



# NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## COLLEGE — BEACH VOLLEYBALL

### JACKSONVILLE UNIVERSITY

#### SHAYLEE BEFUS

##### Senior

Shaylee is a leader not only on the sand but in the weight room as well. She brings tremendous effort and energy, pays attention to the small details, and doesn't accept anything less than her best. Shaylee pushes herself and her teammates to be the best versions of themselves they can be every day. She embodies everything about this award. Her passion for strength and conditioning is truly unmatched and she is deserving of every award she receives. ~Kaitlan Aries