

COLLEGE — BASEBALL

ACADEMY OF ART UNIVERSITY

TY CONRAD

Outfielder

Senior

Ty is a tremendous athlete! He is one the hardest working athletes at ART U, both athletically and academically. Ty is very goal oriented, and strives to reach small, short-term goals each day. He is aby far THE strongest athlete at ART U (BW: 230, Squat: 400, Bench: 250, Deadlift: 500). Ty has been an All-PacWest conference and All-West Region selection for the baseball team at ART U. ~Brian Hernandez

AUGUSTANA UNIVERSITY

JT MIX

Infield

Senior

JT is a dedicated leader on the baseball team. He brings energy and passion into the weight room while pushing himself and teammates on and off the field. A four-year starter, three-time NSIC All- Academic Team member, 2018 NCAA DII National Champion, and stand-out performer in the weight room, JT shows excellence in every facet of being a student-athlete. JT will undoubtedly carry these fantastic qualities into his future endeavors. ~Andrew Stocks

BARRY UNIVERSITY

JAKE FISHMAN

Right Handed Pitcher

Sophomore

Jake, more commonly known as “Fish”, has bulldozed the qualities of an NSCA All American Strength and Conditioning Athlete during his career as a Buccaneer. His outstanding drive to better himself academically and athletically has led to him crushing it in the weightroom, in the classroom, and on the field. Fish is one of those athletes who is the first one to volunteer to help tarp the field, throws a bullpen with 100% intensity and intent, and is first in the weightroom after practice to put up

numbers his teammates look up to. No matter how long the day, Fish maintains a positive outlook on his training and conditioning, never just “checking a box”, but showing up every day so his teammates follow suit. Fish changes the energy in his weight lifting group, whether it's getting his teammates fired up about nutrition, putting up three plates on a front squat, or helping reign back in the room to focus. He attacks every pitch, every lift, every school assignment with an edge so infectiously competitive that it makes you want to be a part of the action. Fish not only strives to live in the strike zone, but also strives to be the best in the classroom. In addition to maintaining a 3.2 gpa, he is doing an internship with “Elite Squad” travel baseball club, in order to help mentor the upcoming generation of ball players in all aspects of life, not just baseball. He was also named to the President’s Award this Fall semester, an award that recognizes students who have achieved a 4.0 for the semester. Fish is one of those athletes who was born with hustle, even after a long day hitting the books you will see him running out to the field with a big grin on his face, ready to compete on the mound, then crush it in the weightroom. ~Alexa Garcia

BRANDEIS UNIVERSITY

DREW MICHAUD

SS

Junior

Drew has been a consistent force for our strength & conditioning and baseball programs. Over the last 3 years he has developed into a true leader. He is always willing to help his teammates out and attacks every training session with high intensity. He sets a great example for those around him and truly upholds the standards that we set at Brandeis Strength & Brandeis Baseball. ~Jay Mendoza

COLLEGE — BASEBALL

CALIFORNIA STATE UNIVERSITY SAN MARCOS

MARK STANFORD

1B

Senior

Mark Stanford is fun to watch in the weight room and is the epitome of outstanding drive. Aside from extremely impressive weight room metrics, Mark is a player who stands out as a leader and pushes his teammates to give their best effort every day. Even though he is already a standout in the weight room, he is always seeking coaching and is invested in his career as a baseball player. Lastly, he holds an overall grade point average of 3.97. Mark is an absolute pleasure to coach. ~Ryan Paniagua

CAMPBELL UNIVERSITY

RYAN CHASSE

Pitcher

Junior

Ryan is an athlete that constantly looks for ways to maximize his potential and gain an edge on his opponents. Since stepping on campus in the summer before the start of his freshman year, he has worked extremely hard to change his body composition and compete at the highest of levels. Ryan is a leader on and off the field as well as in the weight room. He is a highly decorated pitcher earning countless awards from the Big South Conference, as well as being named to the freshman All-American team in 2019. ~Matt Rodriguez

CLEMSON S&C

GEOFFREY GILBERT

Pitcher

Junior

Geoffrey Gilbert has consistently dedicated himself to his physical preparation since arriving at Clemson as a freshman two years ago. He attacks every workout, warmup and conditioning session with the same intensity and focus that he has on the mound for the Tigers. Geoff is one of the strongest athletes on the team, demonstrated by his 400 pound reverse lunge. Geoff has also been instrumental in getting his teammates to buy into prioritizing their nutrition and sleep and having intent in the weightroom. No one works harder or puts more into their preparation than Geoffrey. ~Rick Franzblau

COLBY COLLEGE

CABOT MAHER

Two Way

Senior

Cabot's commitment to the weight room and doing things right shows in his on field performance as well as the progress he has in the weight room. This year he squatted 405 for the first time in his life and is one of the strongest pound for pound athletes in the department. Cabot is a captain for his team and leads through example at all times. He commands respect from his teammates and other athletes through his strength and focus. After a great off season of training, Cabot is poised to make another run at another All-Conference worthy performance in his senior season. ~Greg Cox

COLLEGE — BASEBALL

FAIRMONT STATE UNIVERSITY

PJ LANHAM

Catcher / DH

Senior

PJ Lanham, a redshirt senior, from Mill Creek, West Virginia, is an exceptional student-athlete and is one of the most dedicated and hardest working young men that I have had the pleasure to coach. PJ has been extremely consistent with his training which has allowed him to become a key contributor to the baseball program over the past three seasons. His leadership and work ethic on and off the diamond makes PJ a great role model within our baseball program. So far this season PJ has started every game, either as a catcher or DH and is top two on the team in HR and RBI. As a graduate student, working on his masters degree in exercise physiology, PJ has a GPA of 3.85 and has been named to the MEC all-academic teams and the ABCA Academic Excellence Award each of the last three seasons. Following this season, PJ will be pursuing his doctoral degree in physical therapy at West Virginia University. Our baseball program, strength & conditioning program and entire athletic department are all better because of student-athletes like PJ Lanham. ~Adam Kolberg

GEORGIA GWINNETT COLLEGE

AUSTIN BATES

Catcher

Senior

Pound for pound one of the strongest athletes at GGC, Austin has an excellent work ethic in the weight room. His movement base is unmatched by many. His strength and mobility are the base for his exceptional athletic power. His attention to detail with each and every movement leaves little to be coached. Austin's exceptional lower extremity strength has allowed him to catch almost every game in his career at GGC. ~James Williams

HOFSTRA UNIVERSITY

KEVIN BRUGGEMAN

Catcher

Junior

Over the past year I have had the pleasure of knowing and working with Kevin and the Baseball team. Kevin not only excels as an established lifter in the weight room but does far more than just meeting the programmed sets and reps. Day in and day out Kevin demands excellence from himself and his teammates, constantly setting the bar of excellence. Kevin is one who can lead by his voice, but I think his true strength is found within his actions. From the moment he walks into the weight room you can see the focus he brings and the intent with which he performs his exercises. There are certain guys who can "turn it on" every time they get under a barbell and Kevin is one of those guys. From his 500 pound deadlift in the fall, to his 400 pound split squat in the spring Kevin displays nothing but strength and power that the team feeds off of. Kevin exemplifies what it takes to be an NSCA All-American Athlete of the Year. Kevin has shown nothing but great work ethic, immense passion, and dedication to become the best version of himself as a person and as an athlete. I truly appreciate the effort that he has put forth in my time working with him, it is something that any coach loves to witness. Kevin has aspirations of working in the criminal justice field where I know he will reach any goals he wishes to. Congratulations Kevin on earning this award. ~DJ Melgar

HUNTINGDON COLLEGE

COLTON CLARK

Utility

Senior

Colton has been committed to his own training, and to encouraging a culture of training within our baseball program. He has been an extremely reliable young man, both on and off the field. ~Charles Goodyear

COLLEGE — BASEBALL

LAMAR UNIVERSITY

JACKSON DALLAS

Pitcher

Senior

Jackson Dallas (Baseball – Pitcher)

Jackson “Jack” Dallas began his career at Lamar University as a dual-sport athlete, competing in both Baseball and Football. After deciding to focus his efforts solely on Baseball, he quickly emerged as a leader both on and off the field. His energy, enthusiasm, and “lead by example” mentality have made him one of Lamar University’s top athletes. The 2021 Baseball season saw Jack earn All-Conference honors, where he led the Southland Conference and was ranked 11th nationally in saves. As he completes his final season, not only does Jack continue to lead in Baseball but also in the classroom where he is on track to graduate with a degree in engineering. Jack’s athletic and academic accomplishments alone are quite impressive, but the fact that he is raising a new born daughter along the way adds a whole new level of appreciation to his endeavors.

~Travis Nichols

LINDENWOOD UNIVERSITY

MATT HANSON

Infielder

Sophomore

Matt has dedicated himself to training and bettering himself as a college athlete ever since starting at Lindenwood University. His consistency and hard work have helped him develop into the strongest member of the Lindenwood University baseball team. As a result, his teammates look up to him as a role model and leader because of his ability to push himself and compete every day while creating a fun and positive environment for those around him. ~Michael Reese

LONG ISLAND UNIVERSITY

JAMES STEINDL

Pitcher

Graduate Student

Steindl has faced many roadblocks during his college baseball career but he has never given up. James always finds a way to train and keep himself and his teammates accountable. After a breakthrough this fall Steindl has really locked in and will make great strides in the rest of his college career. ~Robert Bouchey

MANHATTANVILLE COLLEGE

JOSEPH SILVESTRI

Catcher

Senior

Joe exemplifies leadership on and off the field. His consistency in giving 100% effort while having the drive to improve every day has been contagious within his team and the strength and conditioning department. In addition, he holds others accountable and has found ways to get the best out of his teammates. Joe excels in the weight room and classroom. He holds school records in the Clean, Back Squat, and Bench Press, while also being named Academic Honor Roll in his conference every year as a member of the team. Joe's impact will be felt even when he is gone as he has helped create a positive culture within his team. ~Joel Lynch

COLLEGE — BASEBALL

MARYVILLE UNIVERSITY

ALEX HOFF

OF

Senior

Alex has been a leader and example in the Maryville University weight room over the years. He has dedicated his time and effort to building resiliency to continue a high level of play on the field putting in the time and effort building his strength, power, and speed. Some of his highlights include starting 36 games last season, going a perfect 8 for 8 in stolen base attempts, and completing 88 put outs with zero errors for a perfect 1.000 fielding percentage. Alex is a leader in the weight room and on the field and is the exact definition of an NSCA All-American Strength and Conditioning Athlete. ~Jake Fitts

MISSOURI VALLEY COLLEGE

ELLIOTT WILK

Outfield

Junior

Elliott, crushed the weight room this year. He led by example for all of his teammates not only by pushing big weight but by doing it with exceptional form and plenty of speed. ~John Anderson

NORWICH UNIVERSITY

HAYDEN ROBERGE

Outfielder

Junior

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

NOVA SOUTHEASTERN UNIVERSITY

DANIEL IRISARRI

Infield

Junior

Daniel Irisarri is a leader for his team on and off the field. After suffering a season-ending injury as a sophomore, he committed himself to getting back on the field through the weight room. His training effort and intensity have allowed him to improve his strength and power, while maintaining his speed and quickness. Daniel holds himself to the highest standard as a student-athlete and most importantly, he expects the same from his teammates. He will graduate in May with a degree in Management. ~Steven Orris

PACE UNIVERSITY

MITCHELL MCCABE

Outfield

Senior

Mitchell McCabe has used strength and conditioning to help him put together an impressive career on the diamond. Mitch constantly is pushing himself to improve and holds notable testing numbers with a 525- pound box squat, 360- pound bench press, 9'1" broad jump and 30' vertical jump. Mitch has seen his approach to strength and conditioning transfer to the diamond with career numbers of a .323 batting percentage, 17 runs scored, one home run and 22 RBIs. During the 2021 spring season, he was selected to the Northeast-10 All-Conference second team. ~Troy Thompson

COLLEGE — BASEBALL

POINT LOMA NAZARENE UNIVERSITY

OTTO KEMP

Infielder

Sophomore

Otto Kemp embodies a Zeal Lion. Throughout his career at Point Loma he has invested time and energy into improving his strength, power, and speed in the weightroom. Some of his best performance stats include a 6.3 60 yard sprint, and a deadlift 3 rep max of 405lbs. Otto has seen how strength & conditioning can support his playing performance as he was awarded conference freshman of the year last year and looks to capture attention for the conference player of the year this year. Otto's impact doesn't stop there, he spreads his infectious work ethic and drive with his teammates. As a leader on the field and in the weight room, Otto is a leader among men and we are blessed to have his efforts recognized by this award.

~Erik Pedersen

SACRAMENTO STATE

MARTIN VINCELLI-SIMARD

1B, C

Junior

Martin is one of the strongest athletes I have ever coached, but his work ethic and dedication to his physical preparation are even more impressive than his 1RM's. He's not simply the athlete who squats or deadlifts the most on the team, he also routinely works on his mobility, focuses on his nutrition and embraces all areas of sports performance, to be the best version of himself. When he steps in to the weight room he gives everything he has to training, every day, with no excuses. His leadership by example in this regard has been extremely valuable for our younger student-athletes, who see how his commitment translates to his on the field performance. ~Tristan McLaren

SAINT JOSEPH'S COLLEGE OF MAINE

BEN GRAVEL

Outfield/Pitcher

Senior

Ben has been a tremendous leader both in the weight room and on the field for our baseball program during his time at Saint Joseph's. He has dedicated himself to developing his strength, power, speed, and athleticism with hard work and dedication. In the weight room, Ben is pound for pound one of the strongest on his team. On the field, he has a career batting average over .300 and was named to the first-team All-Conference team in the Spring of 2021. Between his tireless commitment to his craft and the motivation he provides for his teammates, Ben is a perfect recipient of this award. ~Jameson Collins

SALISBURY UNIVERSITY

SKY RAHILL

1B

Senior

Sky is a Senior first basemen on the Salisbury Baseball Team. Sky has an infectious attitude that inspires and influences the people around him. He has consistently shown a willingness to do whatever it takes to be great, including his diligence to make himself the best version he can be both on the field and in the weight room. He not only demonstrates unwavering energy, integrity, and dependability, but he inspires these qualities in his teammates. ~Matt Nein

COLLEGE — BASEBALL

SUNY OSWEGO

BENJAMIN WILCOX

Pitcher

Senior

Originally from Australia Ben has established himself as a leader on the field, in the locker room and in the weight room. Ben was on pace to be a leader of the pitching staff only to have his junior season cut short due to COVID. He continued to train and then suffered an elbow injury to start the 2021 season. He has worked hard with the AT staff and in the weight room to rehab the injury and is currently leading our staff to hopefully another NCAA berth and a national ranking. ~Kevin Joyce

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

BRETT CAIN

Outfielder

Senior

Went 1-for-4 vs. Northern Colorado (5/14) ... Went 4-for-12 with two walks, a home run, a double, two RBI and two runs scored in three-game series vs. Baylor (2/21-22) ... Homered in debut vs. Baylor (2/21). ~Eric Sparks

UNIVERSITY OF DELAWARE

CHRIS LUDMAN

Right-Handed Pitcher

Senior

Chris 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 mound. He has been named to the CAA Commissioner's Honor Roll and has served as a team captain while at UD. As a Senior, 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. ~Stefan Pietrobono

UNIVERSITY OF MICHIGAN

WILLIE WEISS

Pitcher

Senior

Willie Weiss made an impact in our weight room from day one. The energy and work ethic he brings to each session is infectious. He is one of the most competitive student-athletes I have ever had the pleasure to work with. He has pitched in some big spots for us and his relentless attitude and work ethic have made him the consummate teammate. It is with great pleasure that I nominate Willie Weiss for All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

UNIVERSITY OF SOUTHERN MAINE

JOSH JOY

Pitcher

Senior

Josh has been leading the pitchers by example working hard on all elements of performance training. His better testing results include 305 Front Squat and 450+ deadlift. Pitching speed has improved to right around 90mph. He has the team ready for a potential NCAA qualifying year. ~Jim Giroux

UW-WHITEWATER

ERIC HUGHES

Outfield

Sophomore

Eric has been a tremendous leader through his strong work ethic and consistency in the weight room. He is a hard worker and uses every opportunity to better himself. Eric had a strong freshman season for the Warhawk baseball team and will be a key contributor to the team in the future. ~Lee Munger

COLLEGE — BASEBALL

VASSAR COLLEGE
ANDREW KANELIS

Outfield
Junior

Andrew Kanellis is self-motivated and dedicated. Andrew brings a heightened level of intensity to each lift. He pushes himself and those around him to work hard in all aspects of their development. Andrew has developed into one of our strongest student-athletes, highlighted by a career high 300lbs hang clean and 580lbs deadlift.
~Alice Read

WEST TEXAS A&M UNIVERSITY
IZAIAH MADRID

Infielder
Senior

Izaiah comes to work each and every day, either in the weight room or on the diamond. He is passionate about both, and brings positive energy that helps his teammates put forth their best effort as well. Izaiah is an all around athlete in his ability to do well at strength, power, speed, agility or baseball skills. His competitive spirit is tough for most to match and fun to work with each day. ~Sarah Ramey

WILLIAM WOODS UNIVERSITY
TYKLEN SALMONS

Outfield
Junior

Tyklen Salmons is a student-athlete that has used the athletic performance program to improve. He has done a great job of following his program and progressing as an athlete. He has gained strength, flexibility, and arm speed which has allowed him to become a valuable member of the WWU baseball team. His hard work has led to him being one of our top outfielders. By doing so he earned respect from both his teammates and coaches. I have enjoyed working with Tyklen and am very proud of his accomplishments. ~Bob Jones

WRIGHT STATE UNIVERSITY
GEHRIG ANGLIN

Infield
Junior

Gehrig is a tremendous worker and because of his tireless effort has earned every opportunity that has come to him. He is a lead by example teammate and helps define the outstanding culture we have on the Wright State Baseball team. ~Cole Pittsford