

## COLLEGE — SOCCER

### AUBURN UNIVERSITY

#### MADDIE PROHASKA

##### Goalkeeper

##### Sophomore

Maddie is dedicated to becoming the best goalkeeper in the SEC and making it to the next level. She is constantly looking to put in the extra work needed to be great. Starting as a freshman in 2020, she earned top drawer team of the week honors as well as SEC all freshman team honors in 2020, named to SEC preseason watchlist in 2021, two time SEC defensive player of the week in 2021. Lead our team to a SEC league best 5 shutouts. Only the beginning for this highly driven young athlete. ~Matt Smith

### AUGUSTANA UNIVERSITY

#### JENA MITCHELL

##### Defender

##### Senior

Jena's love for lifting has been a tremendous asset throughout her career. She has set a great example for her teammates while still having fun in the weight room. Jena has been named to the NSIC Fall All-Academic Team multiples times throughout her career. Jena's consistency and high effort mentality are qualities that will be a great advantage as she continues on into her career. ~Andrew Stocks

### AURORA UNIVERSITY

#### JESSICA MIRSKY

##### Midfield

##### Senior

Jessica brings outstanding work ethic both on and off the field. Her leadership and passion to the soccer and strength and conditioning program motivates her teammates to be better every single day. She is committed to academic and athletic excellence and has been recognized as a NACC scholar athlete. ~Jenee Rago

### CLEMSON UNIVERSITY

#### CAROLINE CONTI

##### Forward

##### Junior

Caroline arrived to Clemson with a highly talented class. She stands out due to her overwhelming desire to compete and work on the pitch. Caroline has been named both the ACC Offensive Player of the Week and United Soccer Coaches National Player of the Week multiple times during her career thus far at Clemson. Her leadership and talent extends to the weight room as well as conditioning sessions. Caroline has emerged as a leader who possesses a mix of humility and swagger. She leads by example and has an approachable personality which allows for her to be a great teammate. Caroline is part of the Women's Soccer leadership group and is a reliable athlete both in her sport and in Strength and Conditioning. ~Ryan Metzger

### CLEMSON UNIVERSITY

#### GEORGE MARKS

##### Keeper

##### Senior

Displaced exceptional work ethic and was relentless in developing and executing his process. ~Michael Bruno

### COLORADO COLLEGE

#### BRANDON BURKE

##### Goal Keeper

##### Junior

Brandon is a phenomenal leader in the weight room and on the field. He puts in 100% effort day in, and day out. He brings the moral of the rest of the team up and is constantly looking out for his teammates. Brandon has seen a lot of progress in strength and speed due to his hard work in the weight room. ~Derek Savage

## COLLEGE — SOCCER

### COLORADO COLLEGE

#### ASPEN JETER

##### Defender

##### Senior

I'm very excited to nominate Aspen for this award. She exemplifies everything we look for in a high performer that can elevate your team on and off the field. She is a high character individual who brings it every day to every session and I've appreciated her work and enjoy working with her. ~Cam Davidson

### CULVER-STOCKTON COLLEGE

#### CORAL DILLIE

##### Forward

##### Senior

Coral is an exemplary leader inside and outside of the weight room. Over the course of her four years with Culver-Stockton Women's Soccer, she has shown great consistency and enthusiasm in her training. Her dedication to improvement is infectious amongst her teammates. Beyond the weight room and pitch, she is the true definition of a scholar-athlete. As a Health Science major and while working toward her MBA, Coral has worked as a strength and conditioning intern coaching and programming for the Wildcats. Coral, thank you for all you have done for C-SC Women's Soccer and this strength and conditioning department over the past four years. ~Tyler Aulbur

### DALLAS BAPTIST UNIVERSITY

#### ALEX KNEPPER

Alex is always going above and beyond with his training. He is truly invested in understanding the principles and science behind our training programs. He has started interning with our Athletic Performance Department and I have seen him reach a new level of understanding and passion. His work ethic does not stop at the pitch or weight room. He is a leader in the locker room and boasts a 3.95 GPA. ~Alex Spencer

### DUQUESNE UNIVERSITY

#### BELLA DEFABBO

##### Goal Keeper

##### Senior

Bella has consistently worked to improve her fitness/strength development over her career. She is someone that shows up to training every day with a positive attitude and strong desire to get better. Her outstanding work ethic both on and off the field has made her an exceptional leader. ~Chris Gilman

### DUQUESNE UNIVERSITY

#### BROOKE KIRSTEIN

##### Forward

##### Sophomore

Brooke has gone above and beyond to improve her performance as a soccer player. She is always seeking out extra conditioning sessions and ways to improve her sport performance. Her ability to lead by example and encourage others has molded her into the ultimate team player. ~Chris Gilman

### DUQUESNE UNIVERSITY

#### DOMENIC NASCIMBEN

##### Goalkeeper

##### Senior

When you think about the word competitive, you need to think about Dom. This is an athlete who will do everything in his power to make sure he is setting himself apart from the crowd. Not only does he do all of the required and optional extra work, but he requests even more on top of that. He doesn't just try to outwork his competition; he also tries to best himself, regularly challenging teammates and coaches alike to critique his form to make sure each rep is performed better than the last. Dom's leadership on the team is highly evident by his regular encouragement to his teammates, driving them to bring the same level of competitiveness that he demonstrates day after day, rep after rep. ~Ryan Schaub

## COLLEGE — SOCCER

### EMERSON COLLEGE

#### JOSEPHINE MAZZA

##### Defense

##### Junior

JoJo is one of the most consistent athletes at Emerson when it comes to strength and conditioning. She understands the importance of training year round to become a more robust and resilient athlete. JoJo leads by example in the weight room and on the pitch. ~Ron Smithers

### ENDICOTT COLLEGE

#### JOE MEPHAM

##### Midfield

##### Sophomore

Joe has a steely determination and high level of focus when it comes to competition, honing his skills as an athlete, and working toward his career goals on and off of the soccer field. He has the ability to motivate his teammates through his actions of outworking others and playing sports aggressively. These personality traits are directly correlated to his success in the strength and conditioning arena. Joe uses the strength gains, speed and stamina gains, and discipline learned from following a strength and conditioning program to ultimately support his individual success in all aspects of his life (great health, strong mentality, positive relationships, and balancing academics/athletics). Joe Mephram has been selected by his peers and coaches as the men's soccer team captain. ~James Daley

### FAIRMONT STATE UNIVERSITY

#### TAYLOR KENNEDY

##### Goalkeeper

##### Junior

Taylor Kennedy, a junior from Evans, West Virginia is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. As a goalkeeper, Taylor has started every game of her collegiate career and has

earned All-Mountain East Conference post-season honors in all three of those seasons. She has an .859 career save average. Taylor is a team captain and is a leader in the weight room, on the field and in the classroom. She is majoring in exercise science and currently has a 3.91 GPA. In addition to her on-field honors, Taylor has been named to multiple MEC All-Academic teams for her achievements in the classroom. Our soccer program, strength & conditioning program and entire athletic department are all better because of student-athletes like Taylor Kennedy. ~Adam Kolberg

### GEORGIA GWINNETT COLLEGE

#### THOMAS HERWIG

##### Defender

##### Junior

Since arriving at GGC as a freshman transfer, Thomas has worked extra hard in the weight room. He is always working to improve his movement quality and works to motivate others to always be a little better. He has made quality strides to increase his squat and deadlift numbers concurrently noting improvements in his jumps and power. His drive and enthusiasm in the room are unmatched. ~James Williams

### GEORGIA GWINNETT COLLEGE

#### JOY MERTZIG

##### Forward

##### Junior

After battling thru injury most of her career, Joy was able to play in the majority of the games due to the dedication and hard work in the weight room. A leader on and off the field, Joy worked to increase her flexibility, strength and power so she could continue to compete at a high level. Her attention to movement qualities were vital in her long-term success. ~James Williams

## COLLEGE — SOCCER

### HOBART AND WILLIAM SMITH COLLEGES

#### SARAH GRAY

##### Forward

##### Senior

Sarah Gray – If you could bottle up and sell Sarah Gray’s energy, enthusiasm and weight room execution, I would be a millionaire. I can confidently say I have never met someone who through thick and thin shares such a positive aura with those that she is around. Sarah is also a BEAST in the weight room and never shies away from a challenge. Boasting a 200+ pound back squat as well as a 100+ pound bench, her dedication to this room is unparalleled. Sarah is a tremendous athlete but more importantly she is one of the best human beings I have had the pleasure to coach and be around. ~Chris Gray

### HOLLINS UNIVERSITY

#### MADISEN CHARLES

##### Forward

##### Senior

Madisen is a senior forward on the soccer team and pursuing double majors in psychology and public health. She is one of the most dedicated and hardworking students-athletes I have encountered in my career. I’ve had the pleasure of Coaching and mentoring Madisen as a student-athlete on the soccer team and as an intern strength and conditioning coach for most of her career at Hollins. She consistently gives amazing effort and positive energy in everything that she does. Madisen has an extremely strong work ethic, she always shows up, puts in the work, and is coachable. She has been extremely dedicated to strength training, increasing her personal records in all her lifts every year. Beyond that, Madisen has been a leader academically as she was named to the ODAC All-Academic Team and the dean’s list for multiple years. Additionally, she is currently serving as the president of the Student-Athlete Advisor Committee. Madisen has shown tremendous courage and resilience, persevering through extremely some difficult circumstances while always striving to do her

best at everything that she does and push others in the same way. Madisen has the heart of gold and has been a tremendous leader for her team and many others. It has been a privilege to Coach Madisen and watch her mature into such an amazing young adult. The sky is the limit for this young woman! ~Leslie Williams

### HUNTINGDON COLLEGE

#### DOREN STALEY

##### Defender

##### Senior

Doren has done a tremendous job in leading by example, and encouraging those within her program to perform at a high level. Her commitment has been unwavering, and her sacrifice priceless. ~Charles Goodyear

### IDAHO STATE UNIVERSITY

#### GABBY WARTA

##### Midfielder

##### Freshman

Gabby has shown success both on the field and in the weight room this year. As a freshman she led the team in goals this past season and has become a leader in the weight room as well. Her hard work to improve her own strength and speed is well respected by the team and she’s been incredible to coach. I look forward to watching her continue to grow as a leader and become even more dominant on the field. ~Brandon Rodewald

### IOWA STATE UNIVERSITY

#### EVA STECKELBERG

##### Holding Mid-Fielder

##### Junior

Eva is a leader for us in every aspect. She is a major contributor on the field and consistently pushes herself and everyone around her in all aspects of training on a daily basis. She excels in the classroom and has sacrificed time to serve in her community. She is an incredible teammate, competitor, and the best person. ~Tyler Raborn

## COLLEGE — SOCCER

### LONG ISLAND UNIVERSITY

#### ALAN MARTINEZ

##### Freshman

Alan has exceeded expectations both on the field and in the weight room. He has a special type of drive that cannot be taught. Martinez might be a man of few words but works hard every day and will continue to strive throughout his college career. ~Robert Bouchey

### MARYVILLE UNIVERSITY

#### NICK HEMANN

##### GK

##### Junior

Nick has continued to be a stable presence in the weight room and on the field. He has continued to grow in strength and power over the seasons and earned his starting spot on the field. Nick has continued to learn and grow in the weight room by buying in to the program. Last year he was able to secure the starting spot and made 15 starts. He had an incredible 0.84 goals against average making 44 saves on the season with 6 shutouts and was named GLVC Defensive Player of the Week. ~Jake Fitts

### MCMURRY UNIVERSITY

#### KATE HOLLAND

##### Defender

##### Senior

Holland has shown not only improvement in her movements in the weight room, she has also excelled in her processing in returning to play. After an injury setback, she worked hard in order to allow herself to return to play at the best of her ability. Coming back stronger than before, while still being a leader for her program. ~Zak Snell

### MENLO COLLEGE

#### ROBYN ROWLEY

##### Midfielder

##### Junior

Robyn's dedication to strength and conditioning is unparalleled. She leads by example and with her voice, this is even more impressive as she returned from prior years knee injury. She spent the entire summer in the weight room and training room getting ready to come back to the field. Robyn's effort, attitude show her resiliency. Her positive attitude and energy are something that all athletes should strive for. ~Victor Brankovich

### MENLO COLLEGE

#### ALLY SALZWEDEL

##### Forward

##### Senior

Ally Salzwedel's career is a great example of how hard work, perseverance, and confidence in one's self can lead to great accomplishments in sports and eventually in life. Ally arrived on campus and immediately began the process of self improvement as an athlete and as a person. She took full advantage of every part of our sports performance department showing steady improvements on a yearly basis. This culminated in 2021 when she stayed for her third summer session and arrived into fall soccer ready to compete as a starter. She not only gained a starting position, but was our leading goal scorer and a team leader. ~Victor Brankovich

## COLLEGE — SOCCER

### MERRIMACK COLLEGE

#### MIRKO NUFI

##### Back

##### Senior

“Having been a part of Merrimack College Men’s Soccer first as an All – Conference performer, then transitioning to volunteer assistant coach on the field once eligibility ended, then as a student – assistant Strength and Conditioning Coach, Mirko is the embodiment of commitment, loyalty, and service. His development on and off the field is driven by a commitment to physical preparation, with his influence in evolving the relationship his teammates have to the process is a testament to the strength of his personality and character. As a representative of the strength and conditioning department as an athlete, then intern, and now student – assistant, Mirko beyond took advantage of the opportunities for growth, development, and ultimately, leaving an unmatched legacy at Merrimack.”

~Michael Kamal

### MISSOURI VALLEY COLLEGE

#### MORGAN DIERKS

##### Midfielder

##### Junior

Morgan is incredibly dedicated to bettering herself in the weight room. She has shown time and again her willingness to make sacrifices in her schedule in order to dedicate time to training. ~John Anderson

### NORWICH UNIVERSITY

#### DANTE MANCINI

##### Midfielder

##### Senior

Dante is a very hard worker as well as a leader both in and out of the weight room. Dante is always doing the most to help his team grow & succeed. ~Scott Caulfield

### NORWICH UNIVERSITY

#### KIM WATT

##### Goalie

##### Senior

Kim is a very hard worker as well as a leader both in & out of the weight room. Kim is always willing to do what it takes to help her team succeed. ~Scott Caulfield

### POINT LOMA NAZARENE UNIVERSITY

#### HAILEY CLIFFORD

##### Midfielder

##### Senior

Hailey has demonstrated tremendous work ethic as a student-athlete throughout her years at Point Loma. In the weight room, her leadership shines brightest, as she consistently models the way for her teammates. Her approach to the weight room has shaped her into an outstanding role model for the younger athletes and has also landed her at the top of the leaderboard for numerous lifts. Additionally, she was named 1st team all conference, and 2nd team all region. Her dedication to strength and conditioning aided her tremendous senior season. ~Erik Pedersen

### ROCHESTER INSTITUTE OF TECHNOLOGY

#### MADDY BULLIS

##### Midfield

##### Junior

Maddy B is the hardest worker in a room full of hard workers. She would train 8 days a week if she could and is always looking for an opportunity to do extra. Maddy is highly invested and takes her training very seriously. She is always willing to share her feedback on exercises she enjoys or things she would like included in her training. Maddy B has a strong presence and a positive attitude in the weight room. Her current, and unofficial training numbers, are a 110# Hang Power Clean, Front Squat of 165# and a Hexbar of 235#. ~Ryan Kelly

## COLLEGE — SOCCER

### ROCK VALLEY COLLEGE

#### HOO HTWE

##### Defender

##### Freshman

Hoo Htwe is currently a Freshman at Rock Valley College, a two-year community college located in Rockford, IL. She is a positive and hardworking student athlete. She meets program standards on and off the field. As a coach you always are aware of what you are going to get from her, that consistency is important to build a healthy culture within a team. Hoo leads by example and is a support for her teammates.

She was an NJCAA DIII Region IV All Region Second Team and N4C All Conference Second Team during the Fall 2021 season. Hoo has also been a leader in the off season strength and conditioning program, by modeling positive behaviors while embracing new training programs for the team. Hoo will be a driving force for our soccer program as Rock Valley College transitions to NJCAA D2 competition. ~Timothy Hatten

### SAINT JOSEPH'S COLLEGE OF MAINE

#### ROWAN DALIGAN

##### Goalkeeper

##### Senior

Rowan is the definition of what it means to be a team player. In the year and a half that I have worked with Rowan, he has always given all his attention and effort and has been one of the most coachable athletes I have ever worked with. He is always perfecting his technique in whichever new exercise we are on and once mastered, is not shy to challenge himself with extra resistance. During his time at Saint Joseph's, Rowan has been recognized as a Conference All-Academic and has been part of two Conference Championships. His leadership presence on the field and his discipline in the weight room make him an outstanding recipient of this award.

~Jameson Collins

### SPRINGFIELD COLLEGE

#### JEN WALKER

##### Forward

##### Sophomore

Jen comes into every session with a positive attitude and readiness to work hard! Watching her learn and grow in the weight room has been a pleasure, and I can't wait to see what she does next season! ~Kaitlin Veigl

### STEPHEN F. AUSTIN STATE UNIVERSITY

#### KORAL HUGHES

##### Goalkeeper

##### Junior

4.0 GPA, great teammate, great athlete. ~John Deal

### UNIVERSITY OF BRIDGEPORT

#### HANNES NILSSON

##### Forward

##### Senior

Hannes brings an unmatched level of dedication to the weight room. He is constantly searching for ways to improve and evolve. Hannes exemplifies what it means to be a student-athlete, achieving the highest grade point average of any athlete in the conference. ~Paul Spada

## COLLEGE — SOCCER

### UNIVERSITY OF MINNESOTA MCKENNA BUISMAN

#### Forward Senior

McKenna Buisman suffered a season ending injury during the spring of 2019. She worked incredibly hard, attacking her rehab and training every single day. Her drive, intrinsic motivation, and determination are unmatched. Due to timing of events and Covid, the fall 2020 season was pushed to the spring. She was finally able to play the sport she loved after two years. Most recently, this fall she contributed as a starter and a goal scorer. Meanwhile she completed a degree from the Carlson School of Management, which is a top-15 undergraduate business program, in just 2.5 years. She is currently pursuing a Masters degree in Public Policy, which she will complete in two years. ~Corey Petersen

### UNIVERSITY OF PROVIDENCE- GREAT FALLS TIHANE FREITAS

#### Defense Senior

T always shows up to the weight room with the right mindset and attitude. She is an athlete that leads by example and sets the tone for the team. T is well respected by her teammates, coaches, and all others on campus. She is someone who sets the standards and pushes others to become the best version of themselves. ~Will SeEVERS

### UNIVERSITY OF PROVIDENCE- GREAT FALLS DANTE MONTGOMERY

#### Goalkeeper Junior

Dante does a great job serving as a team captain. He holds his teammates accountable and keeps everyone together. Dante follows a strict training regimen and is constantly pushing himself to get better. He is a stand up guy and is loved by his teammates ~Will SeEVERS

### UNIVERSITY OF TENNESSEE AT MARTIN CATEY HUNT

#### Junior

Catey exemplifies what coaches look for in a student-athlete. Academically, she has been named to the OVC Commissioner's Honor Roll, Athletic Director's Honor Roll, and achieved OVC Medal of Honor each semester she has been at UTM. In the weight room, Catey's provides an assistant coach approach with her teammates along with her outstanding leadership. On the field, her consistent play helped provide the backbone to winning the OVC regular season this past fall. In addition, Catey was named to the OVC All-Tournament the prior year. ~Chris Gillies

### VASSAR COLLEGE RILEY LIPMAN

#### Defense Freshman

Riley Lipman is steadfast and detail driven. She is consistent and steadily making improvements in her physical ability. Riley is always seeking more and looking to push herself to new heights. This hard work and commitment is what sets her apart. ~Alice Read

### WEBBER INTERNATIONAL UNIVERSITY NICKY GREENE

#### Defender Junior

Ever since Nicky started as a freshman, she has always attacked the strength and conditioning sessions. She is naturally strong, fast, and explosive, but that did not stop her from wanting to improve. She is subtly competitive and would always try to not only compete with her teammates but also with herself. Since freshman year she has improved her vertical jump by 9% (22.4" -> 24.4"), her 10yd dash 11% (1.84s -> 1.63s), and her dead lift strength to body-weight ratio from 1.4 to 1.61.

~Austin Tomaz



## COLLEGE — SOCCER

**WEST TEXAS A&M UNIVERSITY  
CHEYENNE OROZCO**

**Defender  
Senior**

Over the course of her career, Cheyenne's dedication to the weight room and training only became stronger. Each year she became a stronger, more resilient athlete and that shows with her being the all-time minutes leader in the history of the WT Women's Soccer program. She was a leader on and off the field and left each practice and training session giving her best each day. Student-athletes like Chey make coming to work each day the most fun! ~Sarah Ramey

**WRIGHT STATE UNIVERSITY  
KAYLIN HELINSKI**

**Defense  
Junior**

Kaylin has come a long way since her freshman year. No one would have guessed she would be the one spending the most time in the weight room when she first got here. Now she is always putting in extra work. Provides a ton of energy to the team to keep everyone motivated. ~Alyssa Crusey

**WRIGHT STATE UNIVERSITY  
HARRISON RODY**

**Defense  
Junior**

Harrison has a mental toughness that thrives in the weight room. Always putting in extra work, pushing himself and his teammates. He is never satisfied and always wants to keep improving. ~Alyssa Crusey