

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — TENNIS

ALBANY STATE UNIVERSITY DOYLISHA COPELAND

Senior

Doylisha has been a consistently hard worker for four years. he continues to lead by example. She has performed on and off the court, having been named SIAC Player of the Week as well as the SIAC Commissioner's All-Academic Team. Her weight room numbers are 145 lbs. on back squat, 115 lb. on bench press, and 145 lbs. on hang clean. ~Troy Williams

DUQUESNE UNIVERSITY KAIPO MARSHALL

Sophomore

Kaipo is an outstanding student-athlete who is extremely meticulous and driven in the weight room. His efforts during training are unmatched and it correlates with the success he has experienced on the tennis court. He constantly works to get better; he has come in for extra training sessions to stay on top of his game. His genuine character and positive outlook in his approach to all things has been a pleasure to coach this past year. ~Elizabeth Lee

ENDICOTT COLLEGE JUSTINE HOOVER

Senio

Justine has always been one of the hardest workers in our program. She's done a great job as a leader and has helped shift the team culture in a more dedicated direction. She's been one of the most successful studentathletes we've had on the court, and that has been aided by her commitment and development to strength & conditioning. Her passion and effort to get better personally are remarkable. ~James Daley

HOLLINS UNIVERSITY CARLIA KEARNEY

Junior

Carlia is a junior on the women's tennis team for Hollins University and pursuing a major in psychology and minor in philosophy. Carlia is extremely dedicated to improving her performance, she requested additional strength training and tennis skill sessions during the off-season. As a result, she has shown tremendous improvements in her sport performance through her dedication to strength and conditioning and improving her craft on the court. Carlia has also excelled academically, being named to the dean's list, and the ODAC All-Academic Team this year while also participating as an active member of the black student alliance. Carlia has a positive energy that is infectious and she has the best sense of humor. We can always count on her to put a smile on our faces and make us laugh. It is with great pleasure that I nominate her for this award. ~Leslie Williams

IDAHO STATE UNIVERSITY HANA CHO

Sophomore

Hana has a lead by example personality but her ability to push herself and buy into the program has stood out tremendously. I can always count on her to follow the program and get everything done. This discipline has shown success on the court as well beating some top talent this year. As just a sophomore I look forward to watching her get stronger and even more successful on the court. ~Brandon Rodewald



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — TENNIS

IDAHO STATE UNIVERSITY ANDREAS KRAMER

Sophomore

Andreas has been a pleasure to coach this year, always bringing energy, effort and discipline to the weight room. He was our strongest guy this year and motivated the rest of the team by pushing the weight on his lifts and by encouraging others to push themselves as well. His hard work has transferred onto the court, and I look forward to seeing his success continue. ~Brandon Rodewald

SPRINGFIELD COLLEGE LUCAS VAN DEVENTER

Senior

When Lucas is in the weight room, he is working to get better not only for himself but for his teammates. He leads by example and provides encouragement and support to everyone around him. He always puts others first, and I believe this quality will lead him to success as an athlete and beyond. "Kaitlin Veigl

THE UNIVERSITY OF HONG KONG CYRUS LIU

Singles

Freshman

Cyrus is determined to compete at the highest level of international tennis competition. After many years of exposure to elite level coaching and training philosophies, Cyrus has found his own pathway and fully embraces the need for Mental Performance Training as well as a comprehensive Strength and Conditioning program. His effort to improve by doing all he can and focusing on the 'controllables' is beginning to shape him into the man he wants to become. As a member of the coaching team that has been with Cyrus for many years, it extremely rewarding to witness the maturity and enjoyment this young man demonstrates toward his development as a person and an athlete. "Mark Lerman