

## COLLEGE — LACROSSE

### CAMPBELL UNIVERSITY

#### CHANDLER STEWART

##### Defense

##### Junior

Chandler brings a consistent and great attitude with her every single day regardless of anything going on around her; when the time comes to work, she is ready and prepared to train. She keeps her head down looking for consistent improvement within her training and performance which consistently yields great results. Chandler has proven herself able to become physically competent to attack every challenge presented to her in training, and also mentally resilient enough to show up prepared for training session after session. ~Matt Rodriguez

### COLBY COLLEGE

#### HALLIE SCHWARTZMAN

##### Senior

Hallie is an individual who lights up the very space she occupies without even trying. Hallie always brings an enormous amount of energy and positivity everywhere she goes. Whether that is walking into the weight-room, or in the hallways, she greets everyone with a genuine smile. In the weight-room, Schwartzman is a modest leader, often lifting more than others, but is the first to callout a teammates accomplishments before her own. Although there are no captains, Hallie has stepped up to be a leader on the team by taking responsibility for communication with staff and coaches, and setting the example for accountability and hard-work for her fellow players. She is a true team player. Her love for the game and team spirit will be dearly missed. ~Catharine Moss

### DREXEL UNIVERSITY

#### ALLISON DRAKE

##### Attack

##### Junior

Allison has worked extremely hard in all areas of our strength and conditioning program to improve her

individual athleticism. Allison's work ethic, discipline and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young woman. ~Michael Rankin

### DREXEL UNIVERSITY

#### BRENNAN GREENWALD

##### Defense

##### Senior

Brennan, has worked extremely hard in all areas of our strength and conditioning program to become bigger, faster, and stronger. Brennan's work ethic, discipline, and attitude embody what the Drexel University strength and conditioning program is all about. It has been a privilege to work with such an amazing young man. ~Anthony McCloskey

### DUQUESNE UNIVERSITY

#### MAGGIE FLYNN

##### Defense

##### Senior

Maggie has made great strides over her career to ensure that she could contribute to her team. She has not only made contributions, but has become a mainstay on the field and has been voted a team captain. Her relentless energy, and drive to make herself and others better make her worthy of this award. The summer prior to her senior year, she made the commitment to train to improve her weaknesses despite having a demanding workload outside of her athletic obligations. She even made the commitment to get in as many extra workouts as she could to continue to develop. Through the dedication and hard work, she was able to breakthrough a number of plateaus. Her commitment to the weight room has proven to help her become the player and person she is today. Maggie's personal records include: Clean=120, Back Squat=185, Bench Press=115 ~Anthony Longo

## COLLEGE — LACROSSE

### EMERSON COLLEGE

#### AINSLEY BASIC

##### Midfield

##### Senior

Ainsley is an incredibly dedicated and hard-working student athlete. She's been one of the most consistent student athletes in her time at Emerson. An incredibly coachable athlete who puts in the work in the weight room and on the field. ~Ron Smithers

### EMERSON COLLEGE

#### BRENDAN GILLIES

##### Defense

##### Sophomore

Brendan's consistency over the last year has shown in his significant increases in strength and the physical transformation in the muscle he's gained. His improvements in key lifts, willingness to improve and be coached, and attention to detail day in and day out have helped him to improve significantly in strength and power. ~Ron Smithers

### ENDICOTT COLLEGE

#### JACK SUTHERLAND

##### Attack

##### Senior

Jack has developed from a skilled freshman to one of the most dominant players in Division III and best lacrosse athletes to come through Endicott. On the field, he earned USILA All-American, IMLCA All-Region, and CCC 1st Team All-Conference honors. He was one of the best Attackmen in the country while at Endicott. What was not clear on the stat sheet was Jack's commitment to his training and his work ethic in the performance center. When asked about his success, Jack Sutherland will tell you that his production is a direct result of the work he did with our Strength and conditioning staff at Endicott. Countless hours working to improve his speed, strength, and scoring ability. He credits the strength & conditioning staff with their direction and coaching to

allow him to become an All-American on the field by his junior year. He is coachable, self-motivated, and team-oriented. As a testament to these skills, Jack was voted Captain by his teammates in addition to all of his on-field accolades. He has a strong understanding of the skills needed to be successful on and off the field. He has shown a clear commitment to his development through his growth and work ethic over four years and the results it produced on the field. ~James Daley

### EPI CENTRE

#### MEAGAN BEAL

##### Midfield

##### Junior

Meagan Beal is the epitome of an all-around athlete. Elite level human, student, teammate, and lacrosse player both on and off the field. She is a legend locally, All Southern Conference 1st team standout in 2021, and on her way to becoming an NCAA First Team All-American in 2022. She is always the first one to arrive and last to leave. Meagan is a true leader in every aspect of the word. Currently playing in her 2nd official season at Furman University she is constantly being recognized by her coaching staff and peers for her performance in the classroom, weight room, and of course on the field. During her All-American Highschool career I had the pleasure of meeting and training Meg 2-3x a week in her off seasons and have continued to support and train her when she's home from college. She is all that and then some and we look forward to seeing her continue to rise while setting new levels for herself and those around her. ~Keith Deyo

## COLLEGE — LACROSSE

### HARTWICK COLLEGE

#### EMILY MADIGAN

**Defender**  
**Freshman**

Emily has shown that she will be a leader for the lacrosse team since day one. She came into college physically prepared, and has bought into the process of becoming the best she can be. She has natural ability, coupled with a relentless pursuit of improvement. I am excited to see what her future holds for Hartwick Women's Lacrosse  
~Andrew Parker

### HARTWICK COLLEGE

#### KYLE PEARSON

**Midfield**  
**Senior**

Kyle's progress over his four year career has shown what hard work and dedication to development can do for an athlete. His focus on the process day in and day out has set him up to see high level success not just in the weight room or on the field, but in whatever his future holds.  
~Andrew Parker

### HOBART AND WILLIAM SMITH COLLEGES

#### PAYTON MCMAHON

**Mid/Attack**  
**Senior**

Payton McMahon – As coaches, more importantly strength coaches, we are fans of athletes that do the right thing, the right way, all the time. Payton embodies every ounce of that statement. From the minute her feet touched down on campus she has been a leader both in and out of the weight room. While her numbers speak for herself (200+lbs back squat, 115lbs Bench, 135lbs Hang Clean, 245lbs Trap Bar) it is her consistency that stands out the most. Payton never backs down from a challenge and because of that and her consistency, she has grown into an exceptional leader. Payton has and will continue to raise the bar for our weight room until the day she graduates. - CG ~Chris Gray

### HOFSTRA UNIVERSITY

#### TIM HEGARTY

**Defense**  
**Senior**

Over the past year I have had the pleasure of knowing and working with Tim and the Men's Lacrosse team. Tim not only excels as an established lifter in the weight room but does far more than just meeting the required sets and reps. Day in and day out Tim demands excellence from himself and his teammates, consistently setting the bar of excellence. For those reasons Tim exemplifies what it takes to be a NSCA All-American Athlete of the Year. For the past 4 years, Tim has demonstrated consistent work ethic, determination and drive to become his best version of himself as an athlete and as a leader. Not only does Tim perform in the weight room but also as a key component of the teams defensive success. No matter the setting or situation Tim is as consistent as they come, from 5:00am lifts or redzones in the summer to the opening whistle of each game, consistency is a staple of Tim's makeup. Tim has aspirations of fulfilling a career in the field of athletic training where I believe he will be successful in improving the wellbeing of many. Congratulations Tim on a career full of Culture. ~DJ Melgar

## COLLEGE — LACROSSE

### HOFSTRA UNIVERSITY

#### CHARLIE RAGAULT

##### Longstick Middle

##### Senior

Over the past year I have had the pleasure of knowing and working with Chuck and the Men's Lacrosse team. Chuck has been a pleasure to coach and watch in the weight room. From day one of working with him he has established himself as one of the best and most intense lifters that I have had the pleasure to coach. With his technique and mindset prior to every set, drill and game you can see Chuck demands excellence from himself while also pushing his teammates to reach their full potential. For those reasons Chuck exemplifies what it takes to be a NSCA All-American Athlete of the Year. For the past 5 years, Chuck has demonstrated consistent work ethic, determination, and drive to become the best version of himself as an athlete and as a leader. Chuck not only performs in the weight room but acts as a prime example of excellence in any setting that he may find himself in. Chuck has aspirations of fulling a career in Orthopedics following Medical School, where he will play a key role in restoring the health of many. From 5:00am lifts in the summer to the opening whistle of each game, Chucks brings nothing but his best day in and day out. Congratulations Chuck on a career full of Culture. ~DJ Melgar

### HOLLINS UNIVERSITY

#### TATE HURLEY

##### Defense

##### Sophomore

Tate has shown incredible commitment to strength and conditioning as well as tremendous leadership in the weight room and on her teams. She is a multi-sport student-athlete, a member of the lacrosse, equestrian, and soccer teams. Tate has been a standout student-athlete since the moment she arrived on campus and her commitment to excellence goes far beyond the athletic realm. She is naturally one of the most athletic student-

athletes we have while also one of the most dedicated and hardworking of any athlete I've worked with. Tate has consistently improved her strength and conditioning personal records each semester she's been at Hollins. Her positive energy and kind demeanor is infectious. I have seen her overcome difficult circumstances with tremendous grace, maturity, and toughness. She is also a courageous leader, always putting others and her teams before herself. It is a great honor to coach a tremendous student-athlete like Tate. ~Leslie Williams  
~Leslie Williams

### JACKSONVILLE UNIVERSITY

#### JEREMY WINSTON

##### Midfield

##### Senior

Jeremy has consistently dedicated himself toward his development and physical preparation from day one. He embraces all that strength and conditioning can provide and works tirelessly to not only improve his own abilities but elevate his teammates around him both on the field and in the weight room no matter their year or place on the depth chart. With all the roles and responsibilities that come of a graduate student-athlete and captain he has embraced his earned role and continues to lead by example in each and every training session. His consistent hard work sets the standard for his teammates and his always positive attitude and encouragement is an infectious reoccurring presence felt on the field and in the weight room every day. ~Nick O'Brien

## COLLEGE — LACROSSE

### LIBERTY UNIVERSITY

#### RYAN REYNOLDS

##### Goalie

##### Senior

Ryan Reynolds is an exercise science major who recently passed the CSCS exam as a part of his coursework. On the field, Reynolds has been a dominant goalie, which earned him the distinction of the Atlantic Lacrosse Conference Defensive Player of the Year, along with making the All-Tournament Team and being named the Defensive MVP. He also earned himself the 1st Team All-Conference honors. Reynolds was an instrumental part of his team winning the 2021 Atlantic Lacrosse Conference championship title in 2021 with 14 saves. As a team captain, Reynolds has been a steady demonstration of leadership during his tenure with the team. His work ethic on the field and in the weight room is exemplary and deserving of recognition. He shows up to lifts with a purpose, leading by example. ~Justin Kilian

### LINDENWOOD UNIVERSITY

#### KELSEY LONG

##### Defense

##### Junior

Kelsey is one of the most exceptional athletes that I have ever had the opportunity to work with. She demonstrates a relentless work ethic, and is extremely motivated/driven to become the best athlete she can be. She not only does a great job at pushing herself, but she also pushes her teammates to be the best version of themselves every single day. ~Collin Kohlasch

### LINDENWOOD UNIVERSITY

#### JONY MAJOR

##### Faceoff

##### Junior

Jony is extremely dedicated to his craft in the weight room. He comes in everyday with a strong attitude to get better, and to also make his teammates better. He is always looking for ways to put more work in, and makes

the most of every single rep. He sets a high standard for others to reach. His work relentless work ethic makes it no surprise that he is one of the best faceoff men in the country. ~Collin Kohlasch

### LONG ISLAND UNIVERSITY

#### SAMANTHA DICKERSON

##### Attack

##### Freshman

Samantha has made great progress in the weight room since she arrived on campus in the fall. Dickerson's confidence, strength and coachability have all increased. Samantha will achieve great things during her college career. ~Robert Bouchehy

### LONG ISLAND UNIVERSITY

#### KARL LACALANDRA

##### Long Stick Midfielder

##### Sophomore

Karl continues to grow on and off the field with his dedication in the weight room. He is a great young man and is learning what it takes to be a leader. His commitment to excellence is going to be a difference maker for the Sharks this year. His hard work has help transform his body and performance to help him achieve all of his lifting and lacrosse goals. ~Robert Bouchehy

### MARYVILLE UNIVERSITY

#### JULIA BANFIELD

##### Junior

Julia's effort and attitude continues to set the bar in the weight room. She puts in effort and drive to continue building strength and resiliency to keep her play on the field at the top of its game. In a shortened 2020 season she was able to score 5 goals in 5 games. She is a leader in the weight room and it will continue to reflect in a positive manner to her play on the field. ~Jake Fitts

## COLLEGE — LACROSSE

**NORWICH UNIVERSITY**  
**PAYDEN MASARACCHIA**

**Attacker**  
**Senior**

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

**NORWICH UNIVERSITY**  
**BRITTNEY POLJACIK**

**Defense**  
**Senior**

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

**PACE UNIVERSITY**  
**TAYLOR ROSSI**

**Defense**  
**Senior**

Taylor Rossi has grown tremendously in the strength and conditioning program over the last five years. Taylor holds the second-highest squat max in program history with a 325 pound box squat, also she holds notable testing numbers of a 115-pound bench press and 115-pound hang clean. Her dedication is evident in her conditioning as well, posting a mile time of 6:27, and a 40-yard dash time of 5.9 seconds. Taylor has started 47 of the 51 games she has played in over the last 4 seasons, and she has served as a team captain for the last three. During those 51 games, she has collected 66 ground balls. ~Troy Thompson

**ROCHESTER INSTITUTE OF TECHNOLOGY**  
**MYRANDA D'ANTICO**

**Attack**  
**Senior**

Randy is a competitor who loves spending time in the weight room but never seems satisfied. She is always looking for that next mountain to climb and pushing to out due herself. Randy is one of the strongest athletes on her team and still hungry to improve. Randy's work ethic and can-do attitude are contagious and continue to lift the bar higher for herself and her teammates. Her current training maxes are a 115# Hang Clean, Front Squat of 185# and a Hexbar Deadlift of 255#. ~Ryan Kelly

**ROCHESTER INSTITUTE OF TECHNOLOGY**  
**STEPHEN KETELSEN**

**LSM**  
**Senior**

Sarge never takes a day off. He is always pushing and challenging himself. Sarge is consistently the hardest worker in the room and leads by example. He does not need to say much as his strength and work ethic alone inject energy into team training sessions. Sarge currently has a Hang Clean of 225#, Front Squat 340# and Hexbar Deadlift of 535#. ~Ryan Kelly

## COLLEGE — LACROSSE

### SAINT JOSEPH'S COLLEGE OF MAINE

#### LYDIA DEXTER

##### Attack

##### Senior

Lydia is one of the most resilient and persistent athletes I have had the opportunity to work with. Over the course of her career, she has sustained major injuries that required surgery, but she never strayed from the process and continued to get herself back to the level she was at previously. In the weight room, she motivates and challenges her teammates to push themselves and also pushes herself in the process. While she has had an accomplished career on the field, she has also made a great impact on the other athletes both on her team and throughout the school. She was part of the first class of Strength & Conditioning interns within the department and has also served as an Assistant Strength & Conditioning Coach while attending graduate school on campus. Her commitment to the program and dedication to the coaching profession are both reasons why Lydia is a great recipient of this award. ~Jameson Collins

### SALISBURY UNIVERSITY

#### MARY CLAIRE HISLE

##### GK

##### Senior

MC always enters each training session with a positive attitude ready to attack her training. She is a great role model for younger athletes on the team as she is never complacent despite her successes on and off the field. Never a complainer and always a doer, she sets the tone for her team without having to say much. A great person, player, and all-round athlete, MC certainly deserves the title of NSCA All-American! ~Matt Nein

### SPRINGFIELD COLLEGE

#### CONNOR ROBERTS

##### Defense

##### Senior

Started all three games for the Pride during his third season on Alden Street... Picked up 11 ground balls while causing seven turnovers... Posted a career-high four caused turnovers in a loss against Clark... Tied a career-high in ground balls, scooping up five in the last game of the season ~Tyler Stasiowski

### UNITED STATES COAST GUARD ACADEMY

#### LOGAN TOBIAS

##### Midfield

##### Senior

Logan is a Senior at the United States Coast Guard Academy and upon graduation will serve his country as an Officer in the United States Coast Guard. Currently serving as a captain for the 2022 season, he is a pre-season 1st Team All New England selection by the NEILA. In addition to his leadership and athletic accomplishments, Logan is also known for his high academic standing. He is currently the #1 ranked scholar at the United States Coast Guard Academy and is the Honor Graduate for the class of 2022. Bench – 315, Squat – 405 , Deadlift – 520, Total = 1,240 @ 210lbs bodyweight. ~Timothy Farina

### UNIVERSITY OF BRIDGEPORT

#### ADDISON PLUME

##### Attack

##### Senior

Addison is one of the hardest working athletes I have had the privilege of coaching. She continuously goes above and beyond what is asked of her. Her work ethic and discipline is evident in both her athletic and academic career. Nice job Addie! ~Paul Spada

## COLLEGE — LACROSSE

### UNIVERSITY OF DELAWARE

#### KEVIN LYNCH

##### Defense

##### Senior

Kevin has overcome adversity to accomplish his goals in the classroom, community, weight room, and on the field. He has used his time in the weight room to recover from injury and expand his abilities on the field. Lynch is a team captain and has been a member of the CAA's Commissioner's Academic Honor Roll. As a Senior, he understands the extra work necessary to be the best in his position. 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. ~Thomas Evans

### UNIVERSITY OF DELAWARE

#### DANIKA SWECH

##### Midfield

##### Senior

Danika has worked hard to accomplish his goals in the classroom, community, weight room, and on the field. She has used her time in the weight room to expand her abilities on the field. She is a team captain and has been a member of the CAA's Commissioner's Academic Honor Roll. As a Senior, she understands the extra work necessary to be the best in her position. She is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level. ~Thomas Evans

### UNIVERSITY OF MICHIGAN

#### JACKSON ZAUGG

##### Defense

##### Senior

Jackson has grown a lot during his career at Michigan. He has had many hurdles to get over. Through all of it he has been dedicated to the process and has developed into one of the leaders of our program. His work ethic and

resiliency have been the blueprint for his success. Jackson has set the standard for our veterans and younger players alike. I am honored to nominate Jackson Zaugg as an All-American Strength and Conditioning Athlete of the Year. ~Jason Cole

### UNIVERSITY OF NEW ENGLAND

#### MIKE SPILLANE

##### Defense

##### Senior

Mike embodies Nor'easter G.R.I.T. - Greatness, Resilience, Integrity & Tenacity in our strength and conditioning program. Although he has battled some injury in his time as a Nor'easter, he has remained wholly dedicated to both his personal and team improvement in the weight room. Mike is an incredible leader to whom his teammates and other athletes on campus gravitate toward. He is a role model for all Nor'easter student-athletes, not just his lacrosse teammates. Mike has given everything he has to every lift over his 4 year career, and it shows in his athletic development and growth as a leader. He is respected by all who know him and he has set a standard for what it means to lead in our Nor'easter Strength Program. ~Lyndie Kelley

### VASSAR COLLEGE

#### JAMES NICHOLAS

##### Midfield

##### Junior

James Nicholas is well-rounded and embodies hard work. James can clean 300lbs and deadlift 600lbs in one moment then turn around and jump 38 inches in the next breath. James is constantly asking questions and analyzing technique to improve each rep. His energy and intrigue is contagious and those around him can't help but push themselves harder. ~Alice Read