

COLLEGE — FOOTBALL

ALBANY STATE UNIVERSITY

ANTHONY HARVEY

DL

Sophomore

Anthony is an extremely athletic, hard worker, and it shows in his play. He has a back squat of 603 lbs., bench press of 437 lbs., hang clean of 353 lbs., and a vertical jump of 37.2 inches. ~Troy Williams

AUGUSTANA UNIVERSITY

MADDEN PIKULA

Wide Receiver

Senior

Madden has been a high performer in the weight room throughout his career. His character and work-ethic are second to none. Madden trains with purpose and intensity, all while supporting his teammates. Madden has persevered through multiple injuries, but has never allowed them to slow him down in the weight room. Madden has also achieved great things on the field and in the classroom. He is an NSIC champion and multiple NSIC All-Academic Team of Excellence honoree. It has been a pleasure to coach Madden as a student-athlete but even better to get to know the man. ~Andrew Stocks

AVILA UNIVERSITY

EXAVIOR LOWE-BOHANNON

Defensive Line

Senior

Exavior Lowe-Bohannon has been a foundation of the football team defensive line for all four years he has been at Avila University. He is a Kinesiology undergrad student that learned to apply his knowledge to his own training. In his final year he was able to be an intern in the weight room and teach the information he had learned to new athletes. Not only was he one of the strongest football players we ever had, but he was always dedicated to the program and successfully complete all his off-season training while he was at home out-of-state on breaks. He went from being shy and reserved to a vocal leader in the

weight room and held his teammates to a higher level of accountability. ~Brian Ciolek

BUFFALO STATE COLLEGE

KYLE SCHREADER

Offensive Line

Senior

Kyle has demonstrated his ability to handle responsibility during his time at Buffalo State. Kyle excelled in the weight room, on the football field, and in the classroom while holding down a job at the same time. His ability to manage his responsibilities allowed him to become one of our football captains and a standout leader on campus. Many of our younger athletes look up to him since he was an excellent example of a true student-athlete. ~Nathan Young

CAMPBELL UNIVERSITY

JULIAN HILL

Tight End

Senior

Julian is a relentless worker that has been committed to developing himself physically and mentally since his first days on campus as a freshmen. Julian has developed from a walk-on tight end coming off of an ACL repair in high school to being one of the strongest players in our football program and a 2x All Big South Conference performer on the field. His consistent approach to training can be seen in his performance both on the field and in training. He has accumulated 47 catches for 559 yards and 2 touchdowns in his career and become a high-level performer in training as well (Bench Press: 390 lbs / Back Squat: 500 lbs / Clean: 305 lbs). ~Matt Rodriguez

COLLEGE — FOOTBALL

CENTRAL COLLEGE

BLADE DURBALA

Defensive line

Senior

Blade Durbala, a 6-1, 280-pound defensive lineman, served as a team captain on Central's 2019 and 2021 American Rivers Conference championship teams. The 2021 team advanced to the NCAA Division III quarterfinals with a 12-1 record and No. 6 final ranking. Blade was a two-time D3football.com All-American and won the American Rivers Conference defensive MVP award in 2021. In the weight room, Blade's work ethic and competitive drive were second to none. He pushed himself and his teammates to fully reach their potential in every training session. As a senior, Blade's testing numbers were: 32" vertical jump, 1.67 10-yard dash, 5.10 40-yard dash, 4.40 pro agility, hang clean 390 lbs., back squat 760 lbs., bench press 460 lbs. Blade also served as a student intern in our strength and conditioning program. He designed and implemented year-round programs for our men's soccer team and assisted with the training of 10 other athletics teams. After graduating in December with a degree in exercise science, Blade began work as a graduate assistant strength and conditioning coach at Tennessee Tech University. ~Kyle Johnson

CENTRE COLLEGE

OLIVER HUNTER

DL

Senior

Oliver is one of the strongest and most intense athletes in the country. He is an all-conference defensive lineman on the football team, and he throws for the track team. He sets the tone in all the training, as he is a relentless competitor. He cleans 375 lbs, benches 330 lbs, and jerks 335 lbs ~Carter Conley

CHADRON STATE COLLEGE

JUSTIN CALDERON

Offensive Tackle

Senior

After receiving All-America honorable mention at Nassau Community College in New York, he joined the CSC team in 2019 and blocked for the second-best offense in the Rocky Mountain Athletic Conference. In doing so, he was credited by his head coach and position coach, Jay Long, for personally giving up zero sacks on the season. The Eagles tied for fewest sacks allowed as a team that season. Calderon earned selections to the All-RMAC First Team, All-Region Third Team, and All-Nebraska DII First Team that fall.

As a senior in 2021, Calderon was a pick for the American Football Coaches Association All-America Second Team. He led a unit which produced the RMAC's third-best passing offense as well as the No. 2 third-down conversion rate. He was tagged for his second All-RMAC First Team honor, made the All-Nebraska DII list for the second time, and made the "squad" list on D2Football.com's Elite 100 team. He was rated the No. 7 offensive tackle in Division II by the College Football Network, in the preseason.

Calderon came to Chadron as a talented athlete with a very low training age inside of the weight room. He molded himself into one of our most efficient movers inside of our room. Justin consistently brought his best effort day in and day out. His best marks inside of the weight room include a 345lb hang power clean, a 445lb front squat, and a 385lb bench. Justin also holds the Chadron State offensive line record in the 40-yard dash at 4.96 seconds. ~Chase McLendon

COLLEGE — FOOTBALL

CHADRON STATE COLLEGE

COLE THURNESS

Wide Receiver

Senior

Cole Thurness had a remarkable career at Chadron State College. Thurness holds records in the weight room for the receiver group including the vertical 39.5", back squat 515 lbs., hang clean 335 lbs., 40 yard dash 4.48 laser, and pro agility 4.02 laser. Thurness excelled on the field through his final season finishing with 193 receptions, 2541 yards, and 26 touchdowns. Along with his offensive production, Thurness also participated in 50 career tackles on special teams. His receptions and touchdown are both school records. The College Sports Information Directors of America (CoSIDA) organization recognized Thurness as a second team academic All-American in 2020. Thurness was also recognized by the National Strength and Conditioning Association (NSCA) committee and awarded NSCA All American weight lifter honors for the 2021 season making him a two time NSCA All American. ~EJ Kreis

CLEMSON

JORDAN MCFADDEN

OT

Senior

2 YR STARTER. THIS COMING YEAR WILL BE 3RD YEAR STARTING. 2021 ALL-ACC. 2.9 GPA. 4 X ACC PLAYER OF THE WEEK. ~Paul Hogan

CLEMSON UNIVERSITY

BAYLON SPECTOR

LB

Senior

Baylon was a two-year starter, led the team with 85 tackles last season, earning ACC player of the week in the process. Was voted permanent Captain by his teammates, earned 2nd team All-ACC in 2020. Also earned All-ACC Academic team in 2021. Finished his

senior season at 6'1, 230 lbs. Benched 305, Squat 500, Power Clean 340, and 225 rep 27. ~Larry Greenlee

COACH ROZY PERFORMANCE

JOHNNY CARDOZA-CHICAS

Special Teams - Kicker/Punter

Freshman

Johnny Cardoza-Chicas is a Freshman on the Mount Marty University Football squad in Yankton, South Dakota. The first year punter and kicker was named Honorable Mention All-Conference and Voted Special Teams MVP by his teammates. He had 66 punts for 2490 yds, or a 37.7 yd a punt average. He had 13 punts inside the 20 yd line and hit his longest punt of 54 yds. Johnny uses the weight room to help improve his performance on the grid iron and has a 310 lb squat and a 225 lb bench. ~Mark Roozen

COACH ROZY PERFORMANCE

EVARISTO "KIKO" NUNEZ

Offensive Line

Junior

Evaristo "Kiko" Nunez is a Junior at Mt. Marty University, from Dickinson, TX. He was part of the first ever football team at the University. He played in the first inaugural season this past year and started every game on the offensive line. Kiko also plays baseball on MMU's baseball team as a First Basemen. In football Kiko was elected Honorable Mention All Conference, was voted Team Captain and also voted as Offensive Lineman MVP by his teammates. After one full year following the schools strength program, Kiko has improved his bench to a max of 365 lbs, in the squat he hit 450 for his max, while hitting 30.5 inches in the vertical jump.

~Mark Roozen

COLLEGE — FOOTBALL

COACH ROZY PERFORMANCE

JONTE "DREW" PENDLETON

Defense Player - Linebacker

Junior

Defensive Player - Jonte "Drew" Pendleton

Drew is a Junior at Mount Marty University in Yankton, South Dakota, getting his major in Exercise Science. The 5'11", 208 lb linebacker played the first inaugural season for the school. He was a stand-out on the squad, having 67 total tackles, 36 solo tackles, 7.4 tackles a game and was voted as most consistent player off the team by his teammates. In the weight room, Drew is a great leader and has a 445 lb squat, a 335 lb bench, while hitting a time of 4.21 in the pro agility run and hitting a 35.5 inch vertical jump. ~Mark Roozen

CULVER-STOCKTON COLLEGE

ANDREW RUPCICH

Offensive Lineman

Senior

Leadership, Passion, and intensity are just a few of the quality attributes that come to mind when describing Andrew Rupcich. 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 compete every single day. Rupe's commitment to strength and conditioning has helped him see a rise in his own game and become a leader of the program. The 3x 1st Team All-American committed time to his overall athletic development to earn himself an opportunity to compete in the NFLPA Collegiate Bowl as well as the NFL Combine. ~Tyler Aulbur

DUQUESNE UNIVERSITY

JAKE DIXON

Offensive Line

Senior

Jake is the epitome of what it means to be a student-athlete at Duquesne. His level of commitment and dedication to his personal development, as well as that of his teammates, is unmatched. He transferred to Duquesne after playing college volleyball. He showed up weighing 209lbs and played sporadically as a tight end. Over the course of 2 years, he reached a new playing weight of 295lbs and made the transition to Offensive Tackle. He made the commitments inside and outside of the weight room to ensure he could always be on the field. He made the commitment to not only do the work that was required at a high level, but do the extra work as well. Jake's leadership, toughness, and competitiveness helped him reach his goals in the weight room, classroom, and football field. I can not say enough about the impact Jake has left on our program or on me personally. Jake's personal records include: Clean=330, Back Squat=475, Bench Press=415. ~Anthony Longo

EAST TENNESSEE STATE UNIVERSITY

TIMMY DORSEY

Defensive Line

Senior

Timmy is a consistent and hard-working student-athlete. He always brings great energy and intensity to the workouts and sets the pace of his position group. His work ethic in the weight room has helped him perform at a very high level on the football field as a member of a Championship football team, ~DAVE LAWSON

COLLEGE — FOOTBALL

EAST TENNESSEE STATE UNIVERSITY

JOE SCHREIBER

Offensive Line

Senior

Joe consistently shows passion and intensity in the weight room. He sets the standard and example for his position group and the team as a whole. His efforts directly translate to his on-field success and to the success of his championship football team. Joe's energy, work ethic, and attention to detail make him stand out as a leader in the ETSU Football program in all areas. He is outstanding and dependable in his academics as well, making him a great example of what any student athlete should strive to be. ~Jordan Anderson

ENDICOTT COLLEGE

SHANE AYLWARD

WR

Sophomore

Shane is a hard worker and was a key member in helping the football team be successful this year. He was voted the Conference Rookie of the Year and 1st Team All-Conference by his opponents. He led the team in receptions, receiving yards, receiving yards per game, and receiving touchdowns this past season. Shane has a great work ethic which shows as he is able to balance the challenges of being a college student and athlete. This past season Shane was voted team captain by his peers. His fellow players recognize him as a leader and a man of character. They are willing to follow him in every practice and game. In the performance center, Shane has never been late or missed a workout and is pound for pound one of our strongest players. He leads in the performance center the same way he leads on the field by his work ethic, energy, and effort. ~James Daley

FAIRMONT STATE UNIVERSITY

BROCTON BLAIR

Linebacker

Freshman

Brocton Blair, a freshman from Huntington, West Virginia, is an exceptional student-athlete and is one of the toughest and hardest working young men that I have had the pleasure to coach. As a freshman, Brock is already one of the leaders on our football team, on and off the field. During the 2021 football season, Brock led the team and the league's freshman defensive players in tackles with 83. He also recorded 8.5 TFLs and 2 sacks. He was voted the Mountain East Conference Defensive Freshman of the Year award and was a second team All-MEC linebacker. In the weight room, Brock is relentless in his efforts to improve his strength and power. He already has impressive strength numbers, as he currently has a 550 lbs squat, 550 lbs deadlift and a 385 lbs bench press. With his work ethic, I have no doubt that these metrics will continue to improve. Brock's discipline, work ethic and leadership also show in the classroom. He currently has a 4.0 GPA and was named to the MEC all-academic team. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Brocton Blair. ~Adam Kolberg

FORT HAYS STATE UNIVERSITY

AMARI ANGRAM-BOLDIN

Offensive Lineman

Senior

Amari is a hard working dedicated young man, that understands what commitment and dedication means in life. Amari matured into a great leader for his team. He was multiple year starter and received All-MIAA three years, All-Super Region 2 years, and All-American honors his Senior year. His honors were earned from hundreds of hours in the weight room, developing himself into a tremendous athlete and person. ~Doug Boucher

COLLEGE — FOOTBALL

FORT VALLEY STATE UNIVERSITY

KEON BOGAN

Defensive Back

Sophomore

Keon lives for the rigor of strength and conditioning. His work ethic, drive and leadership can be seen in every interaction to motivate himself and teammates. ~Korrey Hammond

GEORGE FOX UNIVERSITY

CHAD BLETKO

Tight End

Junior

Chad is an outstanding Tight End, both as a blocker and pass catcher. In March of 2020, During the Covid spring season Chad torn his labrum and rotator cuff. He then had surgery on April 30th. Through a tremendous amount of hard work and detection to the rehab process Chad was able to come back ahead of schedule. Some doctors told him it would take between 6 and 9 months to recovery, Chad came back and played on October 2nd, 5 months after his surgery. Chad started, and made big contributions on a team that went 6-3(only losing one game that he played in). Now in the offseason, Chad has not only gotten his strength back to were it was before the surgery, but he is even stronger, making him the strongest player in our weight room. Chad has a 3.7 GPA, and is a tremendous leader on campus, and on the football team. ~Ken Ingram

HARTWICK COLLEGE

NOAH HURT

Offensive Line

Sophomore

Noah's growth in the weight room is a testament to the hard work he is willing to put into his training. He not only is a leader in the weight room, but off the field he handles all of his business like a professional and exemplifies what owning all facets of the process should look like. ~Andrew Parker

HOBART AND WILLIAM SMITH COLLEGES

ISAIAH BOONE

DT

Senior

From the first day I stepped on campus, "Boone" as he is referred to by teammates, impressed me with his electric personality, his leadership traits, and overall strength in the weight room. Boone is an absolute joy to coach, watching his character spread to every last person while he is in the room. Boasting a squat to almost 600lbs, a clean that reached close to 300 and a bench over 300 as well, Isaiah made every moment he was in the weight room an memorable one. He embodies all that any strength coach would want out of their leaders yet is an even better human being. - CG ~Chris Gray

HUNTINGDON COLLEGE

MARC STRUCK

Defensive Line

Senior

Marc has been an extremely consistent guy on the field, in the weightroom, in leadership, and in the classroom throughout his time. His work ethic was impeccable, and the sacrifices he made for his college have been priceless. Marc embodies the word commitment. ~Charles Goodyear

COLLEGE — FOOTBALL

IDAHO STATE UNIVERSITY

CORTLAND HORTON

Defensive End

Freshman

“Cort” is just one of those athletes that makes any strength coach look good. His dedication and commitment to his physical performance is apparent and inspiring to those around him. Cortland’s effort is second to none and it’s no surprise that it led to significant growth in the weight room and increased playing time towards the end of last season. Excitement is the first word that comes to mind when thinking about Cortland’s future development and untapped potential. His progress is going to be a fun one to monitor and be a part of. ~Brandon Stephens

LONG ISLAND UNIVERSITY

FRANK SOKENIS

Defensive Tackle

Junior (Red Shirt)

Frank continues to show Athletic excellence on the field and in the weight room. After recovering from shoulder surgery his sophomore year, he has dedicated his time to recovery and mental preparation to return to action. In doing so he has become a pivotal player in the Sharks rotation. His increase in strength, power and confidence has boosted him to the next level in his football performance. He has bought in to the 1% mentality and continues to grow as a young man. ~Robert Bouchey

MARS HILL UNIVERSITY

SETH BRANHAM

Center

Senior

Seth Branham was nominated for the NSCA All-American Award for displaying exceptional attitude, effort, and attention to detail both on and off the field. Although a majority of his achievements are statistically immeasurable given the position, Branham was the anchor of our offensive line allowing 1 sack and grading

out at an 85.5(pass/run), while starting the last 22 games straight. Even more so, Seth has consistently shown the unique ability of pushing himself beyond breaking point, regardless of the activity, for the sake of his brothers and our team's end goal. Thus, it is with great honor that I nominate Seth Branham for the 2022 NSCA All-American Award. ~Jared Carter

MCMURRY UNIVERSITY

REAGAN SULLIVAN

Tight End

Senior

Sullivan is the ideal definition of a All-American Strength & Conditioning Athlete of the Year. He holds himself as a leader on and off the field, along with leading his team in the weight room. He holds his teammate and himself accountable on all fronts in order to bring a focus on growth development in the weight room and out of it for our football program by pushing himself to the limit the coach expects with a full understanding of why we are doing what we are doing. ~Zak Snell

MISSOURI VALLEY COLLEGE

DREW PETERSON

Defensive Back

Junior

Drew, excelled both on the field and in the weight room this year. He continually brought it to each training session, with a positive outlook and high intensity, whether it was early morning or afternoon. He sets a great example for his teammates in everything he does. ~John Anderson

COLLEGE — FOOTBALL

NORWICH UNIVERSITY

ZEV MOTEW

Inside Linebacker

Senior

Zev is a very hard worker as well as a leader both in & out of the weight room. Zev is committed to his sport & wants to help his team succeed in any way. ~Scott Caulfield

PACE UNIVERSITY

KEVIN TOOTE

Offensive Line

Senior

Kevin Toote has exemplified what it means to be a NSCA All-American Athlete of the Year. His dedication to strength and conditioning and his sport have helped him excel and grow, not only as an athlete, but as a leader. Kevin has earned incredible numbers in the weight room with a 645-pound box squat, a program record 465 pound bench press and impressive explosive numbers with a 27" vertical jump and an 8'4" broad jump as a 305 pound offensive lineman. As a starter since he arrived on campus, Kevin has transferred these tremendous numbers and work ethic, into being one of the best offensive linemen in the Northeast-10 Conference, earning first-team All-Conference in 2021 and serving as a team captain. ~Troy Thompson

PERU STATE COLLEGE

MARLON WARREN

Running Back

Junior

Marlon has proven to be a tireless worker and team leader in the off-season conditioning sessions. His Spring testing recorded a 530 lb. squat, a 315 lb. clean, and he recorded a 225 bench press 17 times. His infectious energy and can-do attitude can be relied upon to lift everyone's spirits when the workouts become especially grueling, which makes him a valuable asset for the entire team. ~Kyle Ryan

SACRED HEART UNIVERSITY

DEANDRE BYRD

Senior

His work ethic, energy, and consistency to show up everyday is unmatched. He gives no excuses and leads by example. ~Chris Fee

SACRED HEART UNIVERSITY

MALIK GRANT

Junior

His work ethic and consistency to show up everyday is unmatched. He gives no excuses and leads by example. ~Chris Fee

SAGINAW VALLEY STATE UNIVERSITY

NICHOLAS WHITESIDE

Defensive Back

Junior

Nick Whiteside has been a consummate leader in strength and conditioning and on the football field. He lead a defense that at one time was ranked #1 in the country in take a ways. Nick was named to the Division 2 Second- Team All - American List. In his Summer off-season training he broke every prior PR specifically broad jumping 10'5", Power Cleaning 315, Back Squatting 455, and running approximately 22 mph in the flying 10 yd sprint. Nick completely changed his body composition in 2021 from a 6'3, 195lb corner to playing the position this season a 210lbs finishing as one of the best man coverage corners in the country. His buy-in and energy about training has been contagious among other members of the program and he has lead with character and integrity. Nick is also a phenomenal student in the classroom as he purses an undergraduate degree in Kinesiology holding a GPA above 3.3. It is my pleasure to recommend Nick Whiteside for the NSCA All-American Award. ~Christopher Winter

COLLEGE — FOOTBALL

SAINT ANSELM COLLEGE

MICHAEL BOUCHER

Offensive Line

Senior

Michael embodies everything this award stands for, showing it as a player and person. A team captain his senior year, he always put others before himself and strived to perform at his very best. Not only being a leader in the weight room, but performing in the classroom as well by earning a spot on the NE10 Academic All-Conference team for the Fall of 2021. Leaving an impact on the program and community, Mike has shown the qualities that will lead him to success in and outside of athletics. ~Brennan Fleming

SLIPPERY ROCK UNIVERSITY

JEFF MARX

Defensive Line

Junior

Jeff is a rising senior in our football program and has been excellent both on and off the field. His season was cut short last year due to a broken foot but in the 2018 and 2019 season, he was voted both all PSAC and all region. Jeff has aspirations to be a collegiate strength and conditioning coach and is a natural leader in our weight room. While playing football, he spends summers interning with the University of Pittsburgh football program to continue his pursuit of strength and conditioning. ~Joe Marella

SNOW COLLEGE

LANDON MOLEN

Long snapper

Freshman

Landon has consistently put forth effort to gain strength and accomplish the opportunity of being a college long snapper after having torn his ACL his Jr year of high school football. He has made great gains and has been very coachable along the way! ~Jan Jorgensen

STEPHEN F. AUSTIN STATE UNIVERSITY

RYAN WAUGH

Tight End

Senior

Ryan 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.

Ryan is an example to follow off the field as well maintaining a GPA over 3.0. He is also a member of SAAC currently serving as the Vice-President.

Ryan's commitment to his preparation allows him to bring his best everyday.

~Joshua Stoner

STONY BROOK UNIVERSITY

TYLER DEVERA

TE/WR

Redshirt Senior

Tyler Devera is the definition of consistency in every aspect of being a Student-Athlete. In his first two years here at Stony Brook he has shown his desire to get better on the field and specifically in the weight room as he continues to improve in every aspect of athletic performance. He does everything that is asked of him which has developed him into a leader. In the weight room he prides himself on helping younger athletes improve their technique and challenge them to be better at the little tasks. On the field he is a respected teammate and coaches do what is asked of him to make the team better. ~Vinnie Cagliostro

COLLEGE — FOOTBALL

TRINITY COLLEGE

NOAH GLANTZ

D-Line

Senior

He exemplifies our core values of Dedication, Effort, Attitude, and Team First. ~Bill DeLongis

TROY UNIVERSITY

JAKE ANDREWS

Offensive line

Junior

Jake shows the consistency, intensity, reliability, toughness and leadership of an All American. Every day he sets the tone of the workouts and demands great effort from his teammates. Jake is 6'3", 315lbs , GPA- 2.65., Lifts-- Power Clean-390, Bench-455, Squat- 550, Dead lift-605. ~Richard Shaughnessy

UNITED STATES COAST GUARD ACADEMY

MICHAEL PALERMO

LB

Senior

As a senior captain for the 2021-22 season, Palermo was tied for 1st place in the NEWMAC for solo tackles with 56 and was third in the conference with 78 total tackles from his linebacker spot. Mike ended the year as a 2nd Team selection at LB in the NEWMAC conference and has been a 3x selection for the NEWMAC All Academic Team. Mike held a 3.85 GPA as a management major at the academy never missing the Dean's list. Mike will graduate from the academy and serve as an Ensign in the United States Coast Guard. ~Timothy Farina

UNIVERSITY OF DELAWARE

LIAM TRAINER

Linebacker

Junior

Liam 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. His passion for the weight room is like no other and has also excelled in the classroom as a CAA Commissioner's Academic Honor Roll member. 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. ~Christina Rasnake

UNIVERSITY OF MARY

DEVIN BECK

LB

Junior

The numbers that Devin is putting up in the weight room speak for themselves, the aspect of training that stands out even more is the the commitment and dedication to making not only himself but his teammates better in the process. ~Michael Silbernagel

UNIVERSITY OF MARY

DRAKE LALIM

Offensive Lineman

Sophomore

Drake is the type of athlete that is very detailed oriented as well as strives to be better in everything he does in life. He is a leader and makes sure his teammates do things right. He pushes himself physically to be the strongest offensive lineman he can be as well as pushing his teammates in his position group as well as others to be better. ~Danielle Radosa

UNIVERSITY OF NORTH CAROLINA PEMBROKE

EVAN VANMETER

DB

Junior

Evan is the definition of a Brave! He is always pushing, not only himself, but his teammates to perform better. He is a true leader on and off the field. ~Cory Minnie

COLLEGE — FOOTBALL

UNIVERSITY OF WISCONSIN-RIVER FALLS

BEN BEISE

Tight End

Senior

Ben has had an amazing journey during his college football experience. His physical transformation from a quarterback to an All-Conference tight end is a perfect example of what one man can do when they have a burning desire to achieve excellence and surrounds himself with people that support, push, and demand excellence. I'm happy to have been able to witness his career and see the success he has had on the field and the future success he will have off of the field. ~Carmen Pata

UNIVERSITY OF WISCONSIN-WHITEWATER

RYAN PONICK

Running Back, Special Teams

Junior

Ryan is the epitome of what it means to be a leader. He holds himself to the highest standards, giving his very best effort on every single rep. More importantly, he raises his teammates' level of performance through words of encouragement. He is genuinely excited about the success of others and will be the first one to congratulate his teammates on their accomplishments. This selfless attitude is a key reason why he was named captain in 2021, earned 1st team all-conference honors as a specialist, led his team to a conference title, and secured a birth in the national semifinals. ~John Schimenz

VIRGINIA MILITARY INSTITUTE

MICHAEL JACKSON

Wide Receiver

Senior

Mike is a leader on the field and in the weight room. Mike embodies our core Strength & Conditioning tenets of ownership, progress and consistency. He is no stranger to hard work and sacrifice, he has always been

willing to put in extra work since he arrived on Post. He has steadily improved throughout his career, culminating in his best season statistically as a senior. Mike is a reliable playmaker who made game-winning catches to help lead VMI to it's first Southern Conference championship in over 40 years and first back-to-back winning seasons in over 60 years. ~Dave Forman

WEST TEXAS A&M UNIVERSITY

JARROD COMPTON

Running Back

Senior

Jarrold Compton is unique. By this is I mean, he is not only an exceptional football player he is an all around phenomenal human being. A senior, returning for an additional year that has consistently improved in all areas of athletic development. From his first day on campus he has embodied what it means to be a West Texas A&M football player. He shows up early and attacks every training session with enthusiasm, visible effort and great focus. Furthermore, he has seen significant improvement in all objective measures (squat, bench, clean, broad...etc.) of athletic performance; a few stand out measures include a one rep max front squat over double body weight, strict press over 1.5 x body weight and a broad jump of 9'6". Jarrold is a true teammate, not scared of holding his teammates accountable and being the voice of the offense. I have no doubt in my mind he will continue to be successful in all his future endeavors. ~Benjamin Kozak