCA All-American person. Parker is a 4.0 student athlete and a top 15% of his class and has over 100 hours of community service hours. His award is a testament to Parker's hard work and dedication to reaching his utmost potential as an athlete. Parker has been a 2 year starter in basketball and a 3 year all state kicker in football. Parker received a Scholarship from Fort Hays State in Hays, Kansas for football, as a kicker. ~Troy McNeil

### GUYER HIGH SCHOOL

**Cooper Lanz**  
**Defensive End**  
**Senior**

I am writing this recommendation on behalf of Cooper Lanz. In the past four years, I have had the opportunity and pleasure of working with Cooper as his strength and conditioning coach at Denton Guyer High School. Cooper is one of the hardest working, trustworthy, and committed athletes I have ever been around. As an defensive lineman, he is the example of what we want our defensive lineman to be at Guyer High School.

Cooper was named the 5-6A all district defensive player of the year. He was also named first team all area defensive lineman for Denton county. One of his greatest accomplishments this year was being named first team All-DFW defense.

As far as his performance in the weight room, Cooper power cleaned 315, squatted 500, and benched 300. At 245 pounds he jumped a 32 inch vertical. ~Kyle Keese

## HIGH SCHOOL — FOOTBALL

### JOPLIN HIGH SCHOOL

**Scott Lowe**

**Linebacker**

**Senior**

Scott anchored a defense for a team that qualified for the MO State Playoffs in three consecutive years including a runner-up finish his junior season. In those three years, Scott recorded 295 tackles. He was voted All-Conference, All-District and All-Area in both his junior and senior seasons. Scott's ability to overcome adversity has become his trademark as he meets obstacles head-on. Never one to miss an opportunity to improve, Scott joined the wrestling team as soon as the football season ended. Scott serves our school community as a positive role model as he reaches every corner of the building. Scott's current best lifts include a 245 lb clean, 410 lb squat, and 280 lb bench press. ~Michael Lawrence

### KEYS HIGH SCHOOL (PARK HILL, OK)

**Parker Sinclair**

**OL/DL**

**Junior**

Parker is a good student, as well as, an athlete at Keys High School. He currently has a 3.4 G.P.A. and is a big part of the football teams success over the last three seasons! Parker is a multiple sport athlete who also competes in Powerlifting and Track. Parker has committed himself to the realm of Strength and Conditioning, and it has payed off for him. ~Adam Hass

### LIBERTY HIGH SCHOOL

**Anthony Jay**

**OL/DL**

**Senior**

Anthony Jay is the definition of a student athlete. He is the epitome of hard work, commitment and dedication to not only his academics and sports but to his peers and the staff here at Liberty High school. He boasts a cumulative 3.9 GPA ( AP and Honors classes). He is a 3 year varsity letterman in Football and a 2 year varsity letterman in Baseball. He was a 2nd team all area selection his junior year and 1st team all area selection this year. He was also selected to the Colorado All-Star game this year for Football. He is a member of the Lancer Strong club as well as the Lancer Lunatics. He also assists our special needs students during peer PE classes. Anthony is always available to volunteer his free time to help in any capacity at Liberty. It has been an honor to know him and an incredible honor to have been his S&C coach for the last 3 1/2 years. ~KC Bonnin

### LONDONDERRY HIGH SCHOOL

**Dan Gear**

**Lineman**

**Senior**

This senior lineman was named a 2020 Summer Strong captain. He consistently showed great effort, leadership and coach ability and was always willing to put in the extra work. He had 100% attendance in our winter and summer program in 2020 and had better than 90% attendance for his career. He earned a freshman award given to a freshmen who demonstrates potential and he followed that up by earning Iron Lancer Awards in 2018 and 2019. He was second overall as a 2019 top 20 in our Iron Lancer points system. Dan Gear has earned every recognition as an Iron Lancer and has left our program in a better place. ~Michelle Hart-Miller

## HIGH SCHOOL — FOOTBALL

### LUDINGTON HIGH SCHOOL

**Jake Plamondon**

**Tight End, Linebacker**

**Senior**

Jake Plamondon is a compelled athlete that has earned a scholarship to attend Ferris State University. He is part of the #1 ranked recruiting class in the country for Ferris State Football. Jake demonstrates a great personality that is always saying "Let's Go"! Let's work hard, let's go have fun, let's go win! Jake is a come with me kind of guy. Jake leaves his high school chapter with many accolades. They range from All State Football honors to All Conference Track in the Shot Put. He has played at the Varsity level in Football, Basketball, and Track since his Freshmen year. What impresses me most is Jake's relentless effort to bring others to a higher level of performance. Most people have not seen the many invisible hours that Jake put into developing and preparing his body for his demanding athletic schedule since his junior high days to the present time. He participated in 4 years of 630am workouts during the school year and countless summer lifts. His effort to bring others with him over his high school years helped in changing a culture to where his football team won its first playoff game in school history. ~Rich Kirby

### NOTRE DAME ACADEMY

**Will Drake**

**Wide Receiver / Defensive Back**

**Senior**

Will is a hard worker, that has a genuine love for the weight room. He brings the energy everyday. Will's consistent effort throughout his four years has lead to a lot of growth. He his someone that his teammates look up to and is a great role model for our young athletes. ~A.J. Giovanetti

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Branden Decker**

**Lineman**

**Senior**

It is my pleasure to nominate Branden Decker for All-American status from the National Strength and Conditioning Association. Branden has been involved in PEAK Performance for the last several years and is an absolute joy to work with in the weight room. His commitment to Strength & Conditioning paid off over the last few season with noticeable increases in strength and power on the football field. Branden is also an important member of our highly ranked competitive Bowling team. His physical development pays dividends in that sport as well. But more important that his physical strength, Branden is a great teammate, a leader in our class and simply a fine young man. I am honored to nominate him for this award. ~Todd Johnston

### ROYSE CITY HIGH SCHOOL

**Ahmon Petty-Dozier**

**RB/ Safety**

**Junior**

Has a Sophomore Ahmon was the 2019 Offensive Newcomer of the Year for Texas District 8-5A Division 2. With 1167 total yards at 140 attempts and 10 rushing Touchdowns. His Jr. year he was First Team All District Running Back & First Team All-District Strong Safety. His offensive stats 1103 total yards at 101 attempts and 12 Touchdowns. Ahmon is not just a statistical leader, he is also a vocal leader on the field of play and during strength & conditioning by hold other athletes accountable and leading by example. ~Kyle Alvarado

## HIGH SCHOOL — FOOTBALL

### **SOUTHSIDE CHARTER HIGH SCHOOL**

**Cole Weaver**

**OL/DL**

**Junior**

Cole has been in our program for 4 years and has grown not only physically but mentally. He has an infectious enthusiasm that spreads to our younger players. He always brings energy and a commitment to train that the other athletes learn from. He is a great model for our program. ~Deerick Smith

### **SPARTANBURG HIGH SCHOOL**

**Matthew Smith**

**Offensive Lineman**

**Senior**

I have had the pleasure of coaching Matthew Smith at Spartanburg High School where he played football and lacrosse and also wrestled. Matthew excelled in each sport and achieved numerous honors competing as a student-athlete such as all-region offensive lineman as a junior. Matthew is a model student athlete and an outstanding teammate. He is a servant leader and leads by example on and off the field. In the team setting, he is always supportive of coaches and teammates and is willing to do whatever it takes to help the team succeed. Therefore, Matthew was elected during his 10th grade year as a captain of the varsity football team and continues to serve in that role. Matthew has earned the high distinction of Eagle Scout through service to his community. He is intrinsically motivated and enjoys the challenge of hard work and rigor which has led him to a 550 lb back squat, 335 power clean, and 325 lb bench press. ~Andrew Caldwell

### **ST. LAURENCE HIGH SCHOOL**

**Anthony Gonzalez**

**Sophomore**

Anthony's consistency and work ethic in the weight room are unmatched. He's a great listener and loves being coached, which makes him a great leader to his teammates. His drive to improve everyday is evident through his attitude and energy. ~Jonathan Valentini

### **ST. LAURENCE HIGH SCHOOL**

**Cori Pinto**

**Offensive/ Defensive Line**

**Sophomore**

Cori is an extremely hard working and dedicated athlete. Her consistency and great attitude in the weight room everyday displays her mentality of thinking "Anything is Possible". By competing in a male dominated sport and outworking her teammates, she is truly a leader amongst her teammates and peers. ~Jonathan Valentini

### **ST. LAURENCE HIGH SCHOOL**

**Andrew Rybicki**

**Junior**

Andrew's quiet leadership and consistency make him a pleasure to coach everyday. His desire to improve and attention to detail are unmatched. These qualities will lead Andrew to a lifetime of success both in and out of sports. ~Jonathan Valentini

## HIGH SCHOOL — FOOTBALL

### **STRONG ROCK CHRISTIAN SCHOOL**

**Jackson Wilkerson**

**Running Back & Safety**

**Senior**

Please accept this letter on behalf of Jackson Wilkerson of Strong Rock Christian School in Locust Grove, GA for earning the distinction of NSCA All-American for 2021. Jackson is a football player here at Strong Rock, during his time here he has shown a tremendous work ethic and passion for improving himself through training. He was our leading rusher this past fall with over 1,000 yards on only 100 carries, averaging over 10 yards per rush. He was also a key piece of our defense playing strong safety for us while also contributing on special teams as well. He was named 1st All-Region this past fall for his play on the football field. ~Tobias Jacobi

### **THE RIVERS SCHOOL**

**Kalyl Lindsey**

**Running Back/Wide Receiver/Defensive Back**

**Junior**

Kalyl's dedication during this difficult year to being physically prepared for a Football season has been inspirational. When Kalyl was in middle school he would always be around the weightroom inquiring about exercises and doing drills, so it is not surprising now as a Junior he is committed to strength and conditioning. A 3-year Varsity Football player, Kalyl led the team in touchdowns a year ago and excels in Track participating in numerous running events as well as the long jump. Kalyl, now one of the Captains of the Football team brings his strong character and leadership to workouts every day which helps motivate others. He works just as hard in the classroom maintaining a 3.6 GPA and is an active participant in school clubs and organizations. ~Paul Sanclemente

### **TOPSPEED STRENGTH & CONDITIONING**

**Conrad Hawley**

**Quarterback**

**Senior**

Was named All-State and the offensive player of the year in the state of Missouri. Led Raymore-Peculiar to the Missouri Class 6 state championship as a senior. Won the Simone Award, awarded to the best Kansas City metro area football player after throwing for 2,722 yards and 26 touchdowns as senior. Put on 20 pounds of muscle between his junior and senior season while also improving speed and power output, jump starting a huge wave of interest from FBS football teams. ~Joseph Potts

## HIGH SCHOOL — GOLF

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

#### Sam Foss

#### Senior

Golf is increasingly being seen as a sport in which Strength & Conditioning can improve performance. For the last few years in PEAK Performance, it has been nice to watch Sam's commitment to his fitness have a visible impact on his play on the golf course. His swing speed has increased, his posture is much-improved and his scores demonstrate that. Congratulations, Sam on earning All-American status in Strength & Conditioning.  
~Todd Johnston

## HIGH SCHOOL — HOCKEY

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Nolan Holtrop**

**Defenseman**

**Senior**

Nolan is a great example of hard work and dedication in the weight room carrying over into his sport. As a defenseman on our hockey team, Nolan's fitness has allowed him to excel on the ice including playing major minutes on a young team. Nolan's lower body power makes him a strong skater and his upper body strength help him to endure the collisions of the sport of hockey. He also is an exceptional student, and a leader in our school. I am proud to have him carry the honor of All-American status from the NSCA. ~Todd Johnston

### PENNSBURY HIGH SCHOOL

**Shane Siegmund**

**Forward**

**Junior**

I have had the pleasure of training Shane for several years now. It has been a pleasure watching him get bigger, stronger, and more powerful. Pound for pound he is turning into a monster. His training is paying off on the ice...he is 2nd in points for Pennsbury Hockey, so far this season. He went from 12pts (8th on the team) in 16 games in 2019-2020 season to 13pts in 8 games so far this season. I look forward to even more big things with Shane in the future. ~John Kalinowski

## HIGH SCHOOL — LACROSSE

### **CEDARBURG HIGH SCHOOL**

**Zach Busby**

**Attack**

**Senior**

Zach has been a mainstay in the weight room the last 2 years that I have had the opportunity to work with him. Zach's attitude and passion are contagious. He quietly pushes himself and his group to be their best every day. His work ethic led him to be named the Conference Player of the Year as a Sophomore. ~Jon Verdegan

### **PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL**

**Alex Paulin**

**Defenseman**

**Senior**

Alex has been nominated as an NSCA All-American in the sport of Lacrosse. Unfortunately, the Covid-19 pandemic took his junior season from him and an ACL injury that happened in soccer will cause him to miss his senior season of Lacrosse as well. In spite of that, Lacrosse Head Coach Randy Barber agreed that Alex is deserving of this recognition as a Lacrosse player. As a member of PEAK Performance for the last few years, Alex's commitment to Strength & Conditioning has been exemplary. Since his ACL injury, he has attacked his rehab protocol with the same intensity that he previously had. While Coach Barber and I are disappointed in the way his Lacrosse career has turned out, we are proud of Alex for continuing to be a great teammate, a leader in our school and someone to emulate in PEAK Performance. Congratulations, Alex on your All-America status. ~Todd Johnston

### **PENNSBURY HIGH SCHOOL**

**Sophia Curtis**

**Defense**

**Junior**

Sophia is a pleasure to coach. She does not back down from any challenge. Her drive has led her to achieving a 225lb deadlift, a 185lb squat, and a 105lb bench. I believe that she will be in the 600lb Club before she graduates. Outside of training, Sophia is a member of the FCA and regularly gives back to her community by volunteering to coach youth lacrosse and field hockey athletes. To compliment these wonderful accomplishments and attributes, Sophia is also an "A" student that understands the importance and value of being an elite student-athlete for her future, her team, and her family. ~John Kalinowski

### **PENNSBURY HIGH SCHOOL**

**Jack Kalinowski**

**Attack**

**Junior**

Jack has made his strength & conditioning a priority to maximizing his athletic potential. His training has led to a 25lb wt gain, a 415lb deadlift, a 365lb squat, and a 215lb bench. On the field, not only has his training developed significant toughness and resiliency, Jack has consistently led his teams in points and is a proven leader. Off of the field, Jack is involved in a variety of community outreach programs. His main being the Kalinowski Performance Academy Equipment Exchange Program, which collects and provides athletic equipment and gear for those experiencing financial hardship. In the classroom, Jack strives to maintain his 4.0 GPA. He continues to prove that he understands the meaning and value of being a student-athlete, as well as being accountable to himself, his team, and his community. ~John Kalinowski



## HIGH SCHOOL — MULTI-SPORT ATHLETE

### Hamilton Heights High School

#### Maria Mitchell

**Cross Country, Soccer, Swimming, Track & Field  
Distance events, mid-field**

#### Senior

Leadership comes in many forms- Maria is a once in a career athlete, earning 16 varsity letters, excelling at 2 sports (state level), pulling others along with her enthusiasm to improve. J C-G. "More than an exceptional athlete, Maria is a one-of-a-kind teammate. She brings to her team an infectious and positive attitude that genuinely wants to see the best from herself and her teammates. It's clearly evident that she is more interested in the team than herself through the way she cheers her teammates on, encourages them, and goes out of her way to talk to them and make them feel included and valuable. Plus, she works harder than most athletes I've coached often staying after practice to work on things she feels are weaknesses. That work ethic and dedication has provided an admirable example for her teammates who see her as a leader because they know that she is for them and will always do whatever, and more, than she asks anyone else to do".- Travis Kaufman, soccer. ~Jan Clifton-Gaw

### Brookings High School

#### Cherish Stern

**Marching Band, Track & Field, Wrestling  
Sprints, Middle weight class (SD first year in girls'  
wrestling), and drum major**

#### Senior

Cherish has been in the program for three years, and has made amazing strides over that course of time. As of the writing of this nomination, Cherish sits in the Girl's top 10 for bench, squat, clean, deadlift and vertical jump. Last fall, Cherish made a run at the school record in clean, falling just short. As a track athlete, Cherish has been on several relay teams, including state placing teams, and open sprints. Cherish has wrestled against boys for most of her career, but now wrestles as our sole female on our squad in the girl's division. Cherish is one of the best female wrestlers in the state of South Dakota, and many of her matches have been short ending by fall. Cherish has also been our drum major for two years, leading the Bobcats to some of the highest performances in recent memory. The leadership Cherish has provided has been second to none in the room. Every one of my female athletes look up to Cherish as an athlete, and as a person. Her passion in everything she does shines through, and her dedication is apparent to all athletes and coaches. While Cherish isn't an outspoken individual, her actions speak loudly. She leads from her heart, shows what it takes to improve and become a better version of herself, and has not only been one of the best female leaders I have ever been around, she is one of the best, period. ~Kerry Brown

## HIGH SCHOOL — MULTI-SPORT ATHLETE

### **Campbell County High School**

**Lauryn Love**

**Track & Field, Volleyball**

**Throws**

**Senior**

Lauryn has shown year round commitment to her sports in the weight room and beyond. Without a doubt the most dedicated thrower that I have worked with. She is the states number two all time shot put athlete and has broken multiple records. Lauryn is also a 4.0 student and an incredible person! I can't think of a more deserving athlete for this award. ~Micah Christensen

### **Cassadaga Valley High School**

**Kaylee Pattyson**

**Basketball, Softball, Volleyball**

**Power Forward / Center, Outside Hitter, First Base**

**Senior**

Having been moved up to play Varsity basketball as an 9th grader, and pulled up to play varsity volleyball and softball as a 10th grader, Kaylee dominates both on the court and off. Kaylee will graduate as Valedictorian of the 2021 Cassadaga Valley graduating class. She earned honorable mention and the team sportsmanship honors as a 10th grader playing basketball and made 1st Team All-League as a Junior. She has been named to 3 All - Tournament teams for basketball and is also a member of the National Honor Society. She is also a stand out on the volleyball court and in the softball diamond. Kaylee is a very talented, and gifted athlete but more importantly she is an amazing person. She is extremely humble, and hard working. She's one of the toughest athlete's I've been blessed to work with and I could not think of a better athlete more deserving of this award. After high school she wants to pursue her college career in Medicine and become a doctor even if it means giving up playing competitive sports. She has her heart set on all the right things. ~Andrew Lanphere

### **Falconer High School**

**Brock Johnson**

**Football, Wrestling**

**Runningback, Linebacker, 195**

**Senior**

Moved up to wrestle as an 8th grader on the always dominant Falconer varsity wrestling team. Now a senior going into his last year with a record of 80-39, Brock is looking to add more to his wrestling achievements. As a sophomore, he placed 6th in the section at 170lbs and as a junior he placed 4th at 195 in the section. He is key part of Falconer's 2020 NYS Dual Championship title and is also a force to be reckoned with on the football team. He started on the varsity football team as a 10th grader and has been asked to play any position the coaches ask of him but will always make himself noticed with how hard he hits opponents. Brock also knows his way around the weight room as he is apart of Falconer's 1000lb club with current bench of 250, a squat of 385 and a 405lb deadlift. He is a good kid, works hard, and won't ever quit. He is truly deserving of being named an All-American athlete. ~Andrew Lanphere

### **Goshen Central School District**

**Andrew Svede**

**Offensive Line, Shot Putt, Discus**

**Senior**

Andrew has been an inspiration to me over the last 4 years. Walking into the weight room without any experience, he has built himself into a leader in the weight room. First in, last out never missing a workout and finding a way to get things done. He has set a high standard for himself and his teammates. Andrew deserves this recognition through his hard work and dedication to improving every day. ~Robert McIntee

## HIGH SCHOOL — MULTI-SPORT ATHLETE

### Hamilton Heights High School

#### Charles Brown

#### Football, Wrestling

**Defensive backfield, middle weight wrestler**

#### Junior

Understated, but intense with self improvement and encouraging others to maximize potential, Charles has excelled in a year of constant changes in schedules due to the pandemic at always being present and bringing others with him for workouts. His dedication and determination have created great strides in performance in overall strength and conditioning, on the field and mat in hand to hand combat, and in the class room. He is THE example in overcoming obstacles by staying laser focused during extreme challenges of a pandemic. ~Jan Clifton-Gaw

### Hereford High School

#### Lacey Davis

#### Basketball, Tennis, Volleyball

**Left side Hitter, Post**

#### Senior

Lacey Davis is a multi-sport athlete that has excelled at HHS since her freshman year. She is a 3-year letterman in both Volleyball and Basketball, plays tennis in the spring and was selected as a Captain on this years volleyball team that went to the Regional Semi-finals, compiling a 25-2 record along the way. For her efforts on the volleyball court this year, Lacey was selected as 2nd team All-district 4-4A. More than anything Lacey exemplifies the fighting spirit of a Hereford Whiteface and brings a high energy on and off the court and in the weight room. Lacey was very much our vocal leader in Volleyball and Basketball this year and will be incredibly hard to replace. ~Sarah Baulch

### Inspiration Academy

#### Jacob Platko

#### Baseball, Golf

**Pitcher, Outfielder**

#### Senior

Jake's transformation in the past three years has been incredible. Jake went from a small timid kid, to a beast of a man excelling in two sports while leading others in the right direction. Jake's presence in the weight room, dugout, and golf course is always felt as he brings ultimate passion and drive with him. Jake's success story is why coaches do their job. He will be missed as he moves to college. ~Brian Commerford

### Londonderry High School

#### Eugene Donovan

#### Football, Track & Field

**Lineman, Throws**

#### Senior

EJ was the recipient of footballs "Baby Hulk Award" for being our strongest overall athlete this year.

He earned a freshman award, was just outside the top 20 in our points system as a sophomore and was #1 overall last year. He was named a Summer Strong captain for 2020.

He had 100% attendance winter/summer and was one of the athlete's that maintained communication with me during spring remote where we worked to keep his training on track. He ended the summer holding our top vertical with 34", was a consistent top 5 in our timed sprints and at a body weight of 210 his core lifts totaled 1,060 lbs.

EJ was chosen to participate in this summers Shrine Football Game which is a great honor for him. EJ is the definition of an Iron Lancer. ~Michelle Hart-Miller

## HIGH SCHOOL — MULTI-SPORT ATHLETE

### **Pleasant Hope High School**

#### **Ian Burdette**

**Football, Track & Field**

**RB/LB**

**Freshman**

Ian exemplifies who a Pleasant Hope Pirate should be in our weight room and is actively changing our team's culture and attitude towards strength and conditioning. No one has been as consistent or has made as much progress in our weight room as Ian. He will undoubtedly be one of the strongest players in our state before he graduates. ~Joshua Evans

### **Rock Creek High School**

#### **Grace Gehl**

**Basketball, Softball, Volleyball**

**Junior**

Grace exemplifies the true definition of this award. She represents what our strength and conditioning program stands for both in and out of the strength facility. With unmatched dedication to our strength and conditioning program she has transformed herself in to a standout and dominate multi-sport athlete. Not only has she become a dominate athlete she is also a tremendous leader within our school, community and our sports programs. ~Coach Mark Oberkrom

### **Rock Creek High School**

#### **Caden Vinduska**

**Baseball, Basketball, Football**

**Senior**

Caden exemplifies the true definition of this award. He represents what our strength and conditioning program stands for both in and out of the strength facility. With unmatched dedication to our strength and conditioning program he has transformed himself in to a standout multi-sport athlete. Not only has he become a dominate athlete he is also a tremendous leader within our school, community and our sports programs. ~Coach Mark Oberkrom

### **Watervliet High School**

#### **Royce Daugherty**

**Football (OL/DL), Wrestling, Basketball, Track and Field**

**Sophomore**

Royce Daugherty has showed integrity, diversity, dedication through 2020-21 despite the challenges of Covid-19. When the football season was on the brink of being cancelled in Michigan this 6'2", 280 lb. athlete put on his running shoes and joined the Cross Country team. Because linemen don't run Cross Country, Royce received attention from multi media news platforms, NFL/College players, coaches and inspired young football athletes to find a way to compete and put on their shoes and run. Though shortly 2.5 weeks after joining the cross country team and running his first race ever Michigan football was reinstated and he hung up his running shoes. In 2020 and now also in 2021 Royce is competing in two winter high school sports basketball and wrestling. In the spring he competes in track. Royce loves to compete but he is extremely dedicated to the weight room with strength training/conditioning and sport performance training. As far as weight room performance for this 16 year old, Daugherty bench's 280 lbs, squats 455 lbs, deadlifts 485 lbs. His focus on technique, control, workout prep and recovery along with his dedication sets a great example for other athletes. ~Edie Daugherty

## HIGH SCHOOL — MULTI-SPORT ATHLETE

### **Watervliet High School**

#### **Ellie Golden**

**Basketball, Softball, Volleyball**

**Volleyball - Pin Player**

**Freshman**

Ellie was a standout during the 2020 preseason and in-season strength and conditioning training for high school volleyball. The Watervliet Volleyball team spent June through Mid September on the football field training because of Covid19 restrictions in Michigan. Ellie Golden showed up with a can do attitude for each training session she attended. She is a quit athlete verbally but her all out effort and competitiveness speaks volumes. Ellie is a very coachable athlete that pays attention to detail when participating in strength and conditioning allowing her to excel above other athletes. ~Eddie Daugherty

### **Windermere Prep School**

#### **Natalie Work**

**Volleyball, Competitive Weightlifting**

**Senior**

Natalie finishes her career as one of the most accomplished athletes in Windermere Preparatory School history. She is the school's all-time leader in kills and was an All-District selection in volleyball. On top of that she was named to the Girl's Volleyball All-State and Academic All-State Florida Athletic Coaches Association. In Girl's Weightlifting, Natalie became one of only three Windermere Prep girl's ever to qualify for the Girl's Weightlifting State Championships. During her time on the competitive weightlifting team she set the school record in the Clean & Jerk. ~Micah Kurtz

## HIGH SCHOOL — SOCCER

### COACH ROZY PERFORMANCE

**Abbigail Schmidt**

**Center Back, Wingback, Mid-Field**

**Junior**

Abbigail “Abby” Schmidt was a stand out soccer player for Yankton High School as well as a great track athlete. On the Soccer Pitch, Abby played center back, wingback, mid-field. In the Fall of 2020, she had 6 defensive tackles per game, 2 blocked shots per game and averaged 3 assists per game. She was also part of the 2019 State Championship Team in soccer. In Track, as a jumper, Abby has posted a 15’ 7” long jump and a 32’8” triple jump as a freshman - because of COVID, she didn’t get her sophomore year in track. ~Mark Roozen

### KEYS HIGH SCHOOL

**Hayden Thomas**

**Center Midfield**

**Junior**

Hayden is a work horse in the weight room. She loves seeing improvements in her game, and she knows how getting faster and stronger has helped her. She is definitely the hardest worker on the field, and she pushes everyone around her. The improvements in her speed is making her a very dominant defender. ~Adam Hass

### PARKLAND SOCCER

**Kristian Gamache**

**Center mid...left and right striker**

**Sophomore**

Kristian was just scouted by Rollins Private College in Winter Park Florida ...Where he scored 5 goals in two diff games as a sophomore in High school at American Heritage High in Plantation Florida while maintaining a 3.1 GPA from home through covid19. ~Tony Davis

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Damarcus Parham**

**Midfielder**

**Senior**

Damarcus has made a multi-year commitment to his Strength & Conditioning that has helped him become an outstanding soccer player. His strength that he developed in the weight room has translated into speed and power on the soccer field. Additionally, he is a great teammate with an outgoing personality. His encouragement to his younger teammates will pay dividends in the weight room and on the soccer field in the years to come. ~Todd Johnston

### THE PENNINGTON SCHOOL

**Jordan Mahony**

**Defense**

**Senior**

Jordan's fun, quirky, "let's do this" personality makes her a pleasure to train. She has demonstrated that she understands the value of hitting it hard in the weightroom and in the classroom. Jordan and her team has had tremendous success including being the Prep A New Jersey State Champs three years in a row. Her hard work in the weightroom has paid off in toughness and tenacity on the field. That coupled with her hard work in the classroom has given her an opportunity to continue her soccer and athletic career at American University. ~John Kalinowski

## HIGH SCHOOL — SOFTBALL

### **CEDARBURG HIGH SCHOOL**

**Cassidy Gall**

**Freshman**

Cassidy is, without question, one of the hardest working athletes I have had the opportunity to work with. She has one speed, full tilt. She is a leader on the field/court/track and in the weight room. Cassidy brings a positive attitude to the weight room every day and motivates her teammates by her dedication to success. She is constantly striving to be better than she was the day before. ~Jon Verdegan

### **EVOLVE FITNESS STRENGTH AND CONDITIONING**

**Olivia Malinowski**

**Catcher**

**Senior**

Olivia is one of the most dedicated student-athletes that I have ever coached. Athletes such as Olivia make coaching a lot of fun because of her desire to be the best that she can become. She displays a strong work ethic in the weight room, in the classroom, and on the softball field. Her attention to detail in the weight room is also some of the best that I have ever seen, with a constant pursuit of trying to perfect her technique. It is due to factors such as these that have allowed Olivia to pursue playing softball in college at the NCAA Division I level. ~David LaPlaca

### **JAMERSON FAMILY YMCA (SPORT PERFORMANCE PROGRAM)**

**Emma Lemley**

**Pitcher**

**Senior**

Emma gives great effort and attitude in the classroom, in the game and while training in the weight room! ~Sarah Kline

### **KEYS HIGH SCHOOL**

**Kylie Stilwell**

**Catcher**

**Junior**

Kylie worked hard this off season leading up to softball season and really improved her strength and speed on the field. She started to see the improvements that she was having and started to fall in love with training because she wanted to become the best player that she can be. Kylie is strong academically as well. She currently has a cumulative 3.5 G.P.A. ~Adam Hass

### **PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL**

**Taylor Borkowski**

**Outfielder**

**Senior**

"Taylor is an outstanding leader in all she does including our strength and conditioning program. Her work ethic is tremendous and the underclassmen can always look to her example for technique, intensity and excellence." (Head Softball Coach, Brad Koch)

### **PLEX SOFTBALL CLUB**

**Hannah McGonigle**

**P, 3B**

**Sophomore**

Hannah has been diligently adhering to a performance program since 8th grade and has seen substantial growth in overall strength, explosiveness, and resilience over this past year especially. In one calendar year, Hannah has added 90# to her deadlift (225# to 315#), 70# to her back squat (155# to 225#), 20# to her bench press (75# to 95#), and 50# to her power clean (65# to 115#). These improvements have translated directly to her on-field and sport-specific metrics as well, including an 80.0# grip strength (up from 62.6#) and a 6'1" broad jump (up from 5'4"). Hannah is bought into the process and continues to prioritize her athleticism and general well-being over simply participating in softball alone, and she has served as a role model to others both on her team and especially on younger teams in the organization. ~Jennifer Boyden

## HIGH SCHOOL — SOFTBALL

### SACRED HEART ACADEMY

**Keira Corrigan**

**Outfield**

**Junior**

Keira has been the epitome of consistency throughout these trying times. When the world shutdown, she took advantage and got all necessary equipment to train and be ready for softball and whenever it started up. Eventually, when the world and sports fully start up again, it is not a matter of catching up for her, rather everyone else having to catch up TO her. Keira has been devoted to the weight room for over three years, enhancing her strength, power output, speed, and has missed minimal time on the field because of it. The speedy outfielder has personal bests of a 155-pound squat, 125-pound hang clean, and a home to first time of 2.8. What is more impressive is her ability to comprehend movements, become proficient in them, and progress at such a high rate in the weight room. As a coach, you want this type of athlete to be a part of your program, not just because of how fit she is, but her ability to lead by example. Keira crosses off everything a coach needs in a student-athlete ~Phil Giackette

### SOUTHSIDE CHARTER HIGH SCHOOL

**Lundyn Foree**

**Outfield**

**Junior**

Lundyn has grown tremendously through her time in our program. She trains consistently and always brings a positive attitude to training each morning. She has gone above and beyond in preparing for her softball season and is the ultimate competitor. She is a true asset to our program and an athlete any coach would be proud of. ~Deerick Smith

### SOUTHSIDE CHARTER HIGH SCHOOL

**Breanna Rea**

**Infield**

**Junior**

It has been awesome to watch Bre's growth not only athletically and in the weight room but also mentally. Seeing her grow from the idea of training is just something she has to do to something she truly embraces and enjoys has been fantastic to see as her coach. She is a leader for both our volleyball and softball programs and serves as a role model for the younger girls who look up to her. ~Deerick Smith

### THE RIVERS SCHOOL

**Sophie Bailey**

**Pitcher/Center Fielder**

**Sophomore**

Sophie, as a Sophomore is entering her third year on Varsity Softball. She is a tireless worker and has been diligent in her preparation this off-season. Sophie consistently stays after workouts for extra running and specific work for her throwing shoulder. Sophie leads by example every workout which in turn has motivated others and made those around her better. Her commitment to academics has carried over to a commitment to the strength and conditioning program. Sophie's positive attitude and work habits has created a great foundation for her exceling as a student athlete. ~Paul Sanclemente

### TYLER LEGACY HIGH SCHOOL

**Samira Matlock**

**Center Field**

**Junior**

Samira is dedicated to the strength and conditioning, both as a softball player and powerlifter. She always works hard and gets excited for PRs! She is a pleasure to work with and embraces any challenge I put in front of her. ~Andrew Pichardo



## HIGH SCHOOL — TENNIS

### **INSPIRATION ACADEMY**

**Mary Brumfield**

**Senior**

Mary is a once in a generation athlete. Her natural strength is one of the most incredible things I have ever coached. Her desire to get better physically has only helped her thrive in the tennis world. I will never get tired of seeing her move a barbell with ease, her 405lb deadlift and 405 squat is astounding as a 170 pound female, not to mention a 185lb bench, with those numbers climbing. Her presence in the Inspiration Academy weight room will be missed after this year. ~Brian Commerford

### **LAUREL SPRINGS SCHOOL - ELITE TRAINING PROFESSIONALS, LLC**

**Daniella Benabraham**

**Singles**

**Sophomore**

Daniella is a very intelligent and thoughtful person. Her resilience and ability to remain calm is well beyond her years, which helps her to remain disciplined to her goals and dedicated to her craft. Daniella has completely embraced a full time strength and conditioning program recognizing that her tennis goals are directly impacted by her physical ability to perform under pressure and remain injury free. She plays at the highest junior tennis level, competing around the world in International Tennis Federation (ITF) events while holding herself to the same high standards academically she does athletically. ~Mark Lerman

### **PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL**

**Emma Barron**

**Doubles**

**Senior**

Emma is a veteran member of not only PEAK Performance but also plays Doubles on our Tennis team. She is also part of our highly successful Competitive Cheer team. The strength that she has developed in the weight room has allowed her to be an important member of our teams and her personality and leadership have made her a valued part of PEAK Performance too. ~Todd Johnston

## HIGH SCHOOL — TRACK AND FIELD

### COACH ROZY PERFORMANCE

#### Thea Chance

#### Distance Runner

#### Sophomore

Thea Chance is a sophomore at Yankton High School in Yankton, South Dakota. An outstanding cross-country runner and track & field stand out, Thea has a PR in the 5k of 18:56, is a 2019/2020 class AA top 25 in Cross-Country, was 2019 SD All-State in Cross Country, 2020 All-ESD Cross-Country. She is predicted to be one of the top runners in the State for the 2020 Track & Field - and had been selected as top runner this past year before COVID hit. She is also on the School Honor Roll and in on the Student Council. Thea has used the weight room to help improve her running times and ranking - not missing workouts since the summer of 2020 all the way through off-season, in-season cross-country, off-season winter programs and into the spring of 2021. ~Mark Roozen

### COACH ROZY PERFORMANCE

#### Zach Fedde

#### Distance Runner

#### Sophomore

Zach Fedde is a sophomore at Yankton HS in Yankton, South Dakota. He as a personal best of 16:53 in the 5k. is the 2019 and 2020 Call AA Top 25 in Cross Country. Was All State runner in cross-country in 2020 as well as all ESD in the Conference in cross-country. Zach didn't get a freshman year of track because of COVID, but is expected to be a leader on the track this coming season. Zach is a leader in the weight room to the cross-country team and on the track teams distance running group. Squatting over 250 lbs, using plyometrics, power development and even doing speed work in the off-season has helped Zach to develop into a great runner - and predicted to be one of the states premier runners into high school. ~Mark Roozen

### COACH ROZY PERFORMANCE

#### Andrew Gustad

#### Pole Vault

#### Junior

Andrew Gustad is a 3 sport athlete from Gayville-Volin School in South Dakota. He placed 3rd his Freshman year at the State Track Meet in the pole vault, but didn't get to compete because of COVID this past year. He is predicted to be one of the top vaulters again in the State in the Spring of 2021. On the GridIron, Andrew averaged 7.5 yds per carry with 7 touchdowns in 6 games. He averaged 12 yds per reception on offense as well. He as over 800 all purpose yards and accounted for 56 points during the season. He had 44 Solo Tackles and 45 Assisted tackses with 2 pass breakups in the season. On the basketball court Andrew averages 13 points a game, 7 rebounds a game and has 4 assists. In the weight room, Andrew leads the team, Squatting 405 lbs, Benching 315 lbs while having a 29 inch vertical, a 4.65 40 and a 4.3 pro agility run. ~Mark Roozen

### COACH ROZY PERFORMANCE

#### Kayla VanOsdel

#### Thrower

#### Senior

Kayla VanOsdel is a three sport athlete at Gayville-Volin High School in South Dakota. She is a standout in all three sports as well as a leader in the weight room. Kayla was State Discus Champion in 2019 as a sophomore, did not have a track season last year, but is expected to be a top leader in the state in throw events. Her weight room work, with a 250 lb squat, a 140 lb bench, her dedication to not missing training is what allows her to compete at a high level. In Volleyball, Kayla had 837 kills, and 650 digs for her career. In Basketball, she averaged 10 ppg, 12 rebounds per game and 5 assists per game. She looks to continue her throwing career in college. ~Mark Roozen

## HIGH SCHOOL — TRACK AND FIELD

### FOX CHAPEL AREA HIGH SCHOOL

**Jessica McCann**

**Track and Field Thrower**

**Senior**

Jessica McCann is an exceptional student and athlete at Fox Chapel Area High School in Pittsburgh, Pennsylvania. Jessica is an accomplished thrower who unfortunately was denied her junior season due to the pandemic where she would have definitely would have been among the top throwers in the state. Jessica throws shot put, discus, javelin, weight and hammer and has committed to continue her academic and athletic career at Seton Hill University this fall. Jessica has consistently demonstrated a dedication to training for her sport and is one of our most dedicated athletes in our strength and conditioning program at Fox Chapel High School. In addition to being an exceptional athlete, Jessica is a very accomplished student and artist. She maintains a 3.99 QPA and is a member of the National Honor Society. Jessica also is a national award winning artist having recently won the Design Arts competition from the National Young Arts Foundation. Jessica truly embodies everything we believe a student athlete should be. ~Brandon Peifer

### GOSHEN CENTRAL SCHOOL DISTRICT

**Andrew Svede**

**Offensive Line, Shot Putt, Discus**

**Senior**

Andrew has been an inspiration to me over the last 4 years. Walking into the weight room without any experience, he has built himself into a leader in the weight room. First in, last out never missing a workout and finding a way to get things done. He has set a high standard for himself and his teammates. Andrew deserves this recognition through his hard work and dedication to improving every day. ~Robert McIntee

### GOSHEN CENTRAL SCHOOL DISTRICT

**Emma Wapshare**

**Senior**

Emma is a hard worker. She will always go for the extra rep and look for what else can she can do. Emma is willing to search for answers. Always looking for how to improve technique in the weight room and on the field. A great teammate she leads by example and is always willing to offer encouragement and help where she can. Emma deserves this recognition for her hard work and leadership. ~Robert McIntee

### IOWA CITY HIGH SCHOOL

**Mike Rew**

**Short Sprinter**

**Sophomore**

Mike has showed great leadership to both the underclassmen and varsity sprinter groups for both the off-season and pre-season periods of training. Mike shows accountably at every workout and takes pride in his ability to train at a high level and to communicate lifting technique to those inexperienced lifters within the program. His commitment to helping make our other athletes "better" regardless of event, has been paramount to moving our program forward; something that is intrinsic, and cannot be coached, as Mike has been one of those athletes that has demonstrated this intrinsic attribute week in and week out in the weightroom. Mike, truly, demonstrates what it means to be an All-American Athlete in Strength and Conditioning. ~Jason Dwight

## HIGH SCHOOL — TRACK AND FIELD

### KEYS HIGH SCHOOL

#### Nate Fields

#### Runner

#### Senior

Nate shows up ready to work every day and has improved so much because of it. He leads by example because of his work ethic in the weight room. Nate never was the faster kid on the track and his work ethic with strength and conditioning this year has put him in a position to be very successful this season. ~Adam Hass

### KEYS HIGH SCHOOL

#### Sierra Winkler

#### Runner

#### Junior

Sierra is one of the hardest workers I have ever met. She is a committed student-athlete. She maintains a 4.0 G.P.A. while being a multiple sport athlete, and a manager for the football team. She is a natural leader and pushes her teammates every time they are in the weight room. Sierra hasn't only improved her athleticism because of getting faster and stronger, but her entire team improved due to her leadership skills in the weight room. ~Adam Hass

### NORTH STAR HIGH SCHOOL

#### Samantha Fox

#### Jumper

#### Junior

Samantha is an outstanding student/athlete who has been in a Weight Training Class every semester of her high school career. She has a very happy, outgoing and positive young lady. I often use her to demonstrate exercises and as a Student Coach to assist her peers during the training session. Samantha is a self-motivated and hard working young lady that will go on to inspire and help others. ~Stewart Venable

### NOTRE DAME ACADEMY

#### Will Zellner

#### RB / DB

#### Senior

Will has been a leader in the weight room all four years. Always a role model for our younger athletes, always willing to help out in whatever way possible and always putting forth his best effort. ~A.J. Giovanetti

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

#### Tamia Balli

#### Sprints

#### Senior

Tamia is a veteran member of both PEAK Performance as well as a Sprinter on our Track and Field and also a member of our highly successful Competitive Cheer team. The strength that she has developed in the weight room has allowed her to be an important member of our teams and her leadership has made her a valued part of PEAK Performance too. ~Todd Johnston

### POPE JOHN XXIII HIGH SCHOOL

#### Afua Agyekum

#### Multi Event

#### Senior

Afua is a track and field athlete who competes in a variety of events including sprints, jumps, throws, and decathlon. Afua is near or at the top of nearly all of our categories on our weight room record board and still has not finished her senior year for winter and spring track. Afua is an excellent student, a phenomenal athlete, and an even better person. I am proud to nominate her as an NSCA All American. ~Joe Lopez

## HIGH SCHOOL — TRACK AND FIELD

### PRESS ON PERFORMANCE

#### Karly Just

##### Distance

##### Senior

Karly has an unwavering determination and work ethic. She has overcome many obstacles, yet continues to push forward to be in the best shape that she can be in. I am looking forward to Karly being an excellent leader for her T&F team this spring. ~Tyler Thielges

### PROVIDENCE DAY SCHOOL

#### Falon Spearman

##### 55m, 100m Hurdles

##### Junior

Falon Spearman has been a great addition to the Strength and Conditioning workouts for the track team. She has led by example and always puts in her best effort. Falon works very hard in the weight room and understands how it benefits her performance on the track.

3 X State Champion

2 X All American in the 100m hurdles

Ranked #5 in the US in the 55m hurdles

~Thomas Caruso

### PROVIDENCE DAY SCHOOL

#### Brunner Williams

##### 100m, 200m, 400m

##### Sophomore

Brunner Williams has been a great addition to the Strength and Conditioning workouts for the track team. He has led by example and always puts in his best effort. Brunner works very hard in the weight room and understands how it benefits his performance on the track.

2 X Independent Schools Champion

#1 Soph in NC in the 55m and #7 in the country

#2 Soph in NC in the 300m and the #25 in the country

~Tom Caruso

## HIGH SCHOOL — VOLLEYBALL

### **CEDARBURG HIGH SCHOOL**

**Kathryn Johnson**

**Outside Hitter**

**Sophomore**

Kathryn is a fearless competitor in the weight room and on the playing surface. She has done everything asked of her, without hesitation. Her attitude and work ethic in the weight room are contagious, as she brings all-out effort and a positive attitude to every workout. She is the ultimate team player. ~Jon Verdegan

### **COACH ROZY PERFORMANCE**

**Jordan Salvatori**

**Middle Blocker - Opposite Hitter**

**Junior**

Jordan Salvatori is a three sport athlete at Yankton High School in South Dakota; participating in Volleyball, Basketball and Track. Jordan is a dominant force in Volleyball at 6' and 145 lbs with a 22.2 inch vertical jump. She has 123 kills for the past season, 158 digs, 11 aces and 35 blocks. Her PR's in Track & Field is a put of 31' 6" in the Shot, and 92' 6" in the Discus. She is also a stand out on the basketball court. Her work ethic, leadership and hard work in the weight room for all sports is what helps her to be a leader and captain in the sports she plays. During the pandemic, Jordan would still be dedicated to find time to train, work on her skills and improve her strength, power, movement and develop more stability and flexibility during the down time. ~Mark Roozen

### **DISCOVERY HIGH SCHOOL**

**Angel Bich An Nguyen**

**Outside Hitter**

**Junior**

Angel is a fantastic student-athlete. She always shows up ready to train with a positive attitude. She is new to the weight room with me but is always ready to learn and try something new while helping others at the same time. She currently plays for our school volleyball team participates in the school orchestra, all while maintaining a 3.2 GPA. ~James Romaniw

### **GARDNER EDGERTON HIGH SCHOOL**

**Kendra Wait**

**Setter**

**Senior**

Kendra Wait has been a 4 year starter for the Gardner-Edgerton High School volleyball team. She has earned numerous awards throughout that time. Her most prestigious awards include the Kansas Gatorade player of the year in 2019 and her selection as a member of the Under Armour All American Volleyball team in 2020. In addition to her volleyball accomplishments, she has also thrived in Track and Field. She is a 2-time state champion in the 100m dash and also was a state champion shot putter her sophomore year. She was named Kansas Gatorade Track and Field Athlete of the Year as a sophomore. Unfortunately Kendra was unable to compete in track her junior year due to the pandemic. Her leadership, work ethic and accomplishments in the weight room have helped contribute to her success in her athletic endeavors. Kendra has personal bests that include a 330lb full back squat, 200lb clean and a 32 inch vertical jump. Kendra possesses high character qualities that match her athletic talents. She is a great representation of what happens when you dedicate yourself fully to every aspect of preparation for your sport. In addition to her athletic accomplishments, she is a 4.0 student who is involved in Student Council as well as a member of the National Honor Society. Kendra will attend Creighton University on a volleyball scholarship next year. ~Mark Simoneau

## HIGH SCHOOL — VOLLEYBALL

### JOPLIN HIGH SCHOOL

**Kaylie Anderson**

**Libero**

**Senior**

Kaylie has been the heartbeat of our volleyball team as an emotional leader. Kaylie overcame an ACL injury that sidelined her junior season to record 345 digs during her senior year. She earned All-District honors as well as being nominated Defensive Player of the Year by her coaches. Kaylie is the epitome of a student-athlete as she carries a 3.8 GPA and is a member of the National Honor Society. Kaylie also competes in track anchoring the 4 x 200 and 4 x 400 relay teams. Kaylie's current bests include a 120 lb clean, a 215 lb squat and a 110 lb bench press. Kaylie's work ethic is unsurpassed and she has set a new standard for the women's athletic programs at Joplin High School. ~Michael Lawrence

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Laura Perrin**

**Middle Blocker**

**Senior**

It is an honor for me to nominate Laura Perrin for All-America status from the NSCA. Laura is a longtime member of PEAK Performance and has done a great job working on her Strength & Conditioning. Her commitment to her fitness allowed to excel on both our Volleyball team and also as a member of our Basketball team. Laura is also an outstanding student and will finish in the top 10 in her graduating class. Congratulations, Laura. ~Todd Johnston

### PENNSBURY HIGH SCHOOL

**Keira Rogan**

**Outside Hitter/Defensive Specialist**

**Sophomore**

Keira lets her performance speak for her. She is quiet...but she attacks her training with ferocity! She continually accepts every challenge that I throw at her. I gave her a goal of squatting 225lbs by 3/21/2021 and she accomplished it 4 wks early! Her strength and power continue to surge. I can't wait to see what the next two years produce. ~John Kalinowski

### SOUTHSIDE SCHOOL DISTRICT

**Lexie Dale**

**Setter**

**Junior**

Lexie Dale is the hardest working athlete in our program and the most motivated individual I have coached in my career. She is a leader to all our younger girls and goes above and beyond training year round. I look forward to seeing her excel at whatever she sets her mind to in life. ~Deerick Smith

## HIGH SCHOOL — WRESTLING

### GARDNER EDGERTON HIGH SCHOOL

**Gus Davis**

**Senior**

Gus Davis has been one of the top wrestlers in the state of Kansas over the past two seasons. He was named the most outstanding wrestler at this year's Sub-State tournament and won the Class 6A State Championship at the 195lb weight class going 30-0 as a senior. Along with those achievements, Gus was also presented with the National Wrestling Coaches Association & The United States Marine Corps Leadership and Character All-American Award in 2020. In addition to being an outstanding wrestler, Gus has also excelled as a football player. He garnered both All-League and All-State honors as both an Offensive and Defensive Lineman. Gus has an incredible work ethic and leads by setting the highest standard for his fellow teammates and students. Gus is fully committed to training and preparing in the weight room to be the best that he can be. He is highly focused, driven, and pays attention to the smallest details. Gus owns a 445lb full back squat, a 330lb bench Press, and a 275lb clean. Gus is also an outstanding student who has a cumulative GPA of 3.936. Gus will attend Grand View University on a scholarship next year to continue his education and wrestling career. ~Mark Simoneau

### NORTH STAR HIGH SCHOOL

**Oscar Beltran**

**Wrestler**

**Senior**

Oscar is an outstanding young man and hard-working student/athlete. Oscar is intense on the mat and in the weightroom. He holds several records in lifting and works hard on his academic career. He always goes out of his way to make other students feel more confident in the weightroom and praises their efforts. He is an excellent athlete and sets the bar for all to strive to achieve in our weightroom. He is a very friendly, positive young man and I have enjoyed the opportunity to be his S&C Coach. ~Stewart Venable