

COLLEGE — SOFTBALL

ALBANY STATE UNIVERSITY

GLORY SEAY

OF

Senior

Glory has been a consistently hard worker for four years. Her leadership is unmatched. Her weight room numbers include a 300 lb. back squat, 160 lb. bench press and a 160 lb. hang clean. ~Troy Williams

APPALACHIAN STATE UNIVERSITY

BAYLEE MORTON

Catcher

Senior

Baylee is a natural leader on and off the weight room. Her teammates gravitate to her and lean on her to be the voice of the team. Her leadership allows everybody else on the team to perform to their best of their abilities because she understands what it takes to bring out the best in everyone. Baylee has been a joy to coach in the weight room and she is the type of athlete that any coach would love to have on a team. I have no doubt in my mind that she is going to be very successful in her future endeavors because of her infectious energy and her ability to unselfishly put other's needs in front of her if it what she thinks will help a team succeed. ~Henry Murray

AUGUSTANA UNIVERSITY

ABBIE LUND

Outfield

Senior

Abbie's fun-loving attitude is balanced by her professional approach to her athletic endeavors. Her leadership and dedication to her craft has propelled her team to numerous titles including the 2019 NCAA DII National Championship, multiple NCAA Regional Championships, and multiple NSIC tournament championships. Abbie's individual honors include NSIC Gold Glove Award Winner, NSIC Second Team All-Conference, NSIC All-Tournament Team Second Team, and NFCA All-Central Region. The effort she shows in the classroom, on the field, and in the weight room will undoubtedly carry over into her medical career. ~Andrew Stocks

AVILA UNIVERSITY

TRINITY MORRIS

Catcher/3B

Senior

Trinity is always a positive influence on her team and in many ways she takes on the role of team mom. She cares about her teammates and their success as much as her own. In the weight room she is a dedicated individual and one of our strongest female athletes. She is versatile by stepping into any role the team needs from catcher to third baseman to team organizer/scheduler. She balances all of this while maintaining academic excellence in the nursing major and juggling her schedules around her final year of clinicals. ~Brian Ciolek

COLLEGE — SOFTBALL

BARRY UNIVERSITY

MAGGIE WHELESS

Infielder, Outfielder, Catcher, Utility

Senior

Maggie has outshone all qualities of an NSCA All-American Strength and Conditioning Athlete in every sense of the accolade. When we think of Maggie; we think of a warrior mentality. She was diagnosed with a shoulder injury upon returning to school this year, detrimental news to any overhead athlete. But through adversity, she was driven to not let the injury keep her away from softball. She was extremely diligent with her rehabilitation and always instilled a positive attitude during her offseason lifting and conditioning, and is now back to a starting role on the field. She has not only continually persevered through her hardship, but always smiled through her qualms in order to keep the team's spirit high. One instance out of many that stood out to me was during a conditioning drill in the fall that painfully nagged her injured shoulder. Knowing she is a team leader, she stepped to the side, took a second to calm the emotions and tears she felt because of the frustration due to her injury, and kept on going, with some modifications. Her team saw this sense of grit, and a fire was lit throughout the team to make it a good conditioning session, even after a long day, and a longer practice. As a senior, being told you are being switched to a different position than you expected may upset the weak minded athlete, but Maggie remained positive and stepped up to the task, knowing it was what her team needed. Her leadership has continued to shine in the weightroom, on the field, and in the classroom. Maggie has demonstrated excellent academic standings in her career at Barry, having held or exceeded a 3.5 gpa throughout her journey at Barry. She has not let "Senioritis" plague her, as she is currently in a Sport Management internship role with the Miami Marlins, putting in 13-15 hour days to juggle her internship duties, her position on the softball team, her academics, and

always getting in her lifts and her conditioning, even on the days she has to miss team scheduled activities. Finally, Maggie has excelled on the field as well, last year having started in all 25 games, hitting .265 with five doubles, one triple, two home runs, a slugging percentage of .465 and an on-base percentage of .354. She also went 13-for-16 in stolen bases, and in high school was named 2017 Defensive Player of the Year while also earning First-Team All-State honors. Maggie truly exemplifies an NSCA All American Athlete in every sense of the recognition. ~Alexa Garcia

BRADLEY UNIVERSITY

GRACE FRENCH

Pitcher / UT

Senior

Grace has been undeniably a true leader for her team. The work ethic she demonstrates in her training has not only caused her game to improve over her 4 years, but also strives to make her teammates better as well. This results in her most recently back squatting 275 pounds, bench pressing 155 pounds and a personal best hang clean of 165 pounds. Her leadership and drive continues to be a crucial factor on her team and the individuals around her. Her future is very bright. ~Matt Friend

BRANDEIS UNIVERSITY

ALEX COHEN

Pitcher / OF

Sophomore

Alex "Prime" Cohen has evolved into an incredible athlete and leader during her two years at Brandeis. She never misses a training session and consistently goes above and beyond. She is a relentless worker and elevates those around her. In the weight room she is constant energy and one of our strongest lifters. On the field, she is our ace pitcher and bats third in our lineup. Prime is the type of athlete every coach hopes they can work with. ~Jay Mendoza

COLLEGE — SOFTBALL

CALIFORNIA STATE UNIVERSITY SAN MARCOS

KLARISSA MUNOZ

OF / 2B

Junior

Klarissa Munoz has posted very impressive numbers in the weight room this year. She has grown into a speedy and powerful softball player through her unmatched drive and all-out attitude. In addition, she is someone who empowers the players around her and brings out the best in her teammates. Lastly, she holds an overall grade point average of 3.85. Klarissa is on the verge of breakthrough and is truly an enjoyable athlete to coach. ~Ryan Paniagua

CLAREMONT-MUDD-SCRIPPS ATHLETICS

LAUREN RICHARDS

Pitcher/Infield

Senior

Lauren Richards is a senior for the Softball team pursuing a Bachelor's degree in Biology from Claremont McKenna College. During Lauren's only complete season, she earned First-Team All-SCIAC and multiple Academic Awards throughout her time here. From a quiet first-year student to a vocal leader as a senior, Lauren has worked incredibly hard to improve her performance in the weight room and on the field. Lauren's positive attitude is contagious and her ability, leadership, and effort will be missed across our CMS community. ~Andrew Jones

DENISON UNIVERSITY

SAM KLINE

Infield

Senior

Over the course of her career, Sam has been one of the most improved athletes I've coached at Denison. This is due to her exceptional work ethic and the mentality in which she approached her workouts. Sam improved her hang clean max from 95 to 135 lbs, her bench press max from 80 to 125 lbs, doubled her squat max from 115 to 230 lbs, and her max pull ups went from 2 her first year to 10 her senior year. Sam is a two year captain the on softball team, starting 52 games in the middle infield through the beginning of her senior year. She has a career batting average of .324, OPS of .747, and has collected 49 career hits. Sam has also served as a weight room intern. In 2021, Sam was selected to the NCAC Academic Honor Roll in addition to being named a NFCA All-American Scholar Athlete. Sam is a Psychology and HESS double major with a 3.63 GPA, and is a senior fellow in the HESS Department. ~Beau Scott

DUKE UNIVERSITY

KRISTINA FOREMAN

2B

Senior

Kristina experienced hardship through injury early in her career, and because of this much of her training focused on developing her physical ability. The physical and athletic transformation from freshman to senior is not just visible, it can be seen on the field. Kristina trains to be the best, and it shows. She is has been one of the most dedicated athletes I have encountered, and it is my pleasure to nominate Kristina Foreman as an All-American in Strength & Conditioning. ~Jordan Bar

COLLEGE — SOFTBALL

DUKE UNIVERSITY PEYTON ST. GEORGE

RHP
Senior

Peyton understood and experienced the benefits of performance training early on in her collegiate career, and the results of her hard work speak for themselves. She continues to invest time and energy in developing her physical ability which allows her to compete at the highest level every time she plays. Her dedication and effort has inspired others to follow suit, not because it was suggested, but because they see how her training has paid off. It is an honor to have her here at Duke, and it is my pleasure to nominate Peyton as an All-American in Strength & Conditioning. ~Jordan Bar

FORT HAYS STATE UNIVERSITY SARA BRECKBILL

Catcher/Utility
Senior

Sara is a hardworking, determined young lady. She understands commitment and dedication to her work and team. She has developed into a tremendous leader for her team and works/competes with a passion to always be her best. Sara was a 5 years starter for her team and was selected to All-MIAA conference teams 4 of those years as a catcher and Utility/Non-Pitcher. ~Doug Boucher

FORT VALLEY STATE UNIVERSITY MAKAYLA CRUZ

Outfield
Sophomore

Makayla is a hard worker that developed into one of the team leaders balancing academics, athletics, student government and sorority obligations. Her progress in the weight room has reflected in improved performances every game with a squat of 2.5 her bodyweight and increase speed. ~Korrey Hammond

GEORGIA GWINNETT COLLEGE PIPER WAGNER

Infielder
Senior

After arriving as a freshman at GGC 5 years ago, Piper has developed into one of the best softball players to set foot on the dirt. She has exceptional motivation in the weight room and is dedicated to working year-round. During summer and winter breaks, Piper would be one of the few to commit to voluntary workouts. When she is unable to make it to the room for lifts, she finds unique ways to continue her overall gains. She does not rush to complete the task, rather achieves to be the best. ~James Williams

HOFSTRA UNIVERSITY DEVYN LOSCO

Catcher
Senior

I have had the absolute pleasure of knowing and working with Devyn for the past five years. Not only does Devyn excel in the weight room, but she has a relentless work ethic towards softball, academics, and extracurricular activities. For those reasons, Devyn exemplifies what it takes to be a NSCA All-American Athlete of the Year. For the past five years, Devyn has demonstrated a consistent work ethic and positive mindset and continuously makes herself and her teammates better. Not only does her performance reflect in the weight room but she also shines on the field. Although Devyn has had some injury setbacks, she has always found ways to get better while making her teammates better. She has aspirations to fulfill a career in the medical field and I believe that she will be successful in any career that she wishes to pursue. ~Ashley Christy

COLLEGE — SOFTBALL

HUNTINGDON COLLEGE

LYDIA LEWIS

Outfield

Senior

Lydia has done a tremendous job with her training, and enforcing a training expectation within her program. She has been rock-solid in every area of her life, and sets a great example for all of our athletes. ~Charles Goodyear

IDAHO STATE UNIVERSITY

RHEANNE LEWIS

Utility

Senior

A pure athlete, competitor, and leader; Rheanne embodies all three. Rheanne has been a pleasure to get to know and work with. Always looking for extra work, her gritty work ethic has been on display, overcoming a few significant knee surgeries to being one of the strongest and fastest players on the team. Rhe's grit and determination has placed herself in a position to play a key role in her final season. Rheanne's dedication and commitment to her craft is inspiring and commendable. ~Brandon Stephens

IOWA STATE UNIVERSITY

LEA NELSON

Out Fielder

Junior

Lea has been one of the most dedicated softball players while in the weight room over the past year. She was the leader when organizing and strongly encouraging summer training sessions and communicated weekly if she was out of town. She has also shown the most growth of any of the ladies within the softball program. She has been a true pleasure to work with this past year and I am looking forward to seeing her grow during this season. ~Tim Dombrowski

LINDENWOOD UNIVERSITY

RILEY LUETKENHAUS

Infielder

Senior

Riley goes above and beyond any team standards or expectations. Whether it's coming in on her own for summer training or getting extra training sessions in during the school year, she is always working to improve. She consistently does the right thing regardless if anyone is looking. Her energy is contagious and always leads the team in the right direction. Riley is my go-to contact for the team as well as the team leader in the weight room. ~Michael Reese

PACE UNIVERSITY

ZOIE IVERSON

Catcher/Infield

Senior

Zoie Iverson has continually pushed herself to new heights in her training knowing that it will improve her performance on the field. Zoie holds some of the best testing numbers ever for the softball program with a box squat max of 340 pounds, a bench press of 150 pounds and a 150- pound hang clean. On the field, Zoie is a three year starter with career numbers of 27 runs scored, 11 doubles, three home runs and 36 RBIs. Zoie is constantly pushing her teammates and bring the culture of the softball team's approach to strength and conditioning to new heights. ~Troy Thompson

COLLEGE — SOFTBALL

PORTLAND STATE UNIVERSITY

EMILY JOHANSEN

Infield

Junior

Emily has worked so hard since she stepped foot on campus. She has used the weight room to her advantage to put her and her team in a position of winning. She was a member of the 2021 All Big Sky Tournament Team as well as 2021 Tournament Championship team. Emily is a leader on and off the field through her actions. She is what the NSCA All-American team is all about. ~Frederick Scott Fabian

QUEEN'S UNIVERSITY OF CHARLOTTE

GERLEA PATTON

Outfield

Senior

I have worked with Gerlea since her freshman year. When she first arrived, she couldn't do a box squat with a PVC pipe. She is now one of the strongest female athletes, if not the strongest. She is not only a leader to her team, but to others on campus. ~Daniel Haas

ROCHESTER INSTITUTE OF TECHNOLOGY

HANNAH TRUMBLE

Outfielder

Senior

Hannah is a leader on and off the field for RIT Softball. As a team captain, she acts as a second coach, and plays a significant role in keeping the team organized and focused. In the weight room, she is an enthusiastic and energetic presence who pushes her teammates to train hard. She also continues to be a great example to the team's 1st year student-athletes, and her ability to connect with her younger teammates has contributed in large part to their development thus far. Hannah is also among the strongest and most explosive of our softball athletes, with a recent 280# deadlift, and some of the

highest jump and speed scores on the team. ~Connor McJury

ROCK VALLEY COLLEGE

KELLI RIORDAN

Shortstop

Sophomore

Kelli Riordan was awarded the #7 by her teammates as the person who best represents what RVC softball stands for in terms of work ethic, leadership, and toughness in honor of a former player, who tragically died by suicide. She shows up daily, leads by example and elevates the people who are around her to be better. Kelli never takes a rep off, executing everything to her best ability, including in strength and conditioning. Kelli was under-recruited out of high school, didn't have many offers to play college softball. In one year, as a freshman, she turned herself into the NJCAA DIII National Player of the Year and N4C Conference MVP. Kelli is also a very strong student, carrying a cumulative GPA of 3.6. Next year Kelli will be continuing her education and softball career at NCAA D1 IUPUI. ~Timothy Hatten

SAINT MICHAEL'S COLLEGE

LEIGH BRANDENBURG

OF

Senior

Leigh is one of the hardest working student-athletes to ever come through this program. She loves the process of training and what it does for her in all aspects of her life. Leigh is going into the United States Marines and I am proud to know her and be a small part of her college process. ~Ryan Garrow

COLLEGE — SOFTBALL

STONY BROOK UNIVERSITY

CORINNE BADGER

Catcher

Junior

Corinne has the work ethic and determination you can't teach or coach a person. She comes into the weight room and steps on the field everyday and gives consistent effort. In my 2 years working with her I have truly seen her grow into not only a leader in the weight room but also on the field. As one of my most explosive athletes, she currently holds the hang clean record for females at 190lbs and clocked a 4.38 pro agility score in the Fall of 2021. Her hard work in the weight room has transferred onto the field to start the 2022 season, as she currently sits at the top of the conference leader board with 8 home runs in our first 3 weekends of play. I am excited to see what Corinne will continue to do in her time at Stony Brook. ~Kate Newell

TRINITY COLLEGE

DOM BOLDUC

Senior

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

TROY UNIVERSITY

LOGAN CALHOUN

Short Stop

Senior

Logan has an impeccable work ethic. While facing many physical challenges throughout her collegiate career, this trait has never wavered. She has worked extremely hard to overcome these hurdles, Torn ACL in February of 2019, and the most recent being a broken fibula in October of 2021 which she has fully recovered from and has started every game this season. Logan is dependable, consistent, and dedicated. She has been a great leader for the Troy softball Team. Logan majored in Health promotions with a minor in Psychology--GPA 3.67 , now working on M.S. in Sport Management with GPA-3.778. Logan's lifts---

Body Weight 125, Bench-135, Squat-225, Deadlift-275, Vert-26.5 ~Richard Shaughnessy

UNITED STATES COAST GUARD ACADEMY

MARIAH DEWEY

SS

Junior

Mariah Dewey is a Junior Captain for the Softball team at the United States Coast Guard Academy. In 2021 Dewey was first team all conference selection in the NEWMAC. Hitting .364, Mariah led the team with a .568 slugging percentage and was tied for 1st in the NEWMAC with two homers and had a team-high eight runs scored to go with three doubles and seven RBI's on the season. She also has received numerous academic and military awards such as being on the commandant of cadets list 5/5 semesters earning her a military achievement award as well as dean's list awards 3/5 semesters. As a former Swab summer platoon executive officer last year, Mariah will spend her summer on special assignment with Patrol Forces Southwest Asia (PATFORSWA). ~Timothy Farina

UNIVERSITY OF DELAWARE

SARAH BESSEL

Utility

Senior

Sarah has worked hard to accomplish her goals in the classroom, community, weight room, and on the field. She has used her time in the weight room to excel and improve her prowess on the diamond. She is a CAA Academic Honor Roll member for the past 2 seasons. Last season she appeared in 27 games and made 22 starts in the outfield. She is one of our hardest working 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. ~Stefan Pietrobono

COLLEGE — SOFTBALL

UNIVERSITY OF NORTH CAROLINA PEMBROKE

JORDAN ADCOX

C

Senior

Jordan is one of the hardest and most dedicated athletes in the weight room. She is a true leader and is constantly putting in extra work to reach her full potential. ~Cory Minnie

UNIVERSITY OF PROVIDENCE- GREAT FALLS

TAYLOR MATHEWS

Junior

Taylor has one of the best personalities of any athlete on campus. She is always willing to roll up her sleeves and work hard, while having fun at the same time. Taylor is very involved within the softball team and with campus activities. I'm impressed with her ability to keep her teammates loose but competitive at the same time. Taylor truly enjoys life and values the time with her teammates and coaches. ~Will SeEVERS

UNIVERSITY OF SOUTHERN MAINE

BRYNN HICK

Infield

Senior

Brynn has made a complete recovery from an ACL 2 years ago. Hoping to lead team back to NCAA's. Brynn leads by example helping show the way for underclassman. Some of her best test result include 130 bench and clean and an improved 10yd run time of 1.82. ~James Giroux

UNIVERSITY OF SOUTHERN MAINE

KAITLYN NELSON

Infield

Senior

Overcoming back issues that hindered her earlier Kaitlyn has become one of the stronger Huskies. Last year she helped the Huskies earn an NCAA tournament bid. Her better lifts include 255 deadlift, 120 clean and an improved 1.74 10yd. ~James Giroux

UNIVERSITY OF TENNESSEE AT MARTIN

KALLIE PICKENS

Junior

Kallie is well deserving of this award through her commitment to her athletic development and consistency as a leader in the weight room. On the field, Kallie has been a fixture at third base while also being a career .300 hitter. In addition, Kallie has been a four-time Athletic Director's Honor Roll recipient, two-time OVC Commissioner's Honor Roll award winner, and was selected on the Easton/NFCA All-American Scholar-Athlete list for the spring of 2021. ~Chris Gillies

UNIVERSITY OF WISCONSIN-WHITWATER

HANNAH WUSTERBARTH

Second/Third Base

Sophomore

Hannah shows up to every workout with the intention of improving and helping her teammates improve. She is meticulous in the way she approaches her form and always brings 100% effort. She sets a certain level of excellence for herself and her teammates. Hannah has earned recognition as an Easton/National Fastpitch Coaches Association All-America Scholar-Athlete and made the Wisconsin Intercollegiate Athletic Conference Scholastic Honor Roll last year. ~Dylan Garbutt

WEST TEXAS A&M UNIVERSITY

RUBY SALZMAN

OF

Junior

Ruby comes into the weight room each and every day full of energy and ready to work. What I am most proud of about Ruby is the type of teammate that she is. If Ruby is not the one under the bar, she is cheering on and pushing her teammates. Ruby is a joy to coach because of her work ethic and her passion to make her teammates better. ~Jacob Saulnier