

COLLEGE — RUGBY

LONG ISLAND UNIVERSITY

ANNA WALLACE

Sophomore

Anna has made vast improvements both mentally and physically over the past year. Her presence in the weight room has not gone unnoticed. Wallace has really grown to enjoy training and will achieve great things on and off the field. ~Robert Bouchey

NORWICH UNIVERSITY

JACKIE FREDERICO

Hooker

Senior

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

NORWICH UNIVERSITY

JACK TELLIFSON

Hooker

Senior

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

TRINITY WESTERN UNIVERSITY

SCOTT BOWERS

Front Row

Senior

Scott has a relentless work ethic and is always pushing his teammates to be better as well. He doesn't settle for anything less than his best, both in the weight room and on the pitch. He is a team leader, both on and off the field, and as one of our older players he sets the tone for the rest of the group. He is incredibly strong, but always knows when to push himself and when to rest as he knows to put his sport above any of his lifting. He has had many conversations with me to help guide my

programming as I start to learn more about the demands of rugby and what the guys need to perform optimally. He is extremely fit, crushing our bronco test with similar times to our backs, and he is always holding guys accountable. On top of everything, he also writes for our school newspaper and takes great pride in everything he does. ~Cole Hergott

UNIVERSITY OF NEW ENGLAND

KATIE BERGER

Fly Half

Senior

Berger is an exceptional human. She has been the heart beat of her team in the weight room, facilitating the flow of energy and effort just like she does on the Rugby pitch for both 15's and 7's. She has consistently grown, year by year, in the weight room with an immense amount of dedication to the smallest details. Her transformation over her four years has been a pleasure to witness, but more importantly, she has helped transform her team's culture. She also served as a Strength & Conditioning Intern for our Nor'easter Strength Program, during which she helped her fellow Nor'easters across our athletics department! Although her numbers are impressive in the weight room, it is her ability to polarize others through her own effort that has been her greatest success. It is no surprise that her team competed in the NIRA DIII National Championship this past season! ~Lyndie Kelley