

COLLEGE — GOLF

APPALACHIAN STATE UNIVERSITY TIMOTHIOUS TIRTO TAMARDI

Junior

Tim has been an exceptional teammate on and off the field during his time at Appalachian State University. As part of the Men's Golf team, Tim has always been the type of athlete that goes above and beyond to not only continue to get better on the course, but continue to help his teammates get better as well. Tim is very consistent with his work ethic and it shows on every aspect of his daily routine. ~Henry Murray

DALLAS BAPTIST UNIVERSITY JULIA GARCIA

Julia's passion for training was not always burning bright but when she began to see the results and find enjoyment in it, she has renewed her commitment to performance. Julia could barely do a glute bridge her freshman year and is now one of the strongest girls on the team. She regularly stays after to get extra work and encourages her teammates to join her! ~Alex Spencer

IDAHO STATE UNIVERSITY TYA SETH

Senior

Tya has been nothing but a delight to work with during our brief time together. She's a natural leader and competitor who brings a great attitude to every training session. Tya's willingness to take initiative not only for her own betterment, but for the betterment of her team is what impresses me the most. She continues to seek advice and guidance from our strength staff and has been a positive influence for her teammates. ~Brandon Stephens

IOWA STATE UNIVERSITY RICKY COSTELLO

Senior

Ricky's happy place is the weight room! He is someone that comes into every session with maximum intent. He is well respected and uses his voice to unify and create harmony amongst the team. He is excited for the success of those around him and completes his day to day tasks with integrity. Ricky continuous to show improvements in strength and power, even after years of training. He will continue to do so because of his dedication and strong work ethic, which will serve him well as he pursues golf on the next level. ~Madeline Prado

IOWA STATE UNIVERSITY TAGLAO JEERAVIVITAPORN

Junior

JJ is a fun spirited individual. A true professional at her craft, JJ tackles every task with gratitude and respect. The growth she has shown this year comes from her willingness to put in the extra work. She is open to criticism and uses it to fuel change. Her game, confidence and weight room performance continue to increase and I'm excited to see her development in all areas. ~Madeline Prado

LONG ISLAND UNIVERSITY ANDRÈ ULVENES KLEPPE

Sophomore

Andre has been one of the hardest working athletes both in the weight room and on the course. He is always striving to get to that next level. Kleppe will continue to push the envelope and be successful in life. ~Robert Bouchey

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THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY LEONARDO NORVELLA

Sophomore

Competed in six tournaments ... finished tied for 14th at the Western Athletic Conference Championship with a three-round score of 219 after posting rounds of 72, 75, and 72 ... tied for 78th at El Macero Classic with a three-round 238 after rounds of 77, 87, and 74 ... finished tied for fifth place at the Big Texan Invitational after posting a three-round 215 with rounds of 71, 70, and 74 ... tied for 45th at the GCU Invitational with a three-round 222 after posting rounds of 72, 73, and 77 ... posted a fourth place finish at the Colin Montgomerie Invitational with a three-round 215 with rounds of 68, 77, and 70 ... made collegiate debut at the LaTour Intercollegiate where he finished tied for 21st with a two-round 149 after rounds of 80 and 69. ~Eric Sparks

UNIVERSITY OF DELAWARE ROBERTO NIEVES

Senior

Roberto has worked hard to accomplish his goals in the classroom, community, weight room, and on the course. He has used his time in the weight room to expand his abilities on the course at the highest level. Currently, Roberto is the Golf program leader with 13 career rounds in the 60s. He also averages 72.27 shots per round, the lowest in program history goal percentage. He understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways to remain dominant in his sport. 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. ~Mesiah Polycarpe

UNIVERSITY OF TENNESSEE AT MARTIN TATE CHUMLEY

Senior

Tate's performance as a student-athlete on/off the course, in the classroom, and in the weight room make him a deserving candidate for this award. Tate has been a mainstay in our golf line-up since arriving on campus as a freshman. Through his consistent work on and off the course, he gathered All-OVC honors and helped the program win the OVC conference championship in 2021. Tate is another fantastic leader and example for the program on how the weight room can positively impact one's development as a golfer. ~Chris Gillies

UW-WHITEWATER JESSICA LABERGE

Senior

Jessica is a tireless worker and is truly dedicated to using strength and conditioning to help her golf game. She always does everything asked of her and goes above and beyond with her tremendous work ethic. Jessica has been a contributor to a strong Warhawk golf team and is looking forward to a great Senior season. ~Lee Munger



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

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WEST TEXAS A&M UNIVERSITY

JOSH ROCHE

Junior

Josh is an outstanding athlete to have in the weight-room. He brings the team together by setting the standards high and is bought in to the value that strength and conditioning adds to golf and his personal life. Not only is he extremely coachable, he leads by example through his commitment to lifting and never misses a beat. He consistently improves his strength, attention to detail, and desire to help others. I can always trust that Josh will work hard, guide others to improve their technique and effort, and implement the feedback he is given. I am positive that whatever environment Josh finds himself in, his peers will continue to look up to him for his positive attitude, the way he treats others, and his ability to get the job done. ~Sophia Kennedy

WILLIAM WOODS UNIVERSITY

PAIGE HAWKINS

Senior

Paige Hawkins is a great example of hard work and dedication. Each year she has worked hard to improve herself physically and mentally. Paige has gained strength and power which has greatly enhanced her golf game. This past fall she shot her best round of 1 under in a tournament. 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. Paige will be greatly missed next year. ~Bob Jones