

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — ROWING

DUQUESNE UNIVERSITY ELIZA MANCE

Senior

Eliza knows exactly what it means to be hard working and disciplined. It does not matter how practice went, what day of the week it is, or how her day has gone. Eliza shows up with a good attitude, ready to work every time she steps in the weight room. Her positive attitude radiates to all athletes around her as she encourages her teammates and regularly cracks quality jokes to put a smile on their faces. Eliza is also one who never seems to back away from a challenge. I often times find that her efforts set the bar for the rest of the team to strive for. Eliza has not only been a great impact on our team, but a phenomenal student athlete to work with. ~Ryan Schaub

HOBART AND WILLIAM SMITH COLLEGES ANNIE WERTHEIMER

Senior

Annie Wertheimer – Annie is one of the most resilient and hard-working athletes I have had the pleasure to coach. Navigating challenges throughout her college career, she without a doubt always finds a way to raise the level of herself and her teammates even when dealing with challenges. Over her tenure at William Smith she has also taken on quite a leadership role within the rowing program and in the weight room which has helped earn her a full ride to attend Rutgers upon graduating from WS. I am beyond proud of all that Annie has accomplished in our weight room but also for herself. ~Chris Gray