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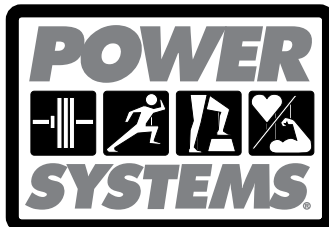
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2008 NSCA All-American Strength and Conditioning Athletes of the Year

The NSCA All-American Strength and Conditioning Athletes of the Year program recognizes those collegiate athletes, whose athletic accomplishments, in the opinion of their strength coach*, reflect their dedication to strength training and conditioning.

These athletes are also recognized for their academic and personal accomplishments and their integrity as student athletes. Power Systems, Inc. is the official sponsor of this program.

**A team coach who is a member of the NSCA, may make a nomination in the event that a team does not have a regularly assigned strength coach.*



baseball

Clemson University

Doug Hogan

Catcher

Financial Management

Height: 6'3" Weight: 215

**Bench Press: 315, Vertical Jump: 32",
Power Clean: 265, 40-Yard Dash: 0,
Agility: 0, Squat: 405**

Doug exhibits many leadership qualities both on the field and in the weight room. He also displays team leadership through sound work habits. Doug is the first in to work and last guy out. Doug has earned team captain honors with a batting average of .350 and slugging percentage of .607. Doug's commitment to his training has carried over to the baseball diamond and also will help him to succeed with life after baseball.

—Larry Greenlee, NSCA Member

Creighton University

Ian Dike

First Base/ Left Hand Pitcher

Business Finance

Height: 6'3" Weight: 241

**Bench Press: 330, Vertical Jump: 26.5,
Power Clean: 309, 40-Yard Dash: 0,
Agility: 0, Squat: 455**

Ian did not need much time to adjust to college level competition when he arrived on Creighton campus last year as Nebraska Male High School Athlete of the Year. As a sophomore this year so far he has broken not only the previous All-time Bluejay record on Power Clean but also improved and broken his own record twice. He has shown great interests to be the best athlete in the weight room and has brought intensity and tremendous work ethic to the weight room. Ian is very deserving of this award. It has been a great pleasure working with Ian and I am looking forward to working with him the next two years.

—Satoshi Ochi, CSCS,*D, NSCA-CPT,*D,
NSCA Member

USAFA

Chay Derbigny

Outfielder

Systems Engineering Management

Height: 5'11" Weight: 195
**Bench Press: 345, Vertical Jump: 42.5",
Power Clean: 315, 40-Yard Dash: 0,
Agility: 0, Squat: 500**

Chay gets it done and leads by example. He has the drive to beat any record he sees and he does!

—Andrew Bodette, CSCS, NSCA Member

University of Washington

Jake Rife

Left Fielder

History

Height: 5'10" Weight: 205
**Bench Press: 0, Vertical Jump: 30.5,
Power Clean: 303, 40-Yard Dash: 4.40,
Agility: 4.42, Squat: 435**

In my 5 years of working with collegiate baseball players, I have never worked with an athlete who has dedicated himself to becoming the most physically developed athlete Jake can be.

—Hans Straub, CSCS, NSCA Member

Keene State College

Joseph Rousseau

Third Base

Management

Height: 5'10" Weight: 200
**Bench Press: 285, Vertical Jump: 0,
Power Clean: 0, 40-Yard Dash: 0, Agility:
4.49, Squat: 395**

Joe is an extremely hard worker and always gives 100% during every lift and conditioning session. His dedication and work ethic to strength & conditioning and baseball made him a vital part of the KSC baseball team that received their inaugural bid to NCAA's in 2007. Joe is a two-time captain that has the respect of his coaches and teammates. He defines leadership on the field and in the weight room.

—Sarah Testo, CSCS, NSCA Member

Long Beach City College

Teddy Mitrosilis

Pitcher

General Studies

Height: 6'3" Weight: 212

Bench Press: 0, Vertical Jump: 30, Power Clean: 0, 40-Yard Dash: 5.1, Agility: 4.9, Squat: 255

Teddy is a walk-on who originally was concerned with just making the team. After starting the strength and conditioning program, Teddy has gained confidence in his athleticism and improved his work ethic in all aspects of his person, so much so that he now is the "leader" in the weight room, pushing teammates to give their best. His newfound confidence has carried over to the field and around his teammates.

—David Yamane, III, MS, NSCA-CPT, CSCS, NSCA Member

Johnson County

Community College

Ashton M. Phillips

Left Fielder

General Studies

Height: 6'2" Weight: 205

Bench Press: 260, Vertical Jump: 33.6, Power Clean: 245, 40-Yard Dash: 4.4, Agility: 4.49, Squat: 405

Ashton is a hard worker young athlete. He is very serious about his academic and athletic preparation. He is always first in the class rooms, practice field, in the weight room and he is always the last one to leave.

—Istvan Javorek, NSCA Member

Northern Illinois University

Dan Atkinson

Pitcher

Exercise Science

Height: 6'3" Weight: 220

Bench Press: 0, Vertical Jump: 0, Power Clean: 264, 40-Yard Dash: 0, Agility: 0, Squat: 390

Dan has a tireless work ethic, uncommon dedication to his sport, and impressive knowledge of the training required to compete at this level of baseball. Dan is always the first one in the weight room, and the last one to leave.

—Clete McLeod, CSCS, NSCA Member

University of Houston

Jimmy Cesario

Infielder

Psychology

Height: 6'0" Weight: 201

Bench Press: 275, Vertical Jump: 33.0, Power Clean: 0, 40-Yard Dash: 0, Agility: 4.09, Squat: 630

Jimmy is one of the hardest working athletes I have ever worked with. He is constantly coming in to do extra flexibility and speed work with me. He posted his best 60 Yard sprint time this year with an average of 6.8 seconds (all time best 6.75 seconds), and that is a reflection of his hard work and dedication to getting better. Jimmy's hard work ethic has also carried out to the baseball field as a steady "get on base" hitter and good fielder. All of Jimmy's strength and conditioning scores have improved greatly and that makes it easy for me to nominate him for this award.

—R. Jones, II, MS, CSCS, NSCA Member

New Mexico State University

Marcus Quade

Catcher

Athletic Training

Height: 6'1" Weight: 192

Bench Press: 185, Vertical Jump: 26, Power Clean: 200, 40-Yard Dash: 0, Agility: 4.27, Squat: 265

Marcus entered the program as a talented but range 165lb freshman. With dedication and perseverance he added almost thirty pounds of lean mass to his frame in four years. Marcus leads through action and is a man of few words. He never misses a training session and an opportunity to improve himself. Marcus is a good student, solid citizen with an affable personality. Statistics tell the story in baseball Marcus overall statistics as of May 2007 are: AVG.339 GP-GS55-55 AB227 R36 H77 2B13 3B0 HR8 RBI53 TB114 SLG%.502 BB16 HBP4 SO 58 GDP4 OB%.386 SF4 SH0 SB-ATT 1-1 PO370 A34 E 7 FLD% .983

—John Taylor, MS, CSCS*D, FNCSA, NSCA Member

Juniata College

Jason Enoch

Pitcher/ Second Base

Business

Height: 5'6" Weight: 165

Bench Press: 250, Vertical Jump: 29",

Power Clean: 225, 40-Yard Dash: 4.5,

Agility: 0, Squat: 425

Jay works very hard in the off-season program to help improve his sports performance and is very positive motivator for those around him. Awards received: Freshman Year - Middle Atlantic Conference Rookie of the Year. Sophomore Year - Conference Pitcher of the Year, 1st Team All Conference, 3rd Team All Region. And Junior and Senior Year—Jay was selected as Team Captain.

—Matthew Huntsman, NSCA-CPT,
NSCA Member

Mercer County

Community College

Frank Mercurio

First Base/ Third Base

Business

Height: 6'1" Weight: 210

Bench Press: 315, Vertical Jump: 25",

Power Clean: 200, 40-Yard Dash: 4.85,

Agility: 4.32, Squat: 375

Frank is dedicated to athletic excellence and is a leader on and off the field. In the past two years, he has increased his bench 110 lbs., his squat 100 lbs., and his body weight 20 lbs, while reducing his percentage of body fat to 9.67%. He was first team all-region and batted over .400 last season.

He is self-motivated and understands the importance of proper training to optimize his future opportunities in baseball. As a result, he has verbally committed to the University of Pittsburgh to play baseball.

—John Kalinowski, CSCS, NSCA Member

William Woods University

Justin Koch

Infielder

Exercise Science

Height: 5' 11" Weight: 200

Bench Press: 330, Vertical Jump: 30,

Power Clean: 320, 40-Yard Dash: 4.5,

Agility: 4.19, Squat: 500

Justin continues the tradition of hard workers on the WWU baseball team; joining two other baseball players to earn this award in the six years. He has been a key in raising the standard of effort for a team that already had a very high standard. Each year Justin has demonstrated great dedication and work ethic. Each year Justin has improved and challenged his teammates to do the same. He is a great leader for the hardest working team at WWU. He is a pleasure to coach and mentor.

—Robert Jones, CSCS, NSCA Member

Transylvania University

Nick Moser

Catcher

Business/Finance

Height: 5'11" Weight: 190

Bench Press: 240, Vertical Jump: 22,

Power Clean: 0, 40-Yard Dash: 0,

Agility: 0, Squat: 410

Nick has a great work ethic and attitude towards baseball and strength and conditioning. He exhibits great leadership qualities as team captain and challenges himself to do better. Last season he batted .330 with 21 RBI and was named to the first-team All-Conference. Nick is a great asset to our university and athletics program and will continue to do great things both on and off the field.

—Keith Cecil, MS, CSCS, NSCA Member

University of Northern Colorado

Anthony Garcia

Left Field/ Center Field

Finance

Height: 5' 11" Weight: 192

Bench Press: 315, Vertical Jump: 33.5",

Power Clean: 308, 40-Yard Dash: 0,

Agility: 0, Squat: 455

Anthony is very diligent, committed and accountable in the classroom, on the Baseball field and in the weight room. He has accepted adversity as a challenge continues to overcome it. I believe his positive attitude as well as his

will to succeed will lead him to a good baseball season. His work ethic in the weight room is unparalleled as he is always pushing himself to attain new goals and help others push themselves as well. He is one of our baseball teams sturdy pillars that makes up our bridge of trust.

—Josef Schaffer, CSCS, NSCA Member

James Madison University

Kurt Houck

Pitcher

Marketing

Height: 6'6" Weight: 216

Bench Press: 0, Vertical Jump: 27,

Power Clean: 0, 40-Yard Dash: 0, Agility: 0, Squat: 300

Kurt hasn't missed a conditioning time or a workout. He comes to the field everyday ready to work. As a captain he leads by example and pushes the younger players to get better.

—Lee Rowland, CSCS, NSCA Member

Georgia Southern University

David Richardson

Outfielder

Exercise Science

Height: 5'11" Weight: 195

Bench Press: 320, Vertical Jump: 33,

Power Clean: 295, 40-Yard Dash: 4.51,

Agility: 4.51, Squat: 405

David is an exceptionally hard worker and team leader. He personifies what this award is about; he makes everyone around him better through his dedication and leadership. In fact, he has been voted the Dedication Award winner three out of the last four years by his teammates.

David also won this years Omaha Challenge, a three day competition testing muscular strength, endurance and mental toughness through a variety of events, in dominating fashion.

—Thomas Melton, Jr., CSCS, NSCA Member

University of La Verne

Jack Mehl

Short Stop

Communications

Height: 6' 2 Weight: 182

Bench Press: 0, Vertical Jump: 31,

Power Clean: 250, 40-Yard Dash: 4.59,

Agility: 4.31, Squat: 375

Jack has made an immediate impact on the baseball/ strength program at the University of

La Verne. As a shortstop Jack is the complete package, pound for pound Jack is the strongest baseball player at La Verne. Jack is also the best pure athlete we have on the baseball team at La Verne. Jack has emerged as a leader on the field and has a tremendous work ethic that has rubbed off on his teammates.

—Matt Durant, NSCA Member

Morehead State University

Justin Johnson

Outfielder

Exercise Science

Height: 6'1" Weight: 235

Bench Press: 320, Vertical Jump: 0,

Power Clean: 0, 40-Yard Dash: 0, Agility: 0, Squat: 405

Justin has shown great dedication to his personal and team development both in the weight room and on the field. He has a passion for weight training and will be an excellent addition to the field of strength and conditioning.

—Kevin Deweese, CSCS, NSCA Member

Northeastern University

Mike Lyon

Short Stop

Mechanical Engineering

Height: 6'1" Weight: 220

Bench Press: 310, Vertical Jump: 35.8",

Power Clean: 280, 40-Yard Dash: 4.47,

Agility: 4.12, Squat: 435

Mike is a tremendously gifted athlete in the weight room, as well as on the field. In his final year of collegiate baseball he has been a strong leader as one of the team's captains. His on field performance was aided greatly by his strong work ethic in the weight room and it showed through his achievements – he led the team in doubles and extra base hits. He was able to do this while playing in the worst park for offense in collegiate baseball according to Baseball America. In the summer of 2007 Mike continued his strong offensive performance in the Coastal Plain League, he was elected to the All-Star team and won the league's home run derby. Along with his offensive abilities Mike is a very strong defensive player at Shortstop.

—Michael Zawilinski, CSCS, NSCA-CPT, NSCA Member

Limestone College

Phil Soden

First Base

Physical Education

Height: 6'1" Weight: 192

**Bench Press: 265, Vertical Jump: 26,
Power Clean: 245, 40-Yard Dash: 4.72,
Agility: 4.56, Squat: 345**

Phil exhibits many leadership qualities both on the field and in the weight room. He leads by example with his sound work ethic and his teammates are inspired to follow.

—Curtis Lamb, CSCS, NSCA Member

University of Kentucky

Collin Cowgill

Center Outfielder

Communications

Height: 5' 9.5" Weight: 190

**Bench Press: 325, Vertical Jump: 33.5,
Power Clean: 265, 40-Yard Dash: 4.41,
Agility: 4.05, Squat: 525**

Collin is an extremely hard worker, who is very dedicated and self motivated. It has made him pound for pound the strongest guy on the wildcat team. He gives his best effort at everything he does and has gotten the most out of his athletic ability with his efforts. After a season ending injury in 2007 to his left throwing hand, Collin has done a tremendous job with his strength and conditioning training. This has allowed him to make significant gains in strength, speed, power and explosion to help him get back to championship form.

Collin was a two-time member of the Brooks Wallace Award Preseason National Player of the Year Watch List (2007, 08), 2007 Cape Cod League All-Star, and batted .290, with four triples, four doubles, two home runs, and 20 RBI, 10 SBs. A 2007 Preseason Best Outfield Arm in the SEC, as ranked by Baseball America. A 2007 Preseason All-American (National Collegiate Baseball Writers Association). A 2006 ESPN/CoSIDA Academic All-American (Communications Major) A two-time member of the SEC Academic Honor Roll, in addition to a 2005 selection to the Freshman SEC Academic Honor Roll. A Frank G. Ham Society of Character. 2006 American Baseball Coaches Association All-South Region. 29th round draft pick by the Oakland Athletics (2007). Invited to the Team USA Junior National Team tryouts during summer of 2006. He also Hit .298, with 16 home runs, and 61 RBI during the 2006 SEC

Championship season. He is Lexington, Ky., native and their former Kentucky High School Mr. Baseball.

—Daniel Riney, NSCA Member

Kent State University

Chris Carpenter

Pitcher

Sport Management

Height: 6'4" Weight: 220

**Bench Press: 290, Vertical Jump: 30",
Power Clean: 235, 40-Yard Dash: 4.8,
Agility: 3.96, Squat: 430**

Chris is an extremely hard worker but more impressively approaches all his training and practice with an unparalleled intensity. He used this to come back from major surgery incredibly fast and is in full focus of taking his game to unbelievable levels. He is a great leader in the weight room because he understands the relationship of his success under the bar and on the mound and his teammates have begun to catch on also with his leadership.

—Jason Harbin, NSCA Member

University of California—Irvine

Bryan Petersen

Outfielder

Criminology

Height: 6'0" Weight: 200

**Bench Press: 275, Vertical Jump: 32,
Power Clean: 330, 40-Yard Dash: 0,
Agility: 0, Squat: 440**

Bryan was 100% every time he came into the weight room. His hard work was very noticeable and the entire baseball team feed off it. Bryan was always willing to help his teammates and push them when they needed it. These qualities help himself and his teammates to become the best that they could. Which in turn helped us in a very memorable season, which ended in a trip to Omaha

—Mike Nagler, CSCS, NSCA Member

basketball

Ohio University

Lauren Kohn

Guard

Communications & Public Advocacy

Height: 5'11" Weight: 147
Bench Press: 147, Vertical Jump: 24.5,
Power Clean: 147, 40-Yard Dash: 5.24,
Agility: 4.69, Squat: 240

Lauren is the type person you want to lead your team. Lauren is a 2 time captain, she made the Dean's List all 3 years at Ohio. Lauren also won The Mid-American Conference Commissioner's Award. Lauren also won the Ohio U. College of Communications Academic Achievement Award. Lauren led the team in scoring with a 16.1 average. Lauren has the strength/speed and skills to play in the WNBA. If I had a daughter I would want her to be like Lauren Kohn.

—Jack Yelton, NSCA Member

Monmouth University

Jennifer Bender

Forward

Communications

Height: 6'1" Weight: N/A
Bench Press: 126, Vertical Jump: 20,
Power Clean: 135, 40-Yard Dash: 0,
Agility: 0, Squat: 225

Jennifer began her career at Monmouth University as a non-scholarship athlete. She proved in a short period of time that hard work pays off. After a stellar freshman season Jennifer earned a scholarship. It has been a pleasure watching Jennifer's progression from freshman walk-on to a dominant junior starter in the NEC. Her success is derived from her desire to be the best athlete possible. Spending extra time in the weight room to improve on her technique is just one characteristic that proves her commitment to athletics. Jennifer's work ethic on and off the court make her a pleasure to be around and coach.

—E. Renae, CSCS, NSCA Member

The University of Missouri

Shakara Jones

Center/ Forward

General Studies

Height: 6'2" Weight: 170
Bench Press: 130, Vertical Jump: 25,
Power Clean: 135, 40-Yard Dash: 0,
Agility: 4.90, Squat: 300

Shakara has shown a tremendous work ethic as a freshman. In her first year she already holds the all-time team record for the back squat. Discipline is a premium for her as she strives for excellence and to set the example for her teammates. She has been such a presence, in fact, that she has been voted as captain by her teammates.

—Bryan Mann, CSCS, NSCA Member

Northeastern University

Mark Washington

Forward

Criminal Justice

Height: 6'6" Weight: 240
Bench Press: 310, Vertical Jump: 30,
Power Clean: 0, 40-Yard Dash: 4.125,
Agility: 0, Squat: 0

Over the past four years Mark has displayed the mental toughness, work ethic and leadership necessary to become a highly successful student-athlete. Mark's relentless effort both in the weight room and basketball court has made him a distinguished member of our men's basketball team resulting in being named team captain in this his senior year. In the weight room, Mark challenges himself daily and in turn has challenged his teammates to make improvements as well. His strength achievements are among the best of any athlete that I have worked with, resulting in completing the NBA Bench test of 185 lbs 16 times, front squatting 335 lbs and running the ¼ court sprint in just over 3.3 seconds.

—Arthur Horne, MEd, ATC, CSCS, NSCA Member

Ohio University Quintana Ward

Point Guard

Chemistry & Pre-Pharmacy

Height: 5'3" Weight: 132

**Bench Press: 157, Vertical Jump: 25.5,
Power Clean: 150, 40-Yard Dash: 5.26,
Agility: 4.7, Squat: 261**

Quintana is a great player and leads on and off the court. Quintana is a 2 time captain and plays point guard. Quintana also led the team in assists 4.5 per game and shot 80.5 pct. from the free throw line last year. In the weight room she set many records; Back Squat-261 Lbs, Pull Ups-26, Dips-37 and she qualified as an Elite Athlete, one of the highest honors given by our program. Quintana is the strongest player pound for pound on the team, her power index is 4.3 which combines bench, squat and power clean divided by body weight. Quintana is the team's spiritual leader and is the type of person that will do anything for her teammates. She is a true role model and a joy to coach. Quintana will be successful in any endeavor she chooses.

—Everett Gathron, NSCA Member

Creighton University

Ally Thrall

Guard

Public Relations / Advertising

Height: 5'6" Weight: 132

**Bench Press: 110, Vertical Jump: 21,
Power Clean: 121, 40-Yard Dash: 0,
Agility: 0, Squat: 0**

Ally is one of the best overall student-athletes in Creighton Athletic history. Her performances on the court, in the class room, community, and of course strength and conditioning facility are outstanding. She has strength, speed, flexibility, quickness, endurance, power, all of the area we emphasize in the strength and conditioning facility. She currently holds the fastest T-Test time (9.06 sec.) by the electrical timer. She is one of the hardest working athletes that the strength and conditioning staff has seen at Creighton. She brings leadership on and off the court, and sets an example for others to follow in the weight room and on the court. Ally is well qualified and deserving of this award.

—Satoshi Ochi, CSCS*D, NSCA-CPT*D,
NSCA Member

Miami University

Tim Pollitz

Power Forward

Sports Studies

Height: 6'5" Weight: 245

**Bench Press: 315, Vertical Jump: 37",
Power Clean: 230, 40-Yard Dash: 0,
Agility: 0, Squat: 405**

Tim has used his insurmountable work ethic and passion for the game to drive his weight room training. With this training, he has elevated his game to become a two-time All-MAC selection, leading all Miami players in history in field goal percentage (.580), and earning the MAC Tournament MVP in 2007. Tim consistently puts in extra hours, both on the basketball court and in the weight room, allowing him to leave his mark on Miami history

—Ryan Faehnle, CSCS, NSCA Member

South Dakota State University

Ben Beran

Forward

Animal Science

Height: 6'6" Weight: 240

**Bench Press: 265, Vertical Jump: 30,
Power Clean: 269.5, 40-Yard Dash: 0,
Agility: 0, Squat: 375**

Ben has been an unbelievable leader for our basketball program. He has shown the younger athletes what hard work really is. He is a very genuine, friendly person. He is a member of the 1000 points club. After taking a year off he came back with renewed drive and dedication which translated into adding 35lbs. of body weight while improving his vertical jump by 2.5 inches. He has helped to lay a foundation for success at the division I level. He will continue to be successful in whatever he pursues.

—Kevin Donnelly, MS, CSCS, NSCA Member

Loyola College

Meghan Wood

Forward/ Center

Business Administration—Economics

Height: 5'11" Weight: 180

**Bench Press: 145, Vertical Jump: 22,
Power Clean: 0, 40-Yard Dash: 0, Agility:
0, Squat: 255**

Meghan is the hardest working basketball player at Loyola College. Meghan is consistently working on her game, body, and mind. Each year, she has set a new standard for work ethic.

With her volunteer efforts, she has made a positive impact in the community, too. Meghan has been a pleasure to work with every day. Her teammates have recognized Meghan as a captain of her post-graduate season because of her upbeat personality, leadership, and relentless mentality.

—Robert Taylor, Jr, CSCS, NSCA-CPT,
NSCA Member

Humboldt State University

Jessica Haayer

Guard

Kinesiology

Height: 5'9" Weight: 155

Bench Press: 135, Vertical Jump: 21,

Power Clean: 155, 40-Yard Dash: 0,

Agility: 0, Squat: 170

Jessica played 4 years at HSU and was a team captain during her junior and senior years.

She tore her ACL following her freshman year and worked tirelessly in the weight room to return stronger than ever. She epitomizes the role of team leader by working just as hard or harder than anyone while being encouraging and positive. Beloved and respected by her teammates and coaching staff, Jessica does whatever is asked of her to help the team.

Consequently, it has been a joy and privilege to work with such a wonderful, young woman.

—Matthew Lee, CSCS, NSCA Member

Fordham University

Sebastian Greene

Forward

Marketing

Height: 6'9" Weight: 203

Bench Press: 235, Vertical Jump: 34",

Power Clean: 240, 40-Yard Dash: 4.06,

Agility: 4.13, Squat: 300

Our Goal with Basketball athletes is not only strength improvement, but also speed, agility, & conditioning. Sebastian is a great testament to the movement aspect of our field. He dominates this portion of our program, possessing the fastest 300-shuttle (48.77), 3/4 court sprint (2.88), and one of the fastest Pro-Shuttles (4.13). He also has worked extremely hard by putting on 14 lbs in the off-season. Sebastian is truly an All-American by the way he attacks workouts with both his actions and his attitude.

—Ted Perlak, CSCS, NSCA Member

Johnson County Community College

Heather Rourk

Point Guard/ Forward

Nutrition

Height: 6'1" Weight: 158

Bench Press: 155, Vertical Jump: 29.1,

Power Clean: 190, 40-Yard Dash: 5.16,

Agility: 5.58, Squat: 245

Heather is a hard worker, very serious, very disciplined, and competitive. Heather excels in her academics and she still wants to be a sports conditioning coach.

—Istvan Javorek, NSCA Member

James Madison University

Terrance Carter

Power Forward

Business

Height: 6'5" Weight: 220

Bench Press: 315, Vertical Jump: 36.5,

Power Clean: 250, 40-Yard Dash: 0,

Agility: 4.10, Squat: 425

Terrance is one of the hardest workers I've ever had here at JMU. He approaches every task with enthusiasm and a blue collar work ethic. His teammates voted him to be the lone captain this year, an honor he earned by never letting up and always working hard to set the example. He has utilized strength and conditioning to the utmost and built himself in to a strong, explosive power forward.

—Gregory Werner, MS, CSCS, NSCA Member

Humboldt State University

Will Scheufelt

Guard

Business

Height: 6'1" Weight: 210

Bench Press: 335, Vertical Jump: 38,

Power Clean: 325, 40-Yard Dash: 0,

Agility: 4.12, Squat: 400

Will continues to set new standards and exceed all expectations. Few have ever demonstrated Will's complete commitment to improving all aspects of his game: strength and conditioning, speed, nutrition, skills, strategy...this kid never stops. After his redshirt freshman season, Will was encouraged by the coaching staff to explore his options at the JC level where he would have a higher probability of success. Will's efforts never wavered though and he enters his senior

year as a three year starter, team captain and, according to several rival coaches, team MVP
—Andrew Petersen, MA, CSCS, NSCA Member

The University of Tulsa

Brett McDade

Guard

Management Information Systems

Height: 6' 0" Weight: 167
Bench Press: 265, Vertical Jump: 41.5,
Power Clean: 260, 40-Yard Dash: 0,
Agility: 0, Squat: 420

Brett understands how the weight room makes him a better basketball player. Because of this he has turned into one of our best leaders in the weight room even with his small stature.

—Paul Arndorfer, CSCS, NSCA Member

University of Houston

Twiggy McIntyre

Point Guard

Kinesiology

Height: 5'5" Weight: 150
Bench Press: 195, Vertical Jump: 24",
Power Clean: 145, 40-Yard Dash: 0,
Agility: 4.5, Squat: 325

Coach Jones and myself have had the pleasure of working with Twiggy for the past two years combined. During that time we have seen Twiggy develop not only physically in the weight room, but also on the court as a leader for our women's basketball team. In the weight room she has truly become the definition of a bigger, faster, and stronger athlete, who is determined to make herself and those around her better. She has improved greatly in all of her strength and conditioning marks during her time here at the University of Houston.

—Marilynn Brockman, CSCS, NSCA Member

West Virginia University

Joe Alexander

Forward

Athletic Coaching Education

Height: 6'8" Weight: 230
Bench Press: 335, Vertical Jump: 35",
Power Clean: 380, 40-Yard Dash: 0,
Agility: 0, Squat: 360

Joe is a strength coach's dream. As a freshman he weighted 188, and now 2.5 years later he weighs 230. He has broken 14 individual current and all-time records between the summer

and fall of this year. Alexander is self-made, he has worked for everything he has become. Joe's work ethic and passion for improving is contagious and he makes everyone around him better.

—Jeff Giosi, CSCS, NSCA Member

Mercer County

Community College

Krista Regan

Point Guard

Education

Height: 5'6" Weight: 140
Bench Press: 110, Vertical Jump: 20",
Power Clean: 95, 40-Yard Dash: 5.55,
Agility: 4.81, Squat: 240

Krista has to have the biggest heart out of all of my female athletes at MCCC (possibly out of all of the female athletes that I've trained over the last 12 yrs). She may not be the most talented basketball player, but because of her training tenacity (performance prep. and game prep.) she has become a team captain and force on the court.

In the last year, Krista has reduced her body fat percentage by 5%, increased her bench to 110lbs, squat to 240lbs, her vertical jump by 4 inches, and her crunches to 1001 reps without stopping. Her training persistence has greatly enhanced her on court acceleration, agility, quickness, power, stamina, strength, and resilience. In addition, she has currently scored 80 pts on the season, which is more than she scored for the entire season last year.

Besides being an excellent student and team leader, Krista spends her free time educating and motivating female youth athletes to achieve their athletic aspirations.

—John Kalinowski, CSCS, NSCA Member

West Virginia University

Kelly Smith

Guard

General Studies

Height: 5'11" Weight: 160
Bench Press: 135, Vertical Jump: 22",
Power Clean: 210, 40-Yard Dash: 0,
Agility: 0, Squat: 300

Kelly, a red shirt freshman, has made enormous gains in the past 8 months. Last season Kelly broke her hand and was in rehab for most of the fall. She was behind and knew she had to make improvements in both her strength and

conditioning. Kelly has worked feverishly in the past 8 months to increase her cleans over 60 lbs. She also squats 300 lbs, and scored a 21 rep count on the 95 lbs rep max. In doing all this she only missed 1 conditioning run all pre season. The sky is the limit the next 3 years with Kelly.
—Jeff Giosi, CSCS, NSCA Member

University of Colorado Jackie McFarland

Forward

Accounting

Height: 6'3" Weight: N/A
Bench Press: 120, Vertical Jump: 18,
Power Clean: 172, 40-Yard Dash: 0,
Agility: 4.95, Squat: 250

Jackie is the ideal of what a student-athlete should be and represent. Her work ethic, competitive nature, and leadership in the weight room have been essential to the team's success. Her hard work has paid off as she not only excels on the court as a first team All-Big 12 performer, but also excels in the classroom as an Academic All-American.

—Jared Aurich, MEd, CSCS, NSCA Member

Morehead State University Anitha Smith-Williams

Guard

Sports Administration

Height: 5'7" Weight: N/A
Bench Press: 150, Vertical Jump: 20",
Power Clean: 0, 40-Yard Dash: 0,
Agility: 0, Squat: 250

Anitha is a hard working and dedicated athlete who is willing to make the sacrifices it takes to be successful. She has physically prepared herself to be the strongest female in our department and her commitment to success has carried over to the court.

—Kevin Deweese, CSCS, NSCA Member

Tennessee Tech University Allison Price

Point Guard

Business

Height: 5'7" Weight: N/A
Bench Press: 160, Vertical Jump: 23,
Power Clean: 135, 40-Yard Dash: 0,
Agility: 0, Squat: 0

This past off-season, Allison has used strength and conditioning to help take her game to another level. Her strength has been evident

through our training, but her conditioning has been equally impressive. This fall she completed Level 11.3 in the Multi-Stage Fitness Test (or Beep Test) and also leads all female student-athletes in our weight room conditioning circuits.
—Charles Pugh, CSCS, NSCA Member

West Texas A&M University Courtney Lee

Guard

Sports & Exercise Science

Height: 5'7" Weight: N/A
Bench Press: 170, Vertical Jump: 24,
Power Clean: 145, 40-Yard Dash: 0,
Agility: 4.43, Squat: 290

Courtney comes ready to work each day with a can do attitude. She encourages and pushes her teammates to achieve new levels of strength and never settles for less than her best effort. Her dedication to the weight room and to conditioning has paid dividends with improved strength and fitness levels on the court.

—Sarah Ramey, CSCS, NSCA Member

TCU Neiman Owens

Guard

Communications

Height: 6'3" Weight: 210
Bench Press: 225, Vertical Jump: 39,
Power Clean: 0, 40-Yard Dash: 0, Agility:
0, Squat: 335

Neiman has made great strides in the weight room and it has transferred to the basketball court. He is one of the leaders for our basketball team.

—Steve Gephardt, CSCS, NSCA Member

Auburn University Tamela McCorvey

Guard

Sociology

Height: 5'9" Weight: 146
Bench Press: 140, Vertical Jump: 26,
Power Clean: 140, 40-Yard Dash: 0,
Agility: 4.38, Squat: 230

In my 10 years coaching both male & female athletes Tamela is by far the best athlete I have coached. She never quits or complains, she works to her max every time, and she has an outstanding attitude and approach to the task at hand.

—Richard Levy, CSCS, NSCA Member

The Ohio State University

Tamarah Riley

Forward

Industrial Systems

Height: 5'11" Weight: 170

Bench Press: 190, Vertical Jump: 23.5,

Power Clean: 165, 40-Yard Dash: 0,

Agility: 0, Squat: 225

Tam has been a leader in the weight room for four years. Her work ethic and attention to detail has not only improved her game, but has been an inspiration to those around her. Tamarah's "can do" attitude and tenacity to excel will lead to her being successful in any endeavor. She is a credit to our University.

—Lee Glass, CSCS, NSCA Member

Northwood University

Megan Starns

Forward

Marketing

Height: 5'10" Weight: N/A

Bench Press: 140, Vertical Jump: 22.5,

Power Clean: 130, 40-Yard Dash: 5.35,

Agility: 4.88, Squat: 220

Megan is one of the best student-athletes I've had the privilege to work with. Her attitude is what separates her from her peers. She has the ability to make someone laugh even in their worst moment at the same time can be a fierce competitor that will take charge of any challenge that is put in front of her. She is a joy to work with and I have no doubts she will be very successful in whatever she chooses to do after her time is done at Northwood.

—Scott Fisher, CSCS, NSCA-CPT, NSCA Member

Mount Marty College

Pat Anderson

Guard

Pre-Dentistry

Height: 6'0" Weight: 185

Bench Press: 245, Vertical Jump: 26.5,

Power Clean: 265, 40-Yard Dash: 5.05,

Agility: 4.12, Squat: 415

Pat is a great leader both on and off the court; as a person, an athlete, and a student. Coaches and teammates have noted the physical changes (speed, strength, power, quickness) due to his hard work. He showed great perseverance this past summer in coming back from shoulder surgery for his senior season. His goals this

past summer were to become better physically conditioned, develop more leg strength, and change his body composition. His diligent training in the off-season showed a 30% squat improvement, 2.5" vertical increase, 35% increase in the clean, and a 4% decrease in body fat. He has been a two-year starter and offensive threat for Mount Marty and has become a solid defender. He is at the top in the conference in steals this year. He will be attending dental school at Nebraska next year.

— Andrew Holzwarth, CSCS, NSCA Member

South Dakota State University

Andrea Verdegan

Guard

Psychology

Height: 5'8" Weight: N/A

Bench Press: 140, Vertical Jump: 21.5,

Power Clean: 148.5, 40-Yard Dash: 0,

Agility: NA, Squat: 220

Andrea is a three year starter on the basketball team. She was an important member of the first team in transition to division I to ever qualify for the WNIT. She has twice been named to the Division I Independent All-Academic team. During both those years the team has had the highest GPA of any women's basketball team regardless of division. She has contributed to the successful transition to Division I. She can be trusted to do what is necessary without being supervised the entire time. She will continue to be successful because of her hard work and dedication.

—Dallas Kendrick, NSCA Member

Lipscomb University

Dana Carrigan

Guard

Marketing

Height: 5'7" Weight: 124

Bench Press: 130, Vertical Jump: 24,

Power Clean: 121, 40-Yard Dash: 0,

Agility: 4.88, Squat: 190

Dana has made marked and consistent progress throughout her career. She is a rare athlete that has come close to reaching her genetic potential. Throughout her 5 year career as a Lady Bison Dana has been very dedicated off the court and in the weight room. Her year round work ethic coupled with her positive attitude, and consistency has yielded a successful basketball career. Dana's dedication and hard work that she brought to the weight room and the court will certainly carry over into her

personal and professional life after basketball. It is without question that Dana's determination for excellence has earned her this award.

—John Hudy, CSCS, NSCA Member

East Carolina University

Nicole Days

Forward

History

Height: 6'0" Weight: 180

Bench Press: 155, Vertical Jump: 26,

Power Clean: 175, 40-Yard Dash: 0,

Agility: 0, Squat: 275

Nicole is one of the strongest young ladies I ever coached. She attacks the weight room every time she comes through the door. She set a school record with a Dead lift of 333lbs. Nicole takes her work ethic from the weight room to the basketball court. She is the strongest lady on the court every time she plays. She is the true definition of a WINNER.

—B. Danny Wheel, CSCS, NSCA Member

College of the Canyons

Gerardo Zuniga

Guard

General Studies

Height: 5'10" Weight: 180

Bench Press: 0, Vertical Jump: 28.0,

Power Clean: 255, 40-Yard Dash: 4.71,

Agility: 4.25, Squat: 300

Gerardo (Lalo) is the perfect example of an overachiever. Lalo has outworked just about everyone to put himself in the position as the leader of our Men's Basketball team. His intensity, work ethic, and dedication is unmatched. If all of our sport teams had athletes like Lalo, they would all be championship contenders. Lalo's leadership BY EXAMPLE will be missed when he leaves to continue his basketball career at the 4-year level.

—Dustin Funk, CSCS, NSCA Member

Lipscomb University

Eddie Ard

Forward

Marketing

Height: 6'5" Weight: 215

Bench Press: 325, Vertical Jump: 34,

Power Clean: 220, 40-Yard Dash: 0,

Agility: 4.56, Squat: 375

Eddie has improved every year in the weight room and on the court since his medical red

shirt year. He was named to the Atlantic Sun Conference All-Freshman Team; he was a First Team All-Atlantic Sun his sophomore year and Second Team All-Atlantic Sun in his Junior Year. He has led the team in scoring the last two years. He is poised to have a great senior season. Eddie is a tenacious worker on the court and in the weight room. His achievements correlate directly with his relentless work ethic. Eddie will get the most out of this God given talents and abilities on the court and in life. He is very deserving of this All-American Strength and Conditioning Athlete of the Year award.

—John Hudy, CSCS, NSCA Member

Drexel University

Gabriela Marginean

Forward

General Humanities & Social Science

Height: 6'1" Weight: 167

Bench Press: 100, Vertical Jump: 17,

Power Clean: 0, 40-Yard Dash: 0, Agility: 0, Squat: 165

Gabriela entering her second year as a two sport athlete has made an immediate impact. Gabriela was named CAA Rookie of the Year, named to All-CAA Third Team and All-Rookie Team, earned four Rookie of the Week Awards and was named Co-Player of the Week and Rookie of the Week, only rookie to rank among the CAA's top 10 in scoring and rebounding, led Drexel in scoring and rebounding and was second in steals, posted nine double-doubles, including three straight in the final three games of the season, scored more points than any freshman in the program's history (515), set a Drexel single-game record with 47 points in the team's five-overtime game against Northeastern, also matched the program's single-game rebounding record with 22 boards, was second in the CAA and ranked among the top 30 nationally in free-throw shooting percentage. Gabriela is also a fast learner in the weight room and consistently gives 100%.

—Michael Rankin, CSCS, NSCA-CPT, NSCA Member

Marquette University

Wesley Matthews

Guard/ Forward

Advertising

Height: 6'5" Weight: 215

Bench Press: 304, Vertical Jump: 34.5,

Power Clean: 246, 40-Yard Dash: 0,

Agility: 4.00, Squat: 374

Wes is the hardest worker on the basketball court, in the weight room, and in the class room. His passion to get better inspires his teammates, to do more quality work.

—Todd Smith, CSCS, NSCA Member

Keene State College

Danielle Gravely

Guard

Health Promotion & Fitness

Height: 5'9" Weight: 150

Bench Press: 115, Vertical Jump: 0,

Power Clean: 0, 40-Yard Dash: 0,

Agility: 0, Squat: 175

Danielle has overcome a lot of adversity during her basketball career. She had ACL surgery on both knees during her freshman and junior year and came back from both surgeries. Her hard work in off-season training and her desire to compete got her back on the court and ultimately made her a better player. Danielle has matured into a seasoned athlete and an exceptional leader.

—Sarah Testo, CSCS, NSCA Member

University of Arkansas

Whitney Jones

Forward

Kineisiology

Height: 6'0" Weight: 170

Bench Press: 0, Vertical Jump: 25,

Power Clean: 0, 40-Yard Dash: 0, Agility:

0, Squat: 315

Whitney is a model of consistency in every aspect of strength and conditioning. She has developed into a terrific leader and earned her teammates' respect by leading all speed and conditioning drills and being our strongest player. She shows up ready to work hard every day and never makes excuses.

—JC Moreau, NSCA Member

University of Missouri

DeMarre Carroll

Forward

General Studies

Height: 6'7 Weight: 220

Bench Press: 365, Vertical Jump: 30,

Power Clean: 265, 40-Yard Dash: 0,

Agility: 4.34, Squat: 425

Every day DeMarre not only makes himself better he makes everyone around him better. He brings a hard hat mentality with him at all times. His work ethic has made him the player he is.

—David A. Deets, NSCA Member

Middle Tennessee State University

Desmond Yates

Forward

Mass Communications

Height: 6'7" Weight: 230

Bench Press: 305, Vertical Jump: 34,

Power Clean: 253, 40-Yard Dash: 0,

Agility: 0, Squat: 405

Desmond is the kind of guy who is a foundation player, you could build a program around a guy like Desmond! He is one of the hardest working athletes I have ever been around.

Desmond has tremendous desire to improve and work hard every day. The dedication he has shown in the weight room has translated to improved performance and the ability. Not only is Desmond a great athlete, he is even a better person. He par takes in weekly community service (reading to local elementary school children, helping build homes with Habitat for Humanity care group and being roll model to local high school students. Desmond was the 2006-2007 runner up SunBelt conference Freshman of the year.

—Jason Spray, CSCS, NSCA Member

Vanderbilt University

Jennifer Risper

Guard

Human and Organizational Development

Height: 5'9" Weight: 154

Bench Press: 135, Vertical Jump: 23.5,

Power Clean: 150, 40-Yard Dash: 0,

Agility: 4.70, Squat: 210

Jen has done a great job of using strength training and conditioning workouts to make herself both physically and mentally stronger. Jen tore her ACL in June before her Freshman year, came back and played only to have another

surgery on the same knee. She has evolved as a leader through her relentless hard work day in and day out. Jen has not only gotten much stronger, but has decreased her bodyfat from 25.7% coming in as a freshman to 16% as a Junior. She is known best for her tremendous defensive intensity due to her incredible stamina.
—Natasha Weddle, CSCS, NSCA Member

Air Force Academy

Alecia Steele

Forward

Business Management

Height: 6'0" Weight: N/A
Bench Press: 145, Vertical Jump: 29.5",
Power Clean: 155, 40-Yard Dash: 0,
Agility: 0, Squat: 215

Alecia has performed exemplary on the court and in the weight room. Her natural ability combined with a great work ethic has really laid the foundation for future athletes.

—Edward Blackwood, CSCS, NSCA Member

Texas A&M

International University

Shaun Sexton

Center

Business Administration

Height: 6'8" Weight: 261
Bench Press: 245, Vertical Jump: 21.5",
Power Clean: 0, 40-Yard Dash: 0, Agility:
0, Squat: 385

Shaun is extremely motivated in the weight room. He does the team workouts, then extra work to improve where he needs it. He works hard in and out of season and encourages his teammates to join him as well.

—Ernst Feisner, CSCS, NSCA Member

James Madison University

Tamera Young

Forward

Kinesiology

Height: 6'1" Weight: 175
Bench Press: 175, Vertical Jump: 30.5,
Power Clean: n/a, 40-Yard Dash: n/a,
Agility: n/a, Squat: 315

Tamera is the only athlete I've worked with in sixteen years here at JMU who has never missed a goal time in pre-season and off-season conditioning. Tamera established herself early on as a freshman as being one who's serious about working hard to improve her game. She

has been All-CAA every year, and is on slate to be JMU's all-time leading scorer and second All-Time leading rebounder. Tamera leads by example and has motivated her teammates to work hard in the weight room and on the court, leading them to play at a higher level.

—Gregory Werner, MS, CSCS, NSCA Member

crew

West Virginia University

Teresa Dugan

Port

Pre-Nursing

Height: 6'2" Weight: 215
Bench Press: 140, Vertical Jump: 18",
Power Clean: 200, 40-Yard Dash: 0,
Agility: 0, Squat: 290

Teresa is the hardest worker and best leader on the team. Her hard work throughout the summer has certainly paid off for her. She is the first to cheer her team on while at the same time having the highest squat and tying the record for power cleans. She also is very bright, and has learned a lot in the field by asking questions and paying attention. I look forward to continue to work with her.

—Jerry Handley, CSCS, NSCA Member

field hockey

Ohio University

Torrie Albini

Forward

Sports Industry

Height: 5'7" Weight: N/A
Bench Press: 169, Vertical Jump: 21.5,
Power Clean: 179, 40-Yard Dash: 5.09,
Agility: 0, Squat: 265

Torrie is an exceptional athlete who possesses strength, power and speed as she owns the team's Power Clean, Bench Press and 40 yard records. Torrie has been selected as an all MAC player past three years. As one of the

most prolific scorers in the nation, she led the nationally ranked Ohio team to the back-to-back MAC Championship as well as the NCAA Tournament.

—Shigeru Sano, CSCS, NSCA Member

Kent State University Charlotte Muller

Back

Journalism

Height: 5'10.5" Weight: 130
Bench Press: 80, Vertical Jump: 18.5",
Power Clean: 94, 40-Yard Dash: 5.63,
Agility: 4.84, Squat: 150

All of Charlotte's athletic success and awards garnered throughout her career have been earned through her hard work & dedication to training and preparation. She trains as hard as anyone in our program and does a great job of leading her teammates by her example. She will be tremendous at whatever she does in her life. In 2004, she was named to the MAC tournament team. In 2005, she was named 1st Team All-MAC while leading our team in defensive saves. In 2006, she was again named 1st Team All-MAC, while also being named Offensive Player of the week for the 2nd of October. She has also lead the team in minutes played. She earned Academic All-MAC, and was also named to the National Field Hockey Coaches Association Division 1 National All-Academic Squad. In 2007, she earned her 3rd 1st team All-MAC honors and 2nd Team All-Region. She was named to the National Field Hockey Coaches Association Division 1 Senior All-Star Game.
—Tobias Jacobi, CSCS, NSCA Member

Colgate University Natali Plesniarski

Midfielder/ Defender

Education and Mathematics

Height: 5'3" Weight: N/A
Bench Press: 129, Vertical Jump: 19.5",
Power Clean: 157, 40-Yard Dash: 0,
Agility: 0, Squat: 187

Natali has tremendous leadership skills and worked very hard to become a better athlete. She has served as an excellent role model and example of consistent hard work for her younger teammates. Her accomplishments include: NFHCA All Mideast Region Second Team, All Patriot League team three times, team captain twice as well as breaking Colgate's career assists record with a four year total of 21.
—Rusty Burney, NSCA Member

University of Maine Brooke Anderson

Forward

Kinesiology & Physical Education

Height: 5'6" Weight: 140
Bench Press: 140, Vertical Jump: 20,
Power Clean: 160, 40-Yard Dash: 5.4,
Agility: 5.04, Squat: 225

Brooke's personal commitment to strength and conditioning and her positive attitude have helped her demand the best from herself in every aspect of her training. She consistently strives to be her best both on and off the field and balances academics, athletics, and being an incredible young person with seeming ease.
—Leslie Look, CSCS, NSCA Member

The College of William and Mary Gwen Hunter

Goal Keeper

Neuroscience

Height: 5'4" Weight: 125
Bench Press: 115, Vertical Jump: 17,
Power Clean: 142, 40-Yard Dash: 0,
Agility: 0, Squat: 250

It is with honor that the Strength Staff at the College of William and Mary nominates Gwen Hunter for this award. Gwen is an exceptional athlete and her dedication to training had a major role in her results on the field. Due to her drive for excellence and self motivation, we had confidence that Gwen would perform every rep, weight and technical aspect of a lift to the very best of her ability. Gwen was also highly regarded by her teammates as she was selected as captain.

—John Sauer, CSCS, NSCA Member

football

Univ of Wisconsin- River Falls

Pete Kolpack

Offensive Line

Education

Height: 5'11" Weight: 290
Bench Press: 375, Vertical Jump: 22",
Power Clean: 255, 40-Yard Dash: 5.69,
Agility: 4.73, Squat: 565

Pete is a self made man. Because of his discipline, work ethic, and attitude he represents all that is great about college athletics. Pete is the type of student athlete that every strength coach love to work with. I have a great amount of respect for this young man.

—Carmen Pata, CSCS, NSCA Member

Northwood University

Kyle Clement

Defensive Line

Masters in Business Administration

Height: 6'4" Weight: 303
Bench Press: 365, Vertical Jump: 28",
Power Clean: 0, 40-Yard Dash: 5.02,
Agility: 4.75, Squat: 610

Kyle's effort and consistent improvements have been outstanding. His strength and explosiveness has really contributed to his, as well as his team's success. Kyle is a three year starter earning All-GLIAC honors each of those three years. His leadership both on and off the field have earned him the admiration of his peers as well as the coaching staff. He has been a joy to work with and I have no doubts he will be very successful in whatever he chooses to do in his life.

—Scott Fisher, CSCS, NSCA-CPT,
NSCA Member

Ohio University

Landon Cohen

Defensive Tackle

Specialized Studies

Height: 6'3" Weight: 274
Bench Press: 445, Vertical Jump: 29.0,
Power Clean: 360, 40-Yard Dash: 5.06,
Agility: 4.91, Squat: 553

Landon, who is an All MAC player, has achieved Super Iron Bobcat status after overcoming several serious injuries. He is one of the hardest workers who literally lived in the weight room.

His outgoing personality and competitive attitude will be missed in the weight room.

—Joseph Fondale, CSCS, NSCA Member

University of South Florida

Ben Moffitt

Linebacker

Criminal Justice

Height: 6'1" Weight: 245.2
Bench Press: 380, Vertical Jump: 36.5,
Power Clean: 350, 40-Yard Dash: 4.64,
Agility: 4.28, Squat: 610

Ben is both an outstanding student athlete and citizen. He has strong character and faith. Ben has had to balance academics, athletics, and his family to excel on the football field. Balancing his role as a husband and father of two he always made time for his training which has led to him being named as a first team All Big East selection. His leadership qualities are his strongest character trait. He epitomizes what this award is about. We could not think of a better male strength and conditioning role model.

—Ronnie McKeefery, CSCS, NSCA Member

University at Buffalo

Trevor Scott

Defensive End

Sociology

Height: 6'5.25" Weight: 260
Bench Press: 425, Vertical Jump: 32.5,
Power Clean: 335, 40-Yard Dash: 4.62,
Agility: 0, Squat: 550

Trevor is not only the ultimate gym rat, but he is a model football player. He organizes his sleeping patterns and diet (for optimal recovery) around his training and practice better than any athlete I've been around. His intense attitude in the weight room and on the field is infectious to his teammates. He easily made the transition from tight end to defensive end last year tying a school record with 9 sacks. Going into his

senior year he has continued to improve and has been recognized as Athlon Preseason All-MAC First Team.

—Brian Remington, II, CSCS, NSCA Member

Lycoming College

Ryan Yaple

Defensive End

Business

Height: 5'11" Weight: 230

**Bench Press: 225, Vertical Jump: 32",
Power Clean: 320, 40-Yard Dash: 4.60,
Agility: 4.30, Squat: 600**

Ryan has received the following awards for his play on the field. He has been named first team all Conference and also first team All Eastern Region for the Division 3 football. He has been nominated for the All American Award which will be named later in time. On the Local Collegiate level, Ryan has been named "Iron Warrior" (an award given to the player who scores the highest points on six events) two years in a row.

—Raymond Ross, NSCA Member

Hofstra University

Kareem Huggins

Running Back

Psychology

Height: 5'8" Weight: 190

**Bench Press: 375, Vertical Jump: 41.5,
Power Clean: 330, 40-Yard Dash: 4.33,
Agility: 4.04, Squat: 500**

Kareem is a dedicated leader on the field, as well as in the weight room, earning team captain in his senior year. His dedication to working hard has led to setting school records for running backs in the bench press, hang clean, vertical jump, 40-yard dash and the 225 rep test.

Kareem has been a great worker in our program and his toughness will be missed.

—Ryan Martin, CSCS, NSCA Member

Georgia Tech

Darryl Richard

Defensive Lineman

Management

Height: 6'4" Weight: 297

**Bench Press: 370, Vertical Jump: 26,
Power Clean: 340, 40-Yard Dash: 0,
Agility: 0, Squat: 500**

Darryl is one of the hardest working athletes at Georgia Tech. He demonstrates tremendous dedication and leadership both in the weight

room and in the class room. He has overcome an ACL injury to become a leader on our defense while graduating from Tech in just 3 years. Darryl is a 2 time ACC All-Academic, is a finalist for the Wuerffel Trophy, and was our 2007 Lifter of the Year.

—Neal Peduzzi, CSCS, NSCA Member

New Mexico State University

Nick Cleaver

Tight End

Marketing

Height: 6'4" Weight: 250

**Bench Press: 350, Vertical Jump: 34,
Power Clean: 330, 40-Yard Dash: 4.6,
Agility: 4.17, Squat: 560**

Nick is a great leader on and off the field. He was an Academic All-American this year, as well as the lifter of the year here at New Mexico State University. His work ethic has propelled him to the top receiving Tight End in the Country as well as a projected NFL draft pick.

—Matt Walter, CSCS, NSCA Member

Humboldt State University

Richard Torrence

Left Tackle

Social Work

Height: 6'4" Weight: 280

**Bench Press: 465, Vertical Jump: 25.5,
Power Clean: 355, 40-Yard Dash: 0,
Agility: 4.62, Squat: 550**

Richard was a 4-year starter and the strongest member of the football team. After his freshman year, he took 2 years off to work full-time and support his family. Upon his return, Richard never missed a beat and played at a higher level than previously while holding down a full-time job. This would not have been possible without his dedication and work ethic in the weight room. It has been a pleasure to work with someone who never takes a day of his life for granted. Richard holds the bench press record for his weight class at HSU.

—Matthew Lee, CSCS, NSCA Member

Dickinson College- Kline Center Michael O'Donnell

Linebacker

International Business & Management

Height: 5'10" Weight: 210

**Bench Press: 335, Vertical Jump: 31,
Power Clean: 0, 40-Yard Dash: 4.81,
Agility: 3.98, Squat: 585**

Michael is an outstanding young man and a very talented athlete. Serving as a co-captain this year, Michael is a four year starter for the Dickinson College football program and pound-for-pound the strongest athlete at Dickinson. He was rookie of the year as a first-year student and his dedication to the off season training program has yielded great physical gains, allowing him to have his most productive season as a senior this year. As one of the most dedicated student-athletes I've ever encountered, Michael is a tireless worker who leads by example and has been a spearhead for establishing training groups for speed training and weight lifting in the off season. He is the team representative on the Student Athletic Advisory Committee, playing an active role in community service projects in the area, while boasting a GPA well above a 3.0. I am very proud of Michael's accomplishments and believe that he deserves recognition for his outstanding character and commitment to excellence.

—Sean Murphy, CSCS, NSCA Member

University of North Texas Brock Stickler

Wide Receiver

Hospitality Management

Height: 6'2" Weight: 221

**Bench Press: 430, Vertical Jump: 31.5,
Power Clean: 336, 40-Yard Dash: 4.65,
Agility: 4.36, Squat: 570**

Over the past three years I have seen Brock build his way up to becoming an excellent athlete, student and person. Brock's hard work in the weight room and conditioning has made him a physical presence on the field. He has always brought everything he can give into the weight room everyday and that is all we have ever asked of him and Brock has accomplished all that we have put in front of him. Brock is an excellent representative of the school and team at the University of North Texas.

—Phillip Ramsey, CSCS, NSCA Member

Tennessee Tech University John Jackson

Defensive Line

Health and Physical Education

Height: 5'11" Weight: 280

**Bench Press: 375, Vertical Jump: 0,
Power Clean: 300, 40-Yard Dash: 4.96,
Agility: 0, Squat: 600**

John has a relentless work ethic and he plays with an extremely high motor. His commitment to strength and conditioning helped him become a dominant force in the middle of our defensive line. His 1-rep maxes in our core lifts demonstrate significant strength, however, John also consistently finishes in the top five in our weight room conditioning circuits. This shows his mental toughness goes hand-in-hand with his physical strength.

—Charles Pugh, CSCS, NSCA Member

Georgia Tech Tashard Choice

Running Back

History, Technology and Society

Height: 5'11" Weight: 210

**Bench Press: 350, Vertical Jump: 36,
Power Clean: 330, 40-Yard Dash: 0,
Agility: N/A, Squat: 500**

Tashard has been a blessing since the first day he arrived here on Georgia Tech's Campus. He is a born leader with an outstanding work ethic. His energy, attitude and intensity are unmatched. He has been a pleasure to coach and will be greatly missed. Tashard was voted Lifter of the Year and team captain in 2007. He has also been the leading rusher in the ACC the past 2 seasons as well as a 2 time All ACC selection.

—Eric Ciano, NSCA Member

Wartburg College Eric Bruhn

Defensive End

Business Administration

Height: 6'4" Weight: 240

**Bench Press: 305, Vertical Jump: 32,
Power Clean: 350, 40-Yard Dash: 4.69,
Agility: 4.07, Squat: 450**

Eric was a 4 year contributor that excelled on the field and in the weight room. He understands and believes in the idea of Power vs. Strength and has gotten the most out of his athletic ability. He is the essence of what type of athlete

we are trying to create in Wartburg's Power Development Department.

—Joel Dettwiler, CSCS, NSCA Member

Lambuth University

Nick Hathcock

Guard

Elementary Education

Height: 6'0" Weight: 275

Bench Press: 380, Vertical Jump: 23,

Power Clean: 275, 40-Yard Dash: 5.6,

Agility: 4.8, Squat: 680

Nicks leadership is one of the reasons for our success in the Off-Season. He is one of four Team Captains and received the most votes for that honor. In the offense that is ran here he plays Quick Guard. This is the most important position on the Offensive-Line because he has to do so much pulling and lead blocking for the backs. Nick uses Strength and Conditioning to help with his explosion and power. He is undersized and yet is still one of the best linemen in our conference. Nick was a JC All-American at Itawamba Community College. He currently has a 3.89 GPA at Lumbuth University and was voted Academic All-Conference. He is a member of the STEA as well as FCA.

—John Thompson, NSCA Member

TCU

Matt Lindner

Offensive Line

General Studies

Height: 6'4" Weight: 295

Bench Press: 450, Vertical Jump: 26,

Power Clean: 350, 40-Yard Dash: 5.1,

Agility: 0, Squat: 710

Matty is a tazmanian devil in the weight room. His drive and determination is a model for all our football players. He has battled back from numerous injuries to be an all conference performer.

—Brandon Johnson, CSCS, NSCA Member

Tarleton State University

Renardrick - Deewee Phillips

Defensive Back/ Strong Safety

Exercise & Sports Studies

Height: 5'10" Weight: 200

Bench Press: 380, Vertical Jump: 30.5,

Power Clean: 297, 40-Yard Dash: 4.63,

Agility: 0, Squat: 465

Ranardrick is a great athlete who has been committed to the weight room. He is one of those individuals who will do whatever it takes to become better. In his spare time, you will find him in the weight room doing extra things to help make him better. While doing so, he will do whatever you recommend and wear that exercise out, until moving on to something else. Ranardrick is a leader on the field and in the weight room. While doing so, he has helped to support the program by ensuring that all his teammates are in the weight room working with him throughout the year and summer.

Renardrick's size can be very deceiving as his work in the weight room has allowed him to pack a punch that otherwise might not be seen coming. Other accolades include 2 years First team Lone Star Conference, 2007 Daktronics All-Southwest Region team and multiple occasions as player of the week.

—Michael Harper, NSCA Member

Juniata College

Jason Leonard

Quarter Back

Digital Media

Height: 6'1" Weight: 225

Bench Press: 300, Vertical Jump: 29",

Power Clean: 270, 40-Yard Dash: 4.65,

Agility: 4.1, Squat: 465

Jay is an excellent leader both on and off the football field. His work ethic and attention to detail has earned him a captains position selected by the football squad and the coaching staff. Jay is a very hard worker that demands total commitment from both himself and his teammates, this commitment has been instrumental in helping himself and those around him achieve success in our strength and conditioning program.

—Douglas Smith, CSCS*D, NSCA-CPT, NSCA Member

South Dakota State University

Justin Kubish

Linebacker

Health Physical Education and Recreation

Height: 6'1" Weight: 238

Bench Press: 365, Vertical Jump: 34.5,

Power Clean: 341, 40-Yard Dash: 0,

Agility: 4.23, Squat: 490

Justin is a very intense individual and puts his full focus and effort into anything he is doing. He was a team captain and a first team all Great West Conference selection as a senior and

second team as a junior. He has pushed himself to the limits to become a better football player. He will be successful in life because of his hard work and dedication.

—Nate Hansen, CSCS, NSCA Member

South Dakota State University Mitch Erickson

Offensive Line

Mechanical Engineering

Height: 6'5" Weight: 274

**Bench Press: 395, Vertical Jump: 30,
Power Clean: 352, 40-Yard Dash: 5.14,**

Agility: 4.35, Squat: 460

Mitch is a self-starter, who excels both on and off the field through his passion, intensity, and work ethic. Although quiet in nature, he possesses an innate leadership quality that allows him to lead by example, earning him the position of team captain this past season. Mitch was a four year starter for the Jackrabbits earning multiple awards as a student-athlete. He was a three time Great West Conference first team selection, as well as, earned honorable mention his first year as a starter. In addition, he was named a third team All-American selection by the Associated Press and an honorable mention All-American selection from Don Hanson's Football Gazette. Through intense and consistent dedication, Mitch has significantly improved his strength, mobility, and explosiveness which has translated into both individual and team success. He is an exceptional student-athlete who has a bright future ahead of him.

—Kerry Sarvis, CSCS, NSCA Member

Kent State University Jack Williams

Corner Back

Sports Management

Height: 5'9" Weight: 180

**Bench Press: 391, Vertical Jump: 38",
Power Clean: 343, 40-Yard Dash: 4.21,**

Agility: 3.85, Squat: 590

Jack is both a great player and leader for our football team. His work in the weight room has paid off on the football field. He came to college at 150lbs and leaves at 180lbs. He has been a joy to coach and I know will be successful at what ever he decides to do with his life. He owns the All-Time record in the 40yds and owns the positional All-Time records for bench press, back squat, and broad jump. In 2003 he was named Outstanding Scout Team Player. 2004 he set a

school record for longest interception return with a 99 yard return for a touchdown against Iowa. 2005 he was named the teams Outstanding Defensive Back while leading the team in interceptions and pass break-ups. 2006 he again was named Outstanding Defensive Back and Special Teams Player of the Year, leading the team in interceptions and fumble recoveries; he also lead the NCAA in forced fumbles. 2007 he was named the 2nd Team All-MAC while leading the team in interceptions, pass break-ups, and recovered fumbles. Jack finished his career ranked 3rd All-Time in interceptions.

—Tobias Jacobi, CSCS, NSCA Member

South Dakota State University Mitch Pontrelli

Defensive Line

Construction Management

Height: 6'1" Weight: 272

**Bench Press: 445, Vertical Jump: 24.5,
Power Clean: 319, 40-Yard Dash: 4.96,**

Agility: 4.59, Squat: 530

Mitch is an athlete who leads by example. He has worked incredibly hard to become stronger, faster, bigger and more explosive. He was a four year starter and two year second team all Great West Conference selection. In addition he was also an honorable mention all Great West Conference selection as a sophomore. He has also twice been named to the All-Great West Football Conference Academic Team. When he sets his sites on something he will focus all his efforts on achieving that goal. He will be successful in whatever he chooses to pursue because of his hard work and dedication.

—Nathan Moe, CSCS, NSCA Member

The College of New Jersey Dennis Morrone

Defensive Back

Health & Exercise Science

Height: 5'11.5" Weight: 197

**Bench Press: 370, Vertical Jump: 28.5,
Power Clean: 0, 40-Yard Dash: 4.45,**

Agility: 4.43, Squat: 405

Dennis was a 2 year starter for a conference champion. He is very active in the Human Performance laboratory.

—Jay Hoffman, PhD, CSCS,*D, FNSCA, NSCA Member

Kalamazoo College

Mike Benson

Wide Receiver

Biology

Height: 5'7" Weight: 177

Bench Press: 350, Vertical Jump: 31.5",

Power Clean: 290, 40-Yard Dash: 4.4,

Agility: 4.25, Squat: 460

Mike was a four-year starter and two-year captain for the Hornets while maintaining a perfect 4.0 grade point average. He will be attending medical school beginning 2008. Mike earned First Team ESPN The Magazine Academic All-District honors and was co-recipient of the Michigan Intercollegiate Athletic Association's (MIAA) 2007 Pete Schmidt Scholar-Athlete Award. Mike led the MIAA with 7.0 receptions per game. He was fifth with 73.4 receiving yards per game and fifth with 122.8 all-purpose yards as he also returned kicks for the Hornets. For the third year in a row, Mike won the Iron Hornet Award: the strongest player on the team pound-for-pound. Mike played twice as big as his size. He is a three-time National Strength and Conditioning Association All-American.

—Terrance Brooks, CSCS, NSCA Member

University of Iowa

Mike Humpal

Linebacker

Sports Studies

Height: 6'3" Weight: 242

Bench Press: 365, Vertical Jump: 38,

Power Clean: 390, 40-Yard Dash: 4.68,

Agility: 4.17, Squat: 535

Mike Humpal is our captain and leading tackler. Mike was named the Iron Hawk award winner in 2007. The Iron Hawk award is voted on by the team and presented to the player who maximizes on the field through his dedication to Strength and Conditioning.

—Christopher Doyle, CSCS, NSCA Member

University of Maine

Patrick McCrossan

Defensive Line/ Heavy 5

Buisness Management

Height: 6'4" Weight: 242

Bench Press: 320, Vertical Jump: 30,

Power Clean: 353, 40-Yard Dash: 5.12,

Agility: 4.41, Squat: 500

Pat's modest intensity and notable work ethic have fueled his consistent progress throughout his career. He has made himself an impact player through hard work, dedication to technique, and the ability to lead by example in difficult times. His true leadership ability showed during this past season when he worked as a positive force both on the field and in the weight room. Pat played in 44 consecutive games, an achievement particularly notable at defensive line. Throughout his career Pat has amassed 16 1/2 sacks, which places him on the top 10 all time list at Maine, achieving a career high of 5 this year. Additionally, he is responsible for 25 TFL's.

—Leslie Look, CSCS, NSCA Member

The Uiveristy of Missouri

Martin Rucker

Tight End

Hotel & Resturant Management

Height: 6'5" Weight: 255

Bench Press: 375, Vertical Jump: 35,

Power Clean: 335, 40-Yard Dash: 4.61,

Agility: 3.98, Squat: 550

Martin is an extremely mentally tough athlete. His preparation is driven by his internal desire to compete against himself as well as others. His attitude and work ethic are contagious throughout the team. Martin exudes confidence on the field, in the classroom, as well as in the weight room. He takes care of his body as he understands that to perform at a high level with consistency and longevity, this is imperative.

—Pat Ivey, CSCS, NSCA Member

University of Colorado

Jordan Dizon

Linebacker

Economics

Height: 5'11.5" Weight: 220

Bench Press: 300, Vertical Jump: 36.50,

Power Clean: 352, 40-Yard Dash: 4.63,

Agility: 4.10, Squat: 585

Jordan's greatest quality is the way he practices and prepares himself during the week leading up to the games. In the two years I have worked with him he has never taken a day off let alone a rep or a set lifting or running. He is a true leader through his actions on and off the field.

—Jeff Pitman, CSCS, NSCA Member

West Texas A&M University

Jonathan Granger

Defensive Line

Advertising/ Public Relations

Height: 6'2" Weight: 250

Bench Press: 440, Vertical Jump: 0,

Power Clean: 335, 40-Yard Dash: 0,

Agility: 0, Squat: 660

Jonathan brings a tremendous work ethic to the weight room each day. He is a leader through his effort, words and intensity. His dedication to training and taking care of his body has led to a great career on the field while serving as a 2 year captain. He has been a leader of the 3 time LSC Conference Champions and used the weight room to enhance his given abilities. His goals are to become a strength and conditioning coach so he can have an effect on the athletes of tomorrow.

—Sarah Ramey, CSCS, NSCA Member

Furman University

Wallace Artis

Defensive End

Communications

Height: 6'4.25" Weight: 265

Bench Press: 450, Vertical Jump: 30 1/2,

Power Clean: 330, 40-Yard Dash: 4.80,

Agility: 4.28, Squat: 550

Wallace has shown tremendous dedication to our strength and conditioning program. In the three years I have coached him, I have watched him emerge as a leader on the field and in the weight room. His hard worked earned him First Team All-Southern Conference honors.

—Stephen Mannino, MEd, CSCS,
NSCA Member

TCU

David Hawthorne

Linebacker

Masters Degree in Liberal Arts

Height: 6'1" Weight: 235

Bench Press: 410, Vertical Jump: 37,

Power Clean: 375, 40-Yard Dash: 4.59,

Agility: 0, Squat: 700

David is a leader on the field and in the weight room. His tremendous work ethic infects all the players around him. He will truly be missed at TCU.

—Matt Parker, NSCA Member

TCU

Chase Ortiz

Defensive End

Communications

Height: 6'4" Weight: 260

Bench Press: 440, Vertical Jump: 32,

Power Clean: 360, 40-Yard Dash: 4.63,

Agility: 0, Squat: 700

Chase is one of our hardest workers we have in the weight room. Through his effort in the weight room he has made himself a better football player.

—Kyle Wallis, NSCA Member

Northwestern University

David Ngene

Defensive End

Art Theory and Practice

Height: 6'3" Weight: 260

Bench Press: 500, Vertical Jump: 33",

Power Clean: 355, 40-Yard Dash: 4.5,

Agility: 4.1, Squat: 600

Dave is an extremely hard working and disciplined individual. He is a team player in every way, and also a great role model for younger athletes. Dave's attitude and passion for whatever it is he puts his mind to will bring him success in all his future endeavors.

—Larry Lijja, NSCA Member

TCU

Brian Bonner

Safety

Communications

Height: 6'0" Weight: 200

Bench Press: 405, Vertical Jump: 36,

Power Clean: 340, 40-Yard Dash: 4.51,

Agility: 0, Squat: 730

Brian has been a joy to coach. He was a coach in the weight room. Brian will be missed by the strength staff at TCU.

—Don Sommer, NSCA Member

Clemson University

Cullen Harper

Quarter Back

Management

Height: 6'3" Weight: 217

Bench Press: 320, Vertical Jump: 34",

Power Clean: 290, 40-Yard Dash: 4.57,

Agility: 4.32, Squat: 490

Cullen's positive attitude, strong work ethic, mental toughness and determination is helping him reach his athletic potential and personal goals. His passion for the game of football, consistency in all phases of training and leadership skills serves as a role model for all aspiring athletes. As a coach I am very blessed to have him as a player. Truly, he is one of those special athletes that come around once in a great while.

—Joey Batson, NSCA Member

Youngstown State University

Tom Zetts

Quarter Back

Math

Height: 6'0" Weight: 210

Bench Press: 335, Vertical Jump: 29",

Power Clean: 290, 40-Yard Dash: 0,

Agility: 0, Squat: 405

Tom has started at QB for the past four years not missing a single game. He is an Academic All-American and holds all of our teams passing records. Tom is one of the most dedicated athletes on and off the field I have had the pleasure to work with in the past 30+ years. He holds the position record for the power clean.

—Dan Wathen MS, CSCS,*D, NSCA-CPT,*D, FNSCA, NSCA Member

Colgate University

Mike Gallihugh

Linebacker

Economics

Height: 6'0" Weight: 200

Bench Press: 337, Vertical Jump: 40",

Power Clean: 341, 40-Yard Dash: 4.5,

Agility: 4.10, Squat: 524

Mike has used strength and conditioning as a vehicle to All-American status as an undersized linebacker. He trained hard, consistently improved, and stayed two summers in Hamilton. His explosiveness is shown with excellent vertical (40") and power clean (341) numbers. He used his instincts on the football field to accentuate this explosiveness, resulting in being named as a Buck Buchanan finalist two years in a row. Mike is a tremendous leader who raised the expectations of his teammates and the strength and conditioning program at Colgate.

—Rusty Burney, NSCA Member

East Carolina University

Matt Butler

Offensive Line

Child Development

Height: 6'4" Weight: 306

Bench Press: 405, Vertical Jump: 27,

Power Clean: 0, 40-Yard Dash: 5.2,

Agility: 0, Squat: 550

Matt has progressed from a walk-on to a scholarship athlete, due to his hard work and dedication in the weight room and on the practice field. He is an extremely competitive person and always leads by example. He is a tribute to what strength and conditioning can do to improve player performance.

—B. Danny Wheel, CSCS, NSCA Member

University of Tennessee

Chris Johnson

Linebacker

Business

Height: 6'1" Weight: 225

Bench Press: 390, Vertical Jump: 35,

Power Clean: 340, 40-Yard Dash: 4.58,

Agility: 4.37, Squat: 610

From the first day that Chris arrived at UTC, he has continually proven himself to be one of our hardest workers and toughest athletes. Chris has never backed away from a challenge presented to him and will routinely perform all that is asked of him and more on his own. These qualities, along with his impressive performance numbers, make Chris especially deserving of this special honor.

—Matthew Green, CSCS, NSCA Member

University of Colorado

Ed Harrison

Offensive Lineman

Communications

Height: 6'3.75" Weight: 301

Bench Press: 415, Vertical Jump: 30,

Power Clean: 333, 40-Yard Dash: 5.36,

Agility: 4.79, Squat: 555

Ed is an athlete that has overcome many obstacles in his career at CU. From multiple coaching changes to injuries, he has always kept a very positive outlook towards football. This quality has allowed him to have great success on the field, in the weight room and in life.

—Jared Aurich, MED, CSCS, NSCA Member

East Carolina University

Chris Johnson

Running Back

Political Science

Height: 5'11" Weight: 200

Bench Press: 375, Vertical Jump: 43.5,

Power Clean: 0, 40-Yard Dash: 4.22,

Agility: 0, Squat: 500

Chris is one of the hardest working athletes that I have ever coached. He is the leader and workhorse of this team. He has excelled in all areas of our Strength & Conditioning program. He personifies what this award is all about!

—Michael Golden, CSCS, NSCA Member

Presbyterian College

Sam Wilson

Tight End

Political Science

Height: 6'3" Weight: 230

Bench Press: 315, Vertical Jump: 29,

Power Clean: 335, 40-Yard Dash: 4.68,

Agility: 4.7, Squat: 480

Sam is one of the hardest workers on our team.

Not only does he meet the demands of our football program, he also meets the demands of our Army ROTC department. This summer he was at both weight sessions except when he attended Air Assault School at Fort Campbell, KY. His hard work in the weight room has carried over to the field where he made some game changing plays this year.

—Eric Cash, NSCA Member

Youngstown State University

Josh Tanner

Offensive Line

Biology

Height: 6'3" Weight: 300

Bench Press: 455, Vertical Jump: 28.5,

Power Clean: 300, 40-Yard Dash: 0,

Agility: 0, Squat: 600

Josh has been a mainstay on our offensive line as a 4 year starter. He showed a determination and toughness that led him to several team and position records in the weight room after having surgery on both shoulders. He has been an all Gateway Conference selection each of the last two years. His dedication to training, academics, and football have made him a success here at Youngstown State.

—Todd Burkey, MEd, ATC, CSCS, NSCA Member

Troy University

Greg Whibbs

Kicker

Criminal Justice

Height: 5' 9.5" Weight: 165

Bench Press: 300, Vertical Jump: 33,

Power Clean: 290, 40-Yard Dash: 4.78,

Agility: 4.5, Squat: 430

Greg is a very hard worker both on and off the field. Has a great attitude and has been a great asset to his team. He always goes above and beyond to do his best. He has always taken it upon himself to motivate his teammates. Not only being a top kicker in the country but also one of our top student athlete.

—Richard Shaughnessy, III, CSCS, NSCA Member

East Stroudsburg University

Michael Habel

Offensive Tackle

Criminal Justice

Height: 6'4" Weight: 320

Bench Press: 385, Vertical Jump: 23",

Power Clean: 305, 40-Yard Dash: 5.42,

Agility: 4.87, Squat: 380

Mike, a two-time all PSAC 1st. team offensive lineman, started 43 games over his four year career. His dedication in the weight room was evident by his gain of 27 pounds and improvement of his bench press by 65 pounds. He will be missed most for his leadership and the motivation he gave his teammates in the off season conditioning program.

—Robert Mikulski, MEd, CSCS, NSCA Member

University of Washington

Greyson Gunheim

Defensive End

Sociology

Height: 6'5" Weight: 260

Bench Press: 365, Vertical Jump: 37.5,

Power Clean: 341.7, 40-Yard Dash: 4.59,

Agility: 4.17, Squat: 465

Greyson possess a tremendous work ethic in every facet of training and never took a day, set, or rep for granted. He is a very gifted athlete that gave his best in every running, lifting and skill session during his entire career at the University of Washington. His consistent leadership and tireless approach to preparation serves as the model for every Washington athlete in every sport. Greyson is the complete student-athlete

that every coach wants. Finished his career with 18 sacks, 37.5 tackles for losses, 2 interceptions. 4 year starter, named Hon. Men. All Pac 10, PAC 10 Academic 2nd team, Sport News All PAC 10 Freshmen team and Pepsi player of the game for defensive performance.

—Trent Greener, CSCS, NSCA Member

West Virginia University

Owen Schmitt

Fullback/ Tight End

Athletic Coaching Education

Height: 6'3" Weight: 259

Bench Press: 400, Vertical Jump: 28",

Power Clean: 370, 40-Yard Dash: 4.72,

Agility: 4.20, Squat: 675

Owen is the most explosive cleaner I have ever worked with. His intensity and physical dominance invokes fear in the hearts of his opponents. His dedication in the weight room has made him the best fullback in the country. His character has made him an even better man.

—Jason Pompili, CSCS, NSCA Member

West Virginia University

Pat McAfee

Kicker/ Punter

Communications

Height: 6'1" Weight: 220

Bench Press: 275, Vertical Jump: 33",

Power Clean: 385, 40-Yard Dash: 4.68,

Agility: 4.11, Squat: 465

Pat is the strongest, hardest working specialist I have had the opportunity to work with. His consistency and attitude in the weight room and on the field have contributed to his great success.

—Autumn Barwis, CSCS, NSCA Member

The College of William and Mary

Drew Atchison

Tight End

Biology/Chemistry

Height: 6'7" Weight: 250

Bench Press: 315, Vertical Jump: 33,

Power Clean: 330, 40-Yard Dash: 4.74,

Agility: 0, Squat: 460

Drew joined the football program as a walk-on 2 years ago. He was a former pitcher on our baseball team. When he first started training he weighed 205 pound he proceeded to add over 45 pounds to his frame during that time. In addition to the increase in body weight his

strength numbers improved a great deal. Drew developed himself into an excellent tight end and significant contributor to our team. Drew is a tremendously disciplined and hardworking young man. It has been very rewarding to me personally to see how far he has come in such a short time.

—John Sauer, CSCS, NSCA Member

Monmouth University

Brian Frech

Tight End

Business Management

Height: 6'4" Weight: 240

Bench Press: 341, Vertical Jump: 24,

Power Clean: 265, 40-Yard Dash: 0,

Agility: 0, Squat: 450

Brian has a work ethic in the weight room that is second to none. He is always willing to put in the extra effort to improve himself both physically and mentally. Although he saw limited playing time, Brian never complained and was a positive role model among his teammates and the strength and conditioning staff. He attended every summer workout despite having a full time job and was always first to arrive in the weight room for his workout. Brian's incredible attitude and effort will be missed but will serve as an example for those athletes who have trained with him.

—E. Renae, CSCS, NSCA Member

Northwestern State University

Ray Martin

Defensive End

General Studies

Height: 6'1" Weight: 235

Bench Press: 405, Vertical Jump: 41",

Power Clean: 370, 40-Yard Dash: 4.53,

Agility: 4.09, Squat: 700

Ray, who was a Second-Team All-Southland Conference Defensive End his Senior year is one of the most overall athletically gifted individuals I've ever seen. Being a team captain, his leadership ability and his on and off-the-field work ethic is outstanding.

—Ryan Cidzik, CSCS, NSCA Member

Miami University

Joe Coniglio

Defensive End

Sports Studies

Height: 6'2" Weight: 256

Bench Press: 425, Vertical Jump: 34",

Power Clean: 355, 40-Yard Dash: 4.7,

Agility: 4.43, Squat: 550

Joe has worked hard his entire career and developed into a physical specimen through his off-season training. As a defensive end in 2007, he tackled for a loss 10.5 times, and had 40 total tackles earning Third-Team All-MAC defense. In 2004, he was tabbed Miami's Freshman of the Year, and his combination of speed and strength has allowed him to carry a majority of the tackling load throughout his career.

—James Carsey, CSCS, NSCA Member

West Virginia University

Keilen Dykes

Defensive Line

Athletic Coaching Education

Height: 6'4.5" Weight: 296

Bench Press: 525, Vertical Jump: 28",

Power Clean: 425, 40-Yard Dash: 5.14,

Agility: 4.71, Squat: 650

Keilen is an intimidating physical wrecking machine. His size and stature were earned through hard work and unwavering dedication. With an aggressive physical approach in the weight room and on the field, Keilen has become one of the most dominant defensive players every to play at West Virginia University.

—Kentaro Tamura, CSCS, NSCA Member

West Virginia University

Ovid Goulbourne

Linebacker

Athletic Coaching Education

Height: 6'1.5" Weight: 215

Bench Press: 375, Vertical Jump: 37",

Power Clean: 390, 40-Yard Dash: 4.49,

Agility: 4.14, Squat: 595

Ovid is one of the most explosive and best pound for pound athletes I have ever worked with.

—Christopher Allen, CSCS, NSCA Member

Vanderbilt University

Gabe Hall

Defensive Tackle

Human Organizational Development

Height: 6'1" Weight: 290

Bench Press: 500, Vertical Jump: 28,

Power Clean: 365, 40-Yard Dash: 5.0,

Agility: 4.81, Squat: 565

Gabe is the first two time Vanderbilt Football Lifter of the Year Award winner. Gabe will not be outworked. He is simply active, active, active in the weight room. Gabe's one of those guys that wants a key if you lock the door. He's a tremendous lifter, he holds our team record in the 225-pound bench press with 45 repetitions. He's like a kid in the candy store when it comes to training. He gets great results in the weight room, but he's also the most supportive guy in the room. It's not all about Gabe. The enjoyment he gets from training rubs off on the entire football team. If a teammate is struggling with technique and just needs an encouraging word, it's amazing how often we hear Gabe's voice providing some advice. And it even more amazing how appreciative teammates are of Gabe's suggestions.

—James Teeple, CSCS, NSCA Member

Vanderbilt University

Chris Williams

Offensive Tackle

Human Organizational Development

Height: 6'6" Weight: 315

Bench Press: 425, Vertical Jump: 27,

Power Clean: 350, 40-Yard Dash: 5.0,

Agility: 4.81, Squat: 515

Chris has transformed into one of the best Offensive Lineman in the nation. Chris arrived at Vanderbilt at only 245 lbs. He has gained over 70 lbs. in his career through hard work and dedication. His desire to be a success filtered into his teammates thus the reason for him being named Team Captain for 2007. Chris has already graduated and looks forward to possible opportunities in the National Football League. Chris Williams will always be a true Commodore.

He was a preseason All-American by The Sporting News and consensus all-conference selection. Williams also was named to the Outland Trophy watch list 2007 and was elected team Captain for the 2007 season. He won the Vanderbilt Offensive Lineman of the Year in 2006 and 2007. He was also chosen Coaches and Associated Press 1st. Team All-SEC, 2007 and

for the Senior Bowl 2007. He was a three-time recipient of the team's Offensive Player of the Week honors 2007 and named SEC Offensive Lineman of the Week following a punishing effort in a win over Ole Miss. He allowed just two QB sacks over his past 24 starts, earning him the "winning" blocking grade in all 12 games 2007. Regarded by numerous pro sources as one of nation's top Offensive Linemen... he is now considered a probable first-day NFL draft pick.
— John D. Sisk, NSCA Member

West Virginia University Darius Reynaud

Wide Receiver

Athletic Coaching Education

Height: 5'10" Weight: 198
Bench Press: 450, Vertical Jump: 41",
Power Clean: 345, 40-Yard Dash: 4.46,
Agility: 4.2, Squat: 700

Darius is one of the most physically gifted athletes I have every worked with. His dedication and his outstanding work ethic have transformed him into one of the nation's best receivers. His character and friendly nature make him one of the best human beings I have ever known.
—Michael Barwis, CSCS, NSCA Member

West Virginia University Ed Collington

Running Back

Athletic Coaching Education

Height: 6'0" Weight: 205
Bench Press: 335, Vertical Jump: 37",
Power Clean: 350, 40-Yard Dash: 4.52,
Agility: 4.15, Squat: 530

Ed is an extremely dedicated and disciplined individual. His strong work ethic, has allowed him to be successful in all areas of training and on the football field.
—Jerry Handley, CSCS, NSCA Member

Wilkes University Rex Harris

Defensive End

Business Management

Height: 6'0" Weight: 202
Bench Press: 375, Vertical Jump: 0,
Power Clean: 265, 40-Yard Dash: 4.53,
Agility: 4.12, Squat: 530

Rex is a true testament to how strength and conditioning, hard work, and perseverance can pay off. Rex worked extremely hard in the off-

season and was able to drop his 40 time from a 4.75 to a 4.53. Rex is a gifted athlete but his work ethic and dedication is what truly makes him an All American Strength and Conditioning Athlete.

—Keith Klahold, CSCS, NSCA Member

College of the Canyons Matt Brown

Linebacker

General Studies

Height: 5'11" Weight: 190
Bench Press: 315, Vertical Jump: 28.0,
Power Clean: 330, 40-Yard Dash: 4.69,
Agility: 4.21, Squat: 380

Matt fits the definition of a 'worker'. He comes to work every single day and gets better and better. Matt is one of the most dedicated, no-nonsense student-athletes I have ever coached. Perhaps the best defensive player in our conference, Matt took every little bit of what he gain in our conditioning program and transferred it onto the field. If I had more individuals like Matt Brown, my job would be a breeze. Matt will have a lot of success wherever he decides to continue his playing career.

—Robert Dos Remedios, MA, CSCS, NSCA Member

Ohio University Kalvin McRae

Running Back

Recreational Management

Height: 5'11" Weight: 208
Bench Press: 365, Vertical Jump: 30,
Power Clean: 306, 40-Yard Dash: 4.60,
Agility: 4.26, Squat: 465

Kalvin is a three time All MAC performer who holds a career rushing record for Ohio University. He has achieved the Super Iron Bobcat status in the weight room in his senior year and 3 time Clean & Jerk competition winner. Kalvin is such a great worker on and off the field and even a greater person outside of football. His presence will be missed.

—Shigeru Sano, CSCS, NSCA Member

Southern Mississippi

Matt Chatelain

Defensive End

Construction Engineering

Height: 6'2" Weight: 245

**Bench Press: 375, Vertical Jump: 36,
Power Clean: 345, 40-Yard Dash: 4.59,
Agility: 0, Squat: 555**

Matt is a tireless worker who is always looking for new cutting edge ways to train himself. He gives nothing but his very best effort every day on and off the field. Matt is an example of what this award is all about.

—Scott Bennett, CSCS,*D, NSCA Member

University of Tennessee

J.T. Mapu

Defensive Tackle

Sociology

Height: 6'3" Weight: 284

**Bench Press: 425, Vertical Jump: 30,
Power Clean: 315, 40-Yard Dash: 5.15,
Agility: 4.68, Squat: 500**

J.T. never lifted weights before coming to UT, played as a freshman, and served a two year Mormon mission after his sophomore season. Despite these obstacles JT made significant physical progress. He committed himself to the weight room this past year and his hard work showed on the field and in his performance testing.

—Christopher Stewart, NSCA Member

University of Kentucky

Terry Clayton

Line Backer / Special Teams

Kinesiology

Height: 6'0" Weight: 248

**Bench Press: 400, Vertical Jump: 31,
Power Clean: 340, 40-Yard Dash: 4.85,
Agility: 2.12, Squat: 635**

Terry has overcome many obstacles to become a contributing member of back to back, SEC bowl teams. He lost his hearing due to illness as a youth, and because of his work ethic has been able to fulfill a dream of playing major college football. A huge part of his athletic success can be deemed to his dedication to his workout regimen. He has been an overachiever in all aspects, and was truly a joy to have in our program. I am honored to have gotten to know Terry over the last five years.

—Marcus Hill, CSCS, NSCA Member

University of Tennessee

Xavier Mitchell

Defensive End

Sociology

Height: 6'3" Weight: 251

**Bench Press: 405, Vertical Jump: 34,
Power Clean: 300, 40-Yard Dash: 4.9,
Agility: 4.44, Squat: 550**

Xavier has been a great worker in the weight room for four years at UT. He has battled through a variety of injuries, but has always been positive and consistent in his work ethic. His consistency and dedication are reflected in his performance testing.

—Johnny Long, NSCA Member

Carthage College

Bryan Bergman

Tight End

Exercise Sport Science

Height: 6'3" Weight: 244

**Bench Press: 380, Vertical Jump: 35,
Power Clean: 330, 40-Yard Dash: 4.50,
Agility: 4.40, Squat: 415**

Bryan started out as a very good athlete, but through his four years at Carthage, he has put in the effort to turn himself into a phenomenal athlete, especially going into his senior year. He increased his bench reps of 225 from 19 to 23, decreased his 40 yard dash time by a tenth of a second, increased his Hang Clean from 300 to 330 all while developing the speed and athleticism necessary for him to be named an AFCA Division 3 All-American Tight End. His leadership in the weight room, in the classroom, and in SAAC has been invaluable and has set the standard for future athletes in our program.

—Glen Brittrich, CSCS, NSCA Member

golf

The University of Missouri

Peter Malnati

Journalism

Height: 5'11" Weight: 165
Bench Press: 215, Vertical Jump: 30.2,
Power Clean: 185, 40-Yard Dash: 0,
Agility: 0, Squat: 425

Peter's work ethic and intensity in and out of the weight room has made him a leader on the team. He is dedicated to excellence and has committed his time though becoming a better athlete by requesting extra workouts in addition to team lifts. His passion for golf, Mizzou athletics and his team is infectious. He is what every student-athlete should strive for and it has been an honor to be his coach.

—Ken Wong, CSCS, NSCA Member

University of California, Irvine

Selanee Henderson

Physical Sciences

Height: 5'4" Weight: N/A
Bench Press: 0, Vertical Jump: 20",
Power Clean: 135, 40-Yard Dash: 0,
Agility: 0, Squat: 225

Selanee, as a member of the women's golf team, is one of the strongest female athletes we have at UC Irvine. She finished last season 3rd in the big west tournament, and puts up very big numbers in the weight room. Not only does Selanee excel in every lift, but her conditioning is superior to most other women athletes. She is a very physical athlete and uses her attributes to her advantage on the course. Her dedication to physical training will no doubt help her succeed as a professional golfer.

—Robert Harmston, CSCS, NSCA Member

gymnastics

West Virginia University

Rachel Hardin

Advertising

Height: 5'2" Weight: N/A
Bench Press: 150, Vertical Jump: 23.5",
Power Clean: 200, 40-Yard Dash: n/a,
Agility: n/a, Squat: 270

Consistency is the word that best describes Rachel. She is someone who will go 110% everyday with no excuses. Rachel is an individual who looks for a challenge and will follow through with whatever it takes to accomplish it. She truly is a pleasure to work with.

—Autumn Barwis, CSCS, NSCA Member

West Virginia University

Erica Watson

Physical Education

Height: 5'7" Weight: N/A
Bench Press: 140, Vertical Jump: 20.5",
Power Clean: 190, 40-Yard Dash: 0,
Agility: 0, Squat: 235

Erica's fierce competitive nature along with her hard work and determination has resulted in great success in the weight room and in the gym. With these qualities that she possesses, Erica is sure to achieve great things in the future.

—Michael Barwis, CSCS, NSCA Member

hockey

Bowdoin College

Katie Coyne

Forward

Psychology / Education

Height: 5'3" Weight: N/A

Bench Press: 120, Vertical Jump: 16",

Power Clean: 0, 40-Yard Dash: 6.13,

Agility: 5.21, Squat: 175

Katie's dedication to our dry land strength and conditioning program allowed her to make significant performance gains on and off ice. She is a two-time captain, serving as a terrific leader and role model for her teammates. She is always positive and her work ethic can be seen in all aspects of her life.

—James St. Pierre, CSCS*D, NSCA Member

Bowdoin College

Sebastien Belanger

Forward/ Defensemen

Math/ Economics

Height: 5'10" Weight: 186

Bench Press: 265, Vertical Jump: 0,

Power Clean: 0, 40-Yard Dash: 5.14,

Agility: 0, Squat: 400

Sebastien's commitment to our dry land strength and conditioning program is unwavering and sets a great example for his teammates at Bowdoin College. He successfully balances the academic demands of the College and the athletic commitments of a highly competitive ice hockey program. His teammates recognized his commitment on and off the ice by electing him captain.

—James St. Pierre, CSCS*D, NSCA Member

Neumann College Athletics

Neil Trimm

Forward

English

Height: 6'2 Weight: 205

Bench Press: 210, Vertical Jump: 15",

Power Clean: 175, 40-Yard Dash: 5.39,

Agility: 0, Squat: 325

Neil joined the Knights mid-season as a Freshman, appearing in 10 games and recording

10 goals and 8 assists, recorded the first NCAA goal against SUNY Cortland, had a 5 point game vs. Utica College with 3 goals and 2 assists, and was appointed 1st ECAC West All-Rookie Team.

As a sophomore in 2005-2006: He dressed in all 25 games recording 18 goals and 27 assists... recording 3 or more points in 8 games including a 4 goal game against Lebanon Valley. Neil finished the season with one of the highest points/game average in the nation (1.80), led the ECAC West conference in total points, and gained 1st ECAC West All Conference Team.

As a Junior 2006-2007: As our 2nd year Assistant Captain, Neil led the knights to the best record in school history, and first ever playoff win. Neil Trimm led the nation scoring 18 goals, 49 assists, and 67 points in the 2006 - 2007 season. He averaged 2-points a game and as a result has been named the 2006-2007 NCAA statistical champion for points per game and assists per game. He has been named 1st Team All-American, 1st Team ECAC West.

"Neil's dedication to off-season conditioning has helped him become one of the elite players in all of college hockey. His leadership on the ice and in the weight room has turned the Neumann Ice Hockey into a Nationally recognized NCAA Division III program. As a freshman Neil had very little experience with weight lifting or off-ice training. Over the past two seasons, he has become one of the hardest working players in the weight room, and that hard work as paid off with all of his NCAA awards."

—Salvatore Capone, CSCS, NSCA Member

Castleton State College

Evan Romeo

Forward

Physical Education & Art

Height: 5'9" Weight: 193

Bench Press: 320, Vertical Jump: 27,

Power Clean: 255, 40-Yard Dash: 4.71,

Agility: 4.74, Squat: 429

Evan is the athlete that every strength and conditioning coach would drool over. He is an incredibly intense and focused athlete when it comes to his training, and he strives to be the best both on and off ice. In the years I have

known Evan, never once has he complained. Evan is one of the hardest working student-athletes at the school evidenced by his 3.78 GPA and sound athletic performance.

—Lara Carlson, PhD, CSCS, NSCA Member

Miami University

Ryan Jones

Forward

Sports Studies

Height: 6'2" Weight: 215

Bench Press: 270, Vertical Jump: 37.5",

Power Clean: 305, 40-Yard Dash: 0,

Agility: 0, Squat: 545

Ryan is a true leader who has never missed a game in his Miami career. Ryan came in as an undeveloped freshman who, through his hard work in the weight room, became a physical force on the ice. He is first in Miami history in game winning goals, and has amassed 100+ points in his career. His leadership and work ethic have contributed to Miami's ongoing success in NCAA Ice Hockey.

—Matt Cady, CSCS, NSCA Member

lacrosse

Hofstra University

Kerrin Fraser

Defense

Exercise Science

Height: 5'6" Weight: 140

Bench Press: 95, Vertical Jump: 18.5,

Power Clean: 105, 40-Yard Dash: 5.46,

Agility: 4.88, Squat: 185

Kerrin is a dedicated athlete with an outstanding work ethic. She has demonstrated the exceptional effort and leadership skills necessary for this award. Her hard work and intensity make her a leader for her teammates.

—Ryan Martin, CSCS, NSCA Member

Drexel University

Sarah Carter

Midfielder

Pre-Professional Health

Height: 5'4" Weight: N/A

Bench Press: 85, Vertical Jump: 0,

Power Clean: 100, 40-Yard Dash: 0,

Agility: 0, Squat: 125

Sarah is a phenomenal athlete and a phenomenal leader. Her amazing work ethic and intensity is a constant inspiration to her teammates and everyone around her.

—Zachary Makovsky, CSCS, NSCA Member

Drexel University

Drexel University

L.C. Moerschel

Midfielder

Construction Management

Height: 6'3" Weight: 209

Bench Press: 295, Vertical Jump: 22.5,

Power Clean: 235, 40-Yard Dash: 0,

Agility: 0, Squat: 275

L.C. is one of the hardest working and determined athletes I have this year. His consistent effort and desire to win has motivated all those around him. It is a privilege to work with such a committed student athlete.

—Michael Rankin, CSCS, NSCA-CPT, NSCA Member

Denison University L.J. Hackett

Defensive Midfielder
Economics

Height: 5'7" Weight: 155
Bench Press: 305, Vertical Jump: 35,
Power Clean: 255, 40-Yard Dash: 4.56,
Agility: 4.47, Squat: 425

LJ Hackett is an outstanding leader in the weight room and on the field. He has a tenacious work ethic and an uncanny ability to motivate his teammates. LJ has also completed a Strength & Conditioning Internship at Denison.

—Mark Watts, CSCS, NSCA Member

University of Vermont Aaron Shore

Defense
Communication Science

Height: 6'3" Weight: 212
Bench Press: 285, Vertical Jump: 24,
Power Clean: 266, 40-Yard Dash: 0,
Agility: 0, Squat: 365

Aaron has developed into a tremendous leader during his time at UVM, he pushes his teammates on the field, in the weight room as well as academically. He has a dedication and commitment to athletics and academics that his coaches and teammates admire greatly, he was voted a co-captain this fall by his teammates and exudes the qualities needed of a captain. He is one of those individuals that brings an energy into everything they do and can raise the level of those around them to a higher level.

—Justin Smith, CSCS, NSCA Member

Loyola College Paul Richards

Midfielder
Communications—Public Relations

Height: 5'8" Weight: 170
Bench Press: 245, Vertical Jump: 29,
Power Clean: 0, 40-Yard Dash: 4.78,
Agility: 4.33, Squat: 270

Paul has been an emotional leader on the Men's Lacrosse team since he stepped on campus his freshman year. He has consistently been ranked in the top of the team's performance competition each year. Paul's work ethic and leadership skills have culminated into being named captain in his senior campaign. I look forward to challenging

Mr. Richard's each day. He has pushed this program forward and made everyone around him a better coach, teammate, and person.

—Robert Taylor, Jr, CSCS, NSCA-CPT,
NSCA Member

Boston University Molly Collins

Midfielder
International Relations

Height: 5'6" Weight: 135
Bench Press: 105, Vertical Jump: 21",
Power Clean: 129, 40-Yard Dash: 0,
Agility: 0, Squat: 160

Over the past 4 years I have seen Molly become a leader in the weight room and on the lacrosse field. In the weight room she has improved 14% in the bench press, 34% in the hang clean, and 44% in the front squat. She has improved from being able to do 2 chin-ups as a freshman to 16 in the fall of her senior year. Molly has improved her 10 yard dash time from 2.05 to 1.90 sec. and has improved her 1 mile time from 6:44 to 6:02. She leads by example and expects nothing of her teammates that she would not ask of herself. Coming off of a junior year where she started and played in all 19 games Molly was named Most Outstanding Player in the conference tournament. Molly's leadership on the field and in the weight room has lead her to being elected co-captain for her senior year.

—Glenn Harris, MS, CSCS, NSCA Member

St John's University Tom Michaelsen

Attacker
Sports Management

Height: 6'1" Weight: 210
Bench Press: 285, Vertical Jump: 0,
Power Clean: 0, 40-Yard Dash: 4.79,
Agility: 0, Squat: 405

Tom embodies those qualities that a strength and conditioning coach hopes to find in every student-athlete. His intensity, dedication, and positive attitude towards training have allowed him to make tremendous gains in strength and power. Since his freshman year, he has made steady improvements in the weight room, which have directly impacted his Lacrosse performance. Because of his size, strength, and skill, Tom has become one of the most feared attackmen in the ECAC. Tom's presence at the attack position causes opponents to change their defensive schemes in order to minimize his impact on the game.

—Robert Basile, CSCS, NSCA Member

skiing

University of Vermont

Valerie Kechian

Slalom and Giant Slalom

Exercise and Movement Sciences

Height: 5' 8" Weight: 153

Bench Press: 112, Vertical Jump: 27.1,

Power Clean: 152, 40-Yard Dash: 0,

Agility: 0, Squat: 265

Valerie has made a huge impact on the team since her arrival on campus. She diligently prepared herself coming into her first year at the university and has consistently improved since she has been on campus. She is extremely focused and dedicated to the philosophy and methodology by which her training is designed. She has proven success with one victory and four podium finishes in international competition. Val works tirelessly to improve herself as an athlete and that is dually reciprocated in her role as a student. She is proof positive in her complete dedication to strength and conditioning in improving herself as an athlete and elite skier.

—Paul Goodman, CSCS,*D, NSCA Member

University of Colorado

Rachel Roosevelt

Alpine

International Affairs

Height: 5'10" Weight: N/A

Bench Press: 122, Vertical Jump: 0,

Power Clean: 140, 40-Yard Dash: 0,

Agility: 0, Squat: 267

Rachel is not only a leader on the slopes, but also a great leader in the weight room. During her senior year off-season she increased in all areas of Olympic lifts, as well as in her bench and squat maxes. With her leadership and hard work ethic, she is sure to be a force for the Buffs on the slopes in this upcoming season.

—Jeff Pitman, CSCS, NSCA Member

University of Vermont

Colin Devore

Slalom and Giant Slalom

History

Height: 6'0" Weight: 182

Bench Press: 229, Vertical Jump: 33.2,

Power Clean: 264, 40-Yard Dash: 0,

Agility: 0, Squat: 496

Colin has been and continues to be one of the hardest workers we have within our athletic department. He consistently raises his own athletic bar and is an example for all of our athletes. He has achieved four podium finishes in international competition. Besides his untiring dedication to improving himself as an elite skier and athlete, he is also a tremendous person and student. Colin is the epitome of a complete student-athlete and has an infectious personality and work ethic that lends the others within his team and other teams to strive for.

—Paul Goodman, CSCS,*D, NSCA Member

soccer

University of Washington

Shuree Hyatt

Forward

Sociology

Height: 5'8" Weight: 159

Bench Press: 135, Vertical Jump: 23.5,

Power Clean: 155, 40-Yard Dash: 5.45,

Agility: 0, Squat: 250

Shuree was a natural in the weight room and a great leader and role model to her teammates. She helped to set a very high standard through her hard work and efforts during her team workouts. Even through her red shirt year, she kept her training focus and stayed on track. She also battled very diligently to make a brilliant comeback from a serious ankle injury to have a great senior season.

—Rosemary Baker, CSCS, NSCA Member

Wilkes University

Bethany Head

Defender

Pharmacy Sciences

Height: 5'6" Weight: 135

Bench Press: 115, Vertical Jump: 0,

Power Clean: 125, 40-Yard Dash: 5.35,

Agility: 0, Squat: 225

Bethany tore her ACL during the fall season of 2006. Bethany worked extremely hard in her rehab many times training six to seven days a week but also maintained a 3.44 GPA in a highly demanding pharmacy program. Bethany was cleared to play after six months of pain staking rehab, hard work, and dedication. Bethany was not only able to play this season but also was the leading scorer for the colonels and was named second team all conference. Bethany is a prime example of an All American Strength and Conditioning Student Athlete.

—Keith Klahold, CSCS, NSCA Member

Northern Illinois University

Brian Van Buren

Goal Keeper

Finance

Height: 6'1" Weight: 158

Bench Press: 0, Vertical Jump: 24",

Power Clean: 165, 40-Yard Dash: 0,

Agility: 0, Squat: 235

Brian walked on to the soccer team 2 years ago as a practice player never expecting to see the field. With his passion for the sport and his commitment to hard work in the weight room and on the practice field he was able to work himself into the starting role for 5 games this season (Not an easy task when you are playing behind the guy who led the nation in goalkeeping statistics in 2006). Brian took advantage of this opportunity and was named MAC Conference Player of the Week in October. Words can not describe this young mans work ethic and determination.

—Chad Bower, CSCS, NSCA Member

Presbyterian College

Sheldon Robinson

Midfielder

Business / Art

Height: 5'8" Weight: 160

Bench Press: 120, Vertical Jump: 19,

Power Clean: 140, 40-Yard Dash: 0,

Agility: 0, Squat: 160

Sheldon loves the weight room. She knows that hard work and dedication in the weight room carries over to the field. She works hard to become a better athlete. She is a great leader on the field and in the weight room.

—Eric Cash, NSCA Member

Juniata College

Lisa Russo

Goal Keeper

Biology / Criminal Justice

Height: 5'10" Weight: 145

Bench Press: 120, Vertical Jump: 24",

Power Clean: 135, 40-Yard Dash: 0,

Agility: 0, Squat: 250

Lisa is a hard worker both on the playing field and in the classroom, being selected as the Middle Atlantic Conference Defense Player of the week in 2006 and the Landmarks Conference player of the week list in 2007. Lisa was also picked as the Most Valuable Player on Juniata's 2006 team and Team Captain on the 2007 squad. In the classroom Lisa has made the Dean's List 4 semesters and received a Student Research Fellowship to conduct research at Juniata College in the summer of her junior year. Lisa is also a member of the National Chapter of the American Society for Microbiology.
—Matthew Huntsman, NSCA-CPT,
NSCA Member

Texas A&M International University

Anna Perez
Defender / Stopper
Fitness & Sports

Height: 5'2" Weight: 124.5
Bench Press: 115, Vertical Jump: 16",
Power Clean: 95, 40-Yard Dash: 0,
Agility: 0, Squat: 225

Anna is a joy to work with in the weight room. While she started lifting late in her playing career, she has embraced weight training whole heartedly. She has provided a great example for her teammates, and now has several players joining her for workouts in an effort to match her performance. Anna is taking her strength and conditioning out of the gym and working to become a strength coach and Athletic Trainer. I could not be prouder of her.
—Ernst Feisner, CSCS, NSCA Member

USAFA Rhett Chase

Defender
Business Management
Height: 5'6" Weight: 140
Bench Press: 115, Vertical Jump: 21,
Power Clean: 131, 40-Yard Dash: 5.4,
Agility: 4.89, Squat: 190

Rhett has consistently been a top performer in the area of strength & conditioning. She leads by example in the weight room and on the field.
—Jeffrey Kipp, CSCS, NSCA Member

The University of Tulsa Dominic Cervi

Goalkeeper
Exercise Sports Science
Height: 6'6" Weight: 204
Bench Press: 260, Vertical Jump: 29",
Power Clean: 255, 40-Yard Dash: 0,
Agility: 0, Squat: 325

Dominic is a tremendous student athlete both on and off the field of play. A terrific student in the classroom who gives 100% effort every day in every aspect of life, he has used the weight room to further enhance his incredible athletic ability. Dominic is a four year letter winner and starter for Tulsa and helped guide the Hurricanes to the Conference USA Title as well as an appearance in the NCAA tournament in 2007. Dominic is one of the hardest working student athletes I have ever had the pleasure to work with. Dominic brings a passion to his training in every session and because of this has willed his way into becoming one of the top Goalkeepers in Conference USA.
—Greg Vandermade, CSCS, NSCA Member

Troy University Erin Knierly

Midfielder
Sport and Fitness Management
Height: 5'1.5" Weight: 125
Bench Press: 125, Vertical Jump: 18,
Power Clean: 125, 40-Yard Dash: 0,
Agility: 0, Squat: 185
Erin has a tremendous work ethic which not only drives her but also motivates her teammates to perform. She is a leader on and off the field and exemplifies a true model student-athlete. She has also persevered and overcome many setbacks due to injuries while playing soccer.
—Richard Shaughnessy, III, CSCS,
NSCA Member

Marquette University

Michelle Compy

Forward

Exercise Science

Height: 5'2" Weight: N/A

Bench Press: 0, Vertical Jump: 16.5,

Power Clean: 0, 40-Yard Dash: 5.82,

Agility: 0, Squat: 0

Michelle has the most impressive work ethic of any athlete I have coached. She inspires her teammates and intimidates her opponents.

—Todd Smith, CSCS, NSCA Member

University at Buffalo

Ashley Turner

Forward/ Midfielder

Communication

Height: 5'2" Weight: 130

Bench Press: 115, Vertical Jump: 21,

Power Clean: 130, 40-Yard Dash: 5.5,

Agility: 0, Squat: 250

Through her hard work both on and off the field, Ashley earned the team's Most Improved Player Award for the second year in a row. She is the team's captain and is a great leader verbally and also set a great example. Was also added to the UB softball team's roster and appeared in five games, getting two starts in the outfield and scoring one run. A UB Scholar Athlete due to excelling in the classroom. Served as the 2006-07 Student-Athlete Advisory Committee (SAAC) Vice-President and represented the University at Buffalo at the 2007 NCAA Leadership Conference.

—Brian Remington, II, CSCS, NSCA Member

USAFA

Brian Guyette

Goal Keeper

Systems Engineering Management

Height: 6'4" Weight: 200

Bench Press: 315, Vertical Jump: 31,

Power Clean: 197, 40-Yard Dash: 4.69,

Agility: 4.16, Squat: 315

Brian is a leader in the field on or off. He has been selected our team Captain for 2006 – 7 and 2007 – 8, and was selected 1st all-conference Goalie.

—Jeffrey Kipp, CSCS, NSCA Member

Texas A&M University

Elisabeth Jones

Forward / Outside Midfielder

History

Height: 5'8" Weight: N/A

Bench Press: 0, Vertical Jump: 27 "

Power Clean: 154, 40-Yard Dash: 4.36,

Agility: 0, Squat: 200

During EJ's time at Texas A&M she has been consistently been one of the fastest and most powerful athletes which has resulted in her breaking nearly every soccer record in the weight room at Texas A&M. She has raised the bar so much that it will be a challenge for her teammates to equal her records. She is a very gifted athlete who works extremely hard, which has lead to her success in the weight room, soccer field and in the classroom

—Paul Sealey, MS, NSCA Member

Kent State University

Lisa Kurz

Midfielder

International Relations

Height: 5'6" Weight: 132

Bench Press: 105, Vertical Jump: 16",

Power Clean: 125, 40-Yard Dash: 5.3,

Agility: 4.65, Squat: 140

Lisa is the type of leader who leads by example, and that fits in perfectly to how hard of a worker she is. She unselfishly agreed to change positions this year to help out on defense more and did so without complaining once. Lisa's great attitude and maturity carried over into the weight room where she trusted that what she was doing was helping her and bought into it wholeheartedly, and this showed on her performance on the field at an unfamiliar position where she excelled. She is the kind of athlete that would run through a wall for her team and I am thankful for her efforts and hope that the returning players can follow in her footsteps. Her honors include: Academic All-American Nominee, Academic All-MAC, and 2007 ESPN the Magazine Academic All-District IV First Team

—Jason Harbin, NSCA Member

James Madison University

Annie Lowry

Forward

Management

Height: 6'1" Weight: N/A

Bench Press: 135, Vertical Jump: 24,

Power Clean: 0, 40-Yard Dash: 0,

Agility: 0, Squat: 265

Very simply, Annie is the hardest working, most dedicated and committed athlete I have ever worked with. She is a tremendous leader both on and off the field. She stayed on campus year round during both her junior and senior years to ensure that she had the highest level of preparation for the upcoming seasons. The amount of success she had on the field lead to many of her teammates following her footsteps and remaining on campus during the summers as well. She completely changed the culture of Women's soccer at JMU and the strength staff was lucky to have worked with such an amazing athlete and person.

—Steven Bamel, MS, CSCS, NSCA Member

James Madison University

Tristan Murray

Midfielder

Finance

Height: 5'10" Weight: 175

Bench Press: 185, Vertical Jump: 27.5",

Power Clean: 200, 40-Yard Dash: 0,

Agility: 0, Squat: 305

Tristan Murray posses the qualities of a leader and he is comfortable in that role as a team captain. His work ethic is something that should be admired by athletes of all sports. He is diligent and a perfectionist in the weight room and out on the field. He has been a four year starter for James Madison University and has been on several All Tournament teams. He is looking to become a professional soccer athlete; and with his persistence, he will reach that goal.

—Kevin Conlogue, CSCS, NSCA Member

West Virginia University

Amanda Cicchini

Midfielder

Pre- Social Work

Height: 5-2" Weight: 115

Bench Press: 95, Vertical Jump: 17.5",

Power Clean: 130, 40-Yard Dash: 0,

Agility: 0, Squat: 190

Amanda has dedicated herself to becoming a better athlete on and off the field. Everyday she comes into the weight room with the same great attitude. She is a great role model for our younger athletes to look up to.

— Kentaro Tamura, CSCS, NSCA Member

University of Alabama at Birmingham

Jenny Meyer

Defender

Exercise Science

Height: 5'5" Weight: 130

Bench Press: 135, Vertical Jump: 23.6,

Power Clean: 0, 40-Yard Dash: 4.6,

Agility: 4.34, Squat: 180

After an injury-plagued sophomore year and a broken leg during post-season play in 2006, Jenny Meyer has battled back every time. She trains, lifts and plays like she has never had a torn ACL or broken leg. She still managed to improve her Bench from 90 to 135 pounds and her Squat from 115 to 180 pounds over her career. Jenny is one of the fastest athletes I have ever worked with. She is mechanically sound, always in great condition but always ready to extend herself out of her comfort zone. She is a true student of this strength and conditioning and soccer. She will be missed by the performance staff as well as her coaching staff.

—Stacey Torman, CSCS, NSCA Member

University of California, Irvine

Greg Larson

Goal Keeper

English

Height: 5'11" Weight: 170

Bench Press: 225, Vertical Jump: 25.5",

Power Clean: 205, 40-Yard Dash: 4.8,

Agility: 4.5, Squat: 315

Greg is an undersized goal keeper who has earned a starting position through hard work. Greg is a model athlete in the weight room and possesses the competitive spirit we desire. He has earned and maintained many weight room records for the soccer team.

—Robert Harmston, CSCS, NSCA Member

University of Alabama at Birmingham

Mark Stahelski

Midfielder

Criminal Justice

Height: 5'9" Weight: 165

Bench Press: 240, Vertical Jump: 31.4,

Power Clean: 0, 40-Yard Dash: 4.7,

Agility: 4.17, Squat: 340

Mark has made improvements in all areas of his athleticism including his anaerobic fitness, vertical power, agility, and strength levels.

Mark has a "never say die" attitude which is well respected and contagious amongst his teammates. Because of this attitude Mark has achieved an 18-7 on the Yo-Yo IR Beep Test and can Broad Jump 1.5x his height. He has improved his Bench Press from 205 to 240 and Squat from 300 to 340 within 1.5 years. Mark's attention to details and willingness to get it right the first time has helped build UAB Soccer to a highly respected team across the country.

—Stacey Torman, CSCS, NSCA Member

softball

University of Tennessee

Tara Tembey

Short Stop

Exercise Science

Height: 5'8" Weight: N/A

Bench Press: 135, Vertical Jump: 26.5,

Power Clean: 160, 40-Yard Dash: 0,

Agility: 0, Squat: 275

Tara has used the recent summer and fall training periods to elevate her performance level to new heights. Already an impressive performer in the weight room in many of our testing measures, Tara's hard work helped her to set a school record in power clean. Along with these accomplishments, Tara has also earned several all conference honors and maintains an excellent GPA in a challenging major.

—Matthew Green, CSCS, NSCA Member

University of West Florida

Taren Walton

Pitcher / Outfielder

Chemistry

Height: 5'5" Weight: N/A

Bench Press: 102, Vertical Jump: 19,

Power Clean: 125, 40-Yard Dash: 0,

Agility: 0, Squat: 215

Taren is not only a self motivated individual, but also a team motivator on the field and in the weight room. She enters the weight room with a positive attitude and consistently progresses in strength development. She allows her accomplishments to help motivate her teammates to want to achieve also. She inspires me in conditioning sessions where she is an asthmatic that does not let her impairment hold her back. She will push herself to an extreme limit that scares me into thinking this may be her last training session, but it never is. Her performance on the field speaks for its self earning conference honors, but off the field she maintains a 3.5 GPA in a major that consumes a majority of her time. I'm am proud and thankful to have worked with Taren over the past two and a half years.

—Eric Greska, NSCA-CPT, CSCS, NSCA Member

Pacific Lutheran University

Crystal Reno

Infielder

Exercise Science

Height: 5'7" Weight: 170

Bench Press: 135, Vertical Jump: 22",

Power Clean: 135, 40-Yard Dash: 5.2,

Agility: 4.45, Squat: 255

In my first year at PLU there are only a handful of athletes who make their athletic development a priority, and Crystal is one of them. Her achievements speak for themselves. She has set the standard in the weight-room at Pacific Lutheran University.

—Christopher Wood, MEd, CSCS,
NSCA Member

Humboldt State University

Vanessa Shernock

Catcher / Designated Hitter

Kinesiology

Height: 5'6" Weight: 170

Bench Press: 165, Vertical Jump: 21,

Power Clean: 185, 40-Yard Dash: 0,

Agility: 0, Squat: 250

Vanessa has exceeded all expectations since her arrival four years ago as a local walk-on. Vanessa's non-stop work ethic earned her a roster spot her freshman year and her team role continues to develop with every season. As team captain and un-official "Assistant Coach", Vanessa's value to Humboldt State's most successful program goes way beyond her on field performance. Vanessa enters her senior year as a solid #2 catcher and starting DH. The assault on the school all-time weightlifting records in the 170 pound weight class that we all expected to happen this off-season has been slowed by a hamstring injury and will probably need to wait until after the season which hopefully will not end until early summer!

—Andrew Petersen, MA, CSCS, NSCA Member

Miami University

Halle Popson

First Base

Health Studies

Height: 5'8" Weight: N/A

Bench Press: 145, Vertical Jump: 24.5,

Power Clean: 140, 40-Yard Dash: 4.68,

Agility: 0, Squat: 250

Halle's hard work and dedication to weight training has allowed her to compile an

impressive career resume as a Miami softball player. In 2007, she garnered an All-MAC First Team selection that topped of a record setting season in which she reset the single season hits record (79) and compiled a .387 batting average. Halle is a driven leader whose efforts in the weight room and on the field are contagious.

—James Carsey, CSCS, NSCA Member

Boston University

Molly Gallagher

Outfielder

General Studies

Height: 5'4" Weight: 146

Bench Press: 145, Vertical Jump: 21.1,

Power Clean: 135, 40-Yard Dash: 0,

Agility: 4.58, Squat: 185

A walk-on player with a contagious work ethic and attitude daily earns Molly the respect of teammates and coaches alike. A quintessential leader on and off the field, Molly was named to the America East Academic Honor Roll and participates on the Student Athlete Advisory Council while contributing her speed, athleticism, and run scoring ability to a record breaking team that finished ranked 4th nationally in home runs per game, 6th in slugging percentage, and 12th in scoring.

—Victor Brown, III, CSCS, NSCA-CPT,
NSCA Member

Springfield College

Lauren D'Arrigo

Third Base

Applied Exercise Science

Height: 5'4" Weight: 135

Bench Press: 100, Vertical Jump: 20.4",

Power Clean: 120, 40-Yard Dash: 0,

Agility: 0, Squat: 155

Lauren has been a leader in the weight room for the past three years. Her hard work and commitment inspire others. She not only leads by example, but also provides verbal encouragement and guidance to her teammates.

—Brian Thompson, PhD, ATC, CSCS,
NSCA Member

University of Massachusetts Stacy Cullington

Second Base

Sport Management

Height: 5'7" Weight: N/A

**Bench Press: 135, Vertical Jump: 0,
Power Clean: 135, 40-Yard Dash: 0,
Agility: 0, Squat: 250**

Stacy's leadership and hard work in the weight room has helped her achieve many accolades during her career at Umass. Some of her accomplishments include breaking the school record in home runs in a single season as well as leading the Atlantic 10 in home runs, runs batted in, and walks as a junior. Stacy has been recongnized as first team all A-10 as well as first team NFCA all northeast region.

—Anthony Catterton, NSCA Member

Iowa State University Kristy Olsen

Outfielder

Mathematics

Height: 5'5" Weight: 135

**Bench Press: 115, Vertical Jump: 23,
Power Clean: 165, 40-Yard Dash: 0,
Agility: 4.59, Squat: 245**

Kristy is one of the most dedicated and hardest working student-athletes that my staff and I have worked with. She gives everything she has and approaches every workout with the thoughts of getting better each day. She has set various standards for the rest of the team to follow, including a team record of 16 body weight chin-ups. Her dedication each day in practice and in the weight room makes her a great leader on and off the field and a great student-athlete to work with.

—Andrew Moser, CSCS, NSCA Member

University of Houston Amanda Grote

Infielder/ Outfielder

Exercise Physiology

Height: 5'9" Weight: 165

**Bench Press: 155, Vertical Jump: 25.0,
Power Clean: 0, 40-Yard Dash: 5.22,
Agility: 4.40, Squat: 270**

Grote has worked so hard to improve her athletic and strength & Conditioning abilities since she came to The University of Houston, that it is easy for me to nominate her for this award. She

has improved in every aspect of strength and conditioning. Her 20 yard sprint time is 2.89 seconds, that is one of the top five marks for that test that we have had in the history of the program. She loves polymeric work and speed work, working on those two aspects as much as she can. Grote is a strong athlete who is always looking to get stronger.

—R. Jones, II, MS, CSCS, NSCA Member

University of Northern Colorado Morgan Dahlman

Third Base

Exercise Science

Height: 5'6" Weight: N/A

**Bench Press: 175, Vertical Jump: 20.5",
Power Clean: 176, 40-Yard Dash: 0,
Agility: 0, Squat: 245**

Morgan is a true leader in everything that she does. She gives very freely of her time, volunteering, helping her friends and teammates, and working part time as a personal trainer. She is a great role model in all aspects of her life and to everyone she comes in contact with. She excels in the classroom and is also a representative of SAAC. In the weight room she is relentless and constantly perusing her goals. Not only does she work hard, but she also raises the work ethic and level of competitiveness among her teammates as well. She brings a level of enthusiasm and determination that is not only desired in the weight room and on the field of play, but is also a breath of fresh air. It is because of these attributes that she will have a great season as well.

—Josef Schaffer, CSCS, NSCA Member

The University of Missouri Micaela Minner

Outfielder

Communications

Height: 5'5" Weight: 170

**Bench Press: 175, Vertical Jump: 225,
Power Clean: 185, 40-Yard Dash: 6.06,
Agility: 4.71, Squat: 305**

Micaela has emerged as a team leader on and off the field over her career. Her intensity in the program has served as a model for the team and helped her achieve numerous personal and team records.

—Andrew Paul, CSCS, NSCA Member

Northwestern University

Tammy Williams

Short Stop

Special Education

Height: 5'6" Weight: 150

Bench Press: 155, Vertical Jump: 25.5,

Power Clean: 155, 40-Yard Dash: 4.91,

Agility: 4.39, Squat: 280

Tammy is an unbelievable worker. Each day she strives not only to make herself better but to make her teammates better in the process. She is a true leader and competitor on and off the field. She is a great person and role model for female athletes to look to for inspiration. She is passionate and determined person who will continue to succeed both on the field and in life.

—Larry Lilja, NSCA Member

University of Washington

Marnie Koziol

Outfielder

Economics

Height: 5'7" Weight: N/A

Bench Press: 115, Vertical Jump: 21,

Power Clean: 154.3, 40-Yard Dash: 0,

Agility: 4.79, Squat: 220

Marnie's physical and personal development has been entertaining to watch. She has embraced the physical components of the game and devoted herself to improving each and every one, which is exactly what she has done. She is a tireless worker and takes a legitimate interest in her teammates success as much as her own. Marnie is a champion in the weight room, on the field, and in the classroom.

—Jason Phillips, CSCS, NSCA Member

Transylvania University

Jessica Broadhead

Third Base / Short Stop

Exercise Science

Height: 5'8" Weight: N/A

Bench Press: 120, Vertical Jump: 0,

Power Clean: 0, 40-Yard Dash: 0,

Agility: 0, Squat: 200

Jessica has excelled in softball. She hit .388 with 22 RBI and is a 2 time all conference and all region softball player. She also exhibits a tremendous work ethic with her physical preparation and leads by example. Through her hard work and dedication she will continue to improve and achieve great things.

—Keith Cecil, MS, CSCS, NSCA Member

Limestone College

Keisha Thompson

Outfielder

Physical Education

Height: 5'6" Weight: 135

Bench Press: 130, Vertical Jump: 21,

Power Clean: 135, 40-Yard Dash: 5.44,

Agility: 4.81, Squat: 240

Keisha has done an outstanding job in the strength and conditioning program during her time at Limestone. Her work ethic, leadership and attitude have enabled her to achieve success in both the weight room and on the field.

—Curtis Lamb, CSCS, NSCA Member

Baylor University

Alex Colyer

Second Base

Health Science / Pre Medicine

Height: 5'6" Weight: 150

Bench Press: 105, Vertical Jump: 22,

Power Clean: 135, 40-Yard Dash: 5.12,

Agility: 0, Squat: 240

Alex truly exemplifies what it means to be the consummate athlete. Her dedication both on and off the field are unparalleled to any other student-athlete who has worn the Baylor Softball uniform. Her work ethic in the area of strength and conditioning has allowed Alex not only to become the team's leader from a training aspect, but also the mental and on-field performance aspects of the game.

The amount of time she has spent training to improve her athletic performance during the summer, fall and off-season has allowed her to achieve such accolades as USA National Player of the Week and Big 12 Player of the Week.

Her performance also played an instrumental role in Baylor's first Big 12 Championship and World Series appearance. Additionally, as the starting 2nd baseman, Alex achieved a perfect fielding average in conference play and had the 3rd highest number of stolen bases on a team that stole over 140 bases in a single season. Often times the term "heart" is used to describe an intangible quality which only a few athletes possess. This term relates to an aura of unyielding resolve and a passion to become the very best player possible regardless of the situation. This quality which she has is quite evident at every practice and at every training session. The same unwavering determination she uses to be in the best physical condition

possible, she also maintains in the classroom, allowing her to maintain above a 3.9 GPA in pre-medical studies. Aside from her extreme desire to improve herself, she also encourages her teammates every chance she can get and offers her unconditional support for the betterment of the team. Alex is a true competitor, a caregiver, a leader, a humble and genuine person with a great sense of humor. Because of her dedication, heart and many other endearing qualities, it is hard for me to imagine ever being more proud of another athlete as I am of Alex.

—Brandon Marcello, CSCS, NSCA Member

Univ of Wisconsin—River Falls

Ashley James

Catcher

Business

Height: 5'4" Weight: 165

Bench Press: 95, Vertical Jump: 16",

Power Clean: 160, 40-Yard Dash: 6.25,

Agility: 4.5, Squat: 215

Ashley has done a great job with the strength and conditioning programs during the last four years at UW-River Falls. Her work ethic, leadership, and attitude has prepared her for success both on and off the field.

—Carmen Pata, CSCS, NSCA Member

Texas A&M University

Megan Gibson

Pitcher / First Base

Sport Management

Height: 5'7" Weight: 162

Bench Press: 145, Vertical Jump: 23.5,

Power Clean: 0, 40-Yard Dash: 5.04,

Agility: 4.52, Squat: 305

Megan came to us a good athlete and will leave here as one of the GREAT ones because of her work ethic, her competitiveness, and her "team first" attitude both in the weight room and on the field. She leads by example and expects great things from herself and her teammates. I could not have too many Megan's on my team!

—Raychelle Ellsworth, CSCS, NSCA Member

William Woods University

Megan Grissom

Utility

Criminal Justice

Height: 5'9" Weight: 140

Bench Press: 155, Vertical Jump: 19.5",

Power Clean: 205, 40-Yard Dash: 5.00,

Agility: 4.50, Squat: 305

Megan is the key to the work ethic for the WWU softball. Her effort, enthusiasm and encouragement are infectious. She has great teammates that have a desire to be good but Megan takes this team to a different level. She has made the most of her ability with effort and desire. She has helped to maintain her team's reputation for working hard in the weight room but this year she helped to take it to a new level. Megan has been a pleasure to work with her four years at WWU.

—Robert Jones, CSCS, NSCA Member

swimming

Valparaiso University

Amy Andraki

Breaststroke

Nursing

Height: 5'5" Weight: 130

Bench Press: 105, Vertical Jump: 19,

Power Clean: 90, 40-Yard Dash: 0,

Agility: 0, Squat: 145

Amy gets noticed by coaches observing our workouts as a natural athlete and hard worker. Through hard work she has improved her turns by increasing her jumping ability.

—Bryan Morrison, PhD, CSCS, NSCA Member

Valparaiso University

Adam Jajtner

Freestyle

Exercise Science

Height: 5'10" Weight: 165

Bench Press: 185, Vertical Jump: 21.5,

Power Clean: 135, 40-Yard Dash: 0,

Agility: 0, Squat: 225

Adam uses strength & conditioning to compliment all the training he does in the pool. He is a quiet person that leads by example. Through his continued efforts in the pool and weight room he has set two individual school records.

—Bryan Morrison, PhD, CSCS, NSCA Member

Miami University

Ryan McHugh

Freestyle

Buisness

Height: 6'6" Weight: 225

Bench Press: 225, Vertical Jump: 30",

Power Clean: 0, 40-Yard Dash: 0,

Agility: 0, Squat: 315

Ryan's leadership and dedication to his team have allowed him to make All-MAC 2nd team in 2006-2007 and qualify for the U.S. Open. Ryan has a knack for peaking at the right time, when he turned in career best performances in the 50 freestyle (20.86), 100 freestyle (45.96) and the 200 freestyle (1:42.52) at the 2007 MAC Championship. He consistently trains hard and

rallies his team to do the same, while continually showing appreciation for coaches and support staff.

—Colleen Day, CSCS, NSCA Member

Clemson University

Rachel Regone

Sprint Free

Health Science

Height: 5'7" Weight: 130

Bench Press: 135, Vertical Jump: 21.5,

Power Clean: 120, 40-Yard Dash: 5.54,

Agility: 5.11, Squat: 185

Rachel through her dedication in the pool and in the weight room has become one of the elite swimmers in the country. This season Rachel has already re-set her own school record in the 50 free, and currently has the fastest 50 free time in the ACC. She recently qualified for the Olympic trials in the same event and will compete for a spot on the Olympic team. Rachel is among the top on the team in the bench press, squat, pull-ups, vertical jump and broad jump.

—David Abernethy, NSCA Member

Ohio University

Mallory Rico

Sprint Free / Back Stroke

Retail Merchandising

Height: 5'7" Weight: 145

Bench Press: 117, Vertical Jump: 20,

Power Clean: 130, 40-Yard Dash: 0,

Agility: 0, Squat: 203

Mallory has come a long way in the past four years. Since her freshman year, she has increased her squat max by 80 pounds and bench by over 30. She has gone from not being able to perform a pull up or dip, to holding the team record in both exercises. Mallory holds the team record for Dips (40), Pull Ups (25), and Power Clean (130).

Each year, she has gotten stronger in the weight room, and faster in the pool. Her tremendous strength gains have played a huge role in her improvements as a swimmer. So much so, that she received the award for the "Most Improved Swimmer" last year. Mallory's hard work in the weight room has transformed her from a

girl that didn't make the conference team as a freshman, into one of the best sprinters in the Mid American Conference.

She is an absolute joy to coach. Mallory comes to the weight room each day with a big smile on her face ready to lift. She leads by example, shows the rest of the team how important weight lifting is to swimming performance, and what hard work can do for you.

—Mike Shelby, CSCS, NSCA Member

Virginia Tech

Ian de Toll

Sprint / Freestyle/ Butterfly

Human Foods and Nutrition

Height: 6'2" Weight: 176
Bench Press: 250, Vertical Jump: 31.5,
Power Clean: 0, 40-Yard Dash: 0,
Agility: 0, Squat: 300

Ian currently represents swimming as Virginia Tech's Strength & Conditioning Athlete of the Year for 2006-07. His commitment was realized as he achieved a personal record in the bench press during a normal workout while tapering for conference championships. Traditionally, many swimmers avoid the weight room while tapering. Ian is part of the 200 freestyle relay team that has the school record with a 1:17.47. This achievement helped Ian to earn ALL-ACC honors.

—Terry Mitchell, CSCS, NSCA Member

Clemson University

Matt Balderston

Sprint Free

Biochemistry

Height: 6'1" Weight: 180
Bench Press: 250, Vertical Jump: 31.5,
Power Clean: 230, 40-Yard Dash: 4.92,
Agility: 4.48, Squat: 320

Matt is a team captain for the Clemson's men's swimming and diving team. He has a tremendous work ethic and has served as an inspiration and leader for the rest of his teammates. Matt has improved his times in the 50 free and 100 free each successive year at Clemson, and is a strong candidate for finishing with all-ACC honors this year. He was also nominated the most dedicated athlete in the weight room by his teammates last season.

Matt did a team best 39 pull-ups this fall and was second on the team in both the vertical jump and broad jump.

—David Abernethy, NSCA Member

The Ohio State University

Joe Doyle

Freestyle / Butterfly

Engineering

Height: 6'2.5" Weight: 179
Bench Press: 240, Vertical Jump: 0,
Power Clean: 180, 40-Yard Dash: 0,
Agility: 0, Squat: 285

Joe commitment to excellence in the weight room, pool, and class room are unmatched. His leadership ability, work ethic, winning attitude, attendance, and above average ability to follow instructions has led him to be the only Ohio State athlete to be awarded with the "Buckeye Power Club" award for three consecutive years. The dedication Joe has shown towards the OSU strength and conditioning program has played a vital role in his status as one of the top swimmers in the country.

—Troy Sutton, CSCS, NSCA Member

**synchronized
skating**

Miami University

Jacqueline Lovato

Sport Studies

Height: 5'10" Weight: N/A
Bench Press: 0, Vertical Jump: 20.5",
Power Clean: 0, 40-Yard Dash: 0, Agility:
0, Squat: 250

Jacqueline has truly embraced the weight room and has realized what it can do for her skating. Through her persistence and hard work, she was able to achieve Gold Level test skills for Moves in the Field and Dance. Her contributions allowed Miami University to claim the silver medal at the 2007 ISU World Championships, which is the highest finish ever for a United States team.

—Matt Cady, CSCS, NSCA Member

tennis

Boston University

Daniel Frid

Business Administration & Marketing

Height: 5'11" Weight: N/A

Bench Press: 180, Vertical Jump: 21.2,

Power Clean: 177, 40-Yard Dash: 0,

Agility: 0, Squat: 225

As a transfer, Daniel stepped up as a leader from Day 1 for the Boston University Men's Tennis Team. Daniel has an amazing work ethic and keeps his teammates fired up for every session. His positive attitude and passion for training are contagious.

In and out of the weight room Daniel has the utmost respect for all individuals. He is always encouraging people to be the best they can be at whatever it is they do.

Daniel is the teammate everybody wants to train with and the athlete every Strength and Conditioning coach wants to work with.

—Darcy Kellam, MS, CSCS, NSCA Member

Marquette University

Greg Sirotek

Finance

Height: 5'9" Weight: 165

Bench Press: 260, Vertical Jump: 28,

Power Clean: 100kg, 40-Yard Dash: 4.8,

Agility: 4.5, Squat: 300

Greg is a consummate leader. He was the only tennis player that stayed to train over the summer. He sought out our strength and conditioning staff and asked what he could do to make himself better. He is an athlete that needs no external motivation, he is able to push and motivate himself as well as his teammates. He is well respected among the student-athletes because he is such a hard worker. His dedication to the weight room is very evident on the court and has paid him big dividends.

—Rudy Thomas, CSCS, NSCA Member

track & field

Univ OF Texas—San Antonio

Luke Johnson

Thrower

Sports Management

Height: 6'2" Weight: 260

Bench Press: 405, Vertical Jump: 29,

Power Clean: 379, 40-Yard Dash: 0,

Agility: 0, Squat: 555

Luke has established himself as a leader in the weight room for his team and all athletes. It is uncommon for an athlete in a sport as diversified as track to be so universally respected by his peers – it is even rarer to be so well respected by the entire athletic department. Luke Johnson has that distinction. His hard work has resulted in one of the most successful Track careers at UTSA. He is a two time Team Captain; a two time All-Conference selection; a two time Regional qualifier; a 5 time school record holder; and an All American selection. In addition to his athletic success, he is a Dean's List member and was selected to the Conference All Academic Team. He is a member of the Student Athletic Advisory Committee, FCA and a community representative for the Athletic Department.

—Michael Cox, CSCS, NSCA Member

Loras College

Nick McWilliams

Hammer / Javelin/ Shot Put / Discus

Physical Education

Height: 6'1" Weight: 255

Bench Press: 315, Vertical Jump: 28,

Power Clean: 305, 40-Yard Dash: 4.9,

Agility: 4.6, Squat: 425

Nick is one of the strongest Track & Field athletes I have trained in the weight room. He always has the drive to push himself harder each day. Nick's strength gains have come a long way since his freshman year and as they have increased so have his distances in the throws. Nick is currently the School Record Holder in the Hammer Throw and 35lb Weight Throw. He is a 4 time All-Conference performer and has qualified for the NCAA Championships in the Hammer Throw.

—Thomas Kult, MA, CSCS, NSCA Member

Springfield College Dominick Uguccioni

Thrower

Applied Exercise Science

Height: 6'0" Weight: 230

Bench Press: 280, Vertical Jump: 32.5",

Power Clean: 275, 40-Yard Dash: 4.9,

Agility: 4.6, Squat: 420

Dominick is a role model for his teammates both in and out of the weight room. His hard work and dedication to strength and conditioning inspire everyone around him to work harder. His dedication paid off in his Junior year when he became an All-American in the Hammer Throw.

—Brian Thompson, PhD, ATC, CSCS,
NSCA Member

Aurora University

Tom Sroka

Throws

Physical Education

Height: 6'1" Weight: 285

Bench Press: 405, Vertical Jump: 0,

Power Clean: 350, 40-Yard Dash: 0,

Agility: 0, Squat: 585

Tom could be the most dedicated athlete I have dealt with when it comes to physical preparation for sport. It is this work ethic that makes him an over-achiever on and off the field. This past year he has recovered from a career threatening injury due to his relentless drive and resolve.

—Terry Smith, ATC, CSCS, NSCA Member

Central Connecticut State University

Jerry Jean Louis

Thrower

Biomolecular Science

Height: 6'1" Weight: 225

Bench Press: 295, Vertical Jump: 0,

Power Clean: 300, 40-Yard Dash: 0,

Agility: 0, Squat: 500

Jerry is dedicated, determined, and hard working. He pushes himself to the upper limit every time he walks in the weight room. His hard working attitude has elevated him to be one of our best lifters and best thrower. He is a strong leader and pushes his teammates both verbally and by example. His work ethic also carries over

from his athletics into his academics, where he is in high standings in one of our University's most difficult majors.

—Cody Hodgeson, CSCS, NSCA Member

UNC Asheville

Natalie Pearson

Sprinter

Literature

Height: 5'4.5" Weight: 133

Bench Press: 135, Vertical Jump: 0,

Power Clean: 155, 40-Yard Dash: 0,

Agility: 0, Squat: 225

Natalie has a tremendous work ethic and gives 100% in everything she does. She is a competitor in every sense of the word. In her young career at UNC Asheville, she has quickly become one of the best sprinters in the Big South Conference and in school history.

—Brad DeWeese, CSCS, NSCA-CPT,
NSCA Member

Iowa State University

Justin Peel

Sprinter / Hurdler

Community & Regional Planning

Height: 5'8" Weight: 150

Bench Press: 295, Vertical Jump: 38,

Power Clean: 250, 40-Yard Dash: 0,

Agility: 0, Squat: 345

Justin's work ethic and dedication defines what it means to be an outstanding student-athlete. He does an outstanding job with leading by example and has become a great leader around campus, on the track, and in the weight room. Justin is also one of our track representatives for the Student-Athlete-Advisory-Council (SAAC) and was one of two Iowa State student-athletes chosen to attend the NCAA Regional Leadership Conference this year.

—Andrew Moser, CSCS, NSCA Member

College of the Canyons

Courtney McGrath

Heptathlete

General Studies

Height: 5'7" Weight: 135

Bench Press: 140, Vertical Jump: 20.5,

Power Clean: 180, 40-Yard Dash: 0,

Agility: 0, Squat: 190

Courtney is a great example of how hard work in the weight room can bring one's athleticism to new heights. Setting personal records in

six events as a sophomore, and tying a PR on another, Courtney was a cornerstone to our Women's Track and Field team. Coming into our program as a short distance sprinter, her determination to succeed and improve helped her achieve a spot at the 2007 California State Championships as a heptathlete. She also set the school record for women in the power clean.

—Dustin Funk, CSCS, NSCA Member

West Virginia University

LaShawna Black

Thrower

Biology

Height: 5'8" Weight: 195

**Bench Press: 200, Vertical Jump: 21",
Power Clean: 155, 40-Yard Dash: 0,
Agility: 0, Squat: 290**

LaShawna is a great leader for us. She is vocal in the weight room, pushes everyone around her, and leads by example by breaking the bench press record this year, and also setting a personal record in shot put recently. I am very happy to have coached her.

—Christopher Allen, CSCS, NSCA Member

The University of Tulsa

Katy McGillen

Multi-Events

Business

Height: 5'8" Weight: N/A

**Bench Press: 130, Vertical Jump: 0,
Power Clean: 170, 40-Yard Dash: 0,
Agility: 0, Squat: 220**

Katy is a wonderful student athlete who has used the weight room to further excel her collegiate track and field career. The physical gains that she has made in the weight room are exceptional. Katy is a self starter in every sense of the word. Each day she brings a great attitude and terrific effort. Because of this effort Katy has willed herself into becoming one of the best Track and Field athletes The University of Tulsa has ever seen. An All-Conference USA performer is looking to further improve upon her school record javelin throw of 159 feet, 1 inch in 2007 – 2008.

—Greg Vandermade, CSCS, NSCA Member

Boston University

Jan Bicanic

Thrower

Mathematics

Height: 6'3" Weight: 250

**Bench Press: 315, Vertical Jump: 29.9",
Power Clean: 341, 40-Yard Dash: 0,
Agility: 0, Squat: 425**

Jan commits to improving himself every time he enters the weight room. His attention to detail and competitiveness has brought him to setting weight room records in both the front squat and the hang clean. Coaching Jan is a pleasure because of his desire to consistently get better. He is a leader in the weight room not only because of his strength numbers but also because of the enthusiasm that he brings to every workout.

—Glenn Harris, MS, CSCS, NSCA Member

The University of Missouri

Elizabeth Robe

Throws

Biology

Height: N/A Weight: N/A

**Bench Press: 225, Vertical Jump: 18.5,
Power Clean: 207, 40-Yard Dash: 0,
Agility: 0, Squat: 350**

Elizabeth has consistently performed well in the weight room because she maintains a great attitude. She is focused, enthusiastic, and disciplined. She understands that hard work in the weight room and success in the ring are closely related. She asks questions, trains with a purpose and many times has been an extra coach on the floor with the younger throwers. This 5X All Big 12, 3X NCAA Regional, and 1X NCAA Championship qualifier brings a lot more than just athletic success as she has maintained a 4.0 GPA in Biology as she prepares for medical school. Elizabeth is a great role model.

—Joshua Stoner, CSCS, NSCA Member

Univ OF Texas—San Antonio

Brittany Epps

Jumper / Sprinter

Communications

Height: 5'6" Weight: 140

**Bench Press: 160, Vertical Jump: 27.5,
Power Clean: 175, 40-Yard Dash: 0,
Agility: 0, Squat: 280**

Brittany has always set high goals for herself. She has never settled for just being the best

in her event – she strives to be the best in everything she does - including the weight room. She is a mentor and role model to our younger athletes in all sports. She has a passion and enthusiasm that is fiery and contagious. She is a multiple Conference and Regional qualifier; a 7 time All-Conference selection and was voted Team Captain by her peers. In addition she is a member of the Dean's List; an award winning public speaker; a representative on the Student Athlete Advisory Committee; and a member of Umoja.

—Michael Cox, CSCS, NSCA Member

Grand View College

Brandon Bond

Steeplechase & Distance

Health Promotion

Height: 5'9" Weight: 140

Bench Press: 200, Vertical Jump: 0,

Power Clean: 175, 40-Yard Dash: 0,

Agility: 0, Squat: 225

Brandon is a tough, hard worker who is dedicated in every aspect of his training. A two time defending conference champion in the 3000m steeplechase, he also earned a trip to the NAIA National Championships in cross country this past fall-breaking the school record along the way. His dedication to strength training is evident as he is consistently a strong finisher of races. Through his hard work, Brandon has developed himself into an impact performer and was a leader for our 2007 Midwest Collegiate Conference Champion men's track and field team.

—Seth Roberson, CSCS, NSCA Member

Grand View College

Laura Schiltz

Throws / Sprints

Biology

Height: 5'4" Weight: 140

Bench Press: 145, Vertical Jump: 20",

Power Clean: 145, 40-Yard Dash: 5.25,

Agility: 0, Squat: 335

Laura has dedicated herself to improving every mental and physical aspect of her training. She is an excellent student. Laura has significantly improved her Olympic movements this fall. A 2007 NSCA All-American and NAIA Scholar Athlete, Laura won the indoor conference championship in the 20lb weight throw and shot put and also placed in the shot put, discus, hammer, 100m dash, and lead off the

conference champion 4x100m relay for our 2007 Midwest Collegiate Conference Champion women's outdoor track and field team.

—Seth Roberson, CSCS, NSCA Member

South Dakota State University

Zach Wirth

Sprinter

Civil Engineering

Height: 6'1" Weight: 195

Bench Press: 295, Vertical Jump: 39 In.,

Power Clean: 324.5, 40-Yard Dash: 0,

Agility: NA, Squat: 450

Zach is a very hard working gifted athlete. He is focused and driven to be successful on the track as well as in the class room. Zach has been an unbelievable leader for our track program. He has shown the younger athletes what hard work can really do for you. Over the past few years he has significantly improved his strength, speed, and explosiveness and that has translated into individual success on the track. Zach has a bright future ahead of him because of his work ethic and dedication.

—Dallas Kendrick, NSCA Member

Air Force Academy

David Lissy

Discus

Business Management

Height: 6'2" Weight: 230

Bench Press: 340, Vertical Jump: 35.5",

Power Clean: 320, 40-Yard Dash: 0,

Agility: 0, Squat: 405

David represents the model leader in athletics and as a future Air Force officer. His hard work throughout the last 4 years in the ring and weight room has set the standard for our younger athletes.

—Edward Blackwood, CSCS, NSCA Member

UNC Asheville

Omar Ahmad

Jumper

Health & Wellness Promotions

Height: 5'8" Weight: 170

Bench Press: 250, Vertical Jump: 0,

Power Clean: 240, 40-Yard Dash: 0,

Agility: 0, Squat: 350

Omar's approach to strength & conditioning has been one of purpose and intent since the beginning of his sophomore year. His work ethic and leadership on the track and in the

weight room has assisted the program in setting the tone of how a Division 1 Athlete should approach practice and prepare for competition. Upon graduation, Omar is planning to attend Graduate School in order to further his study of Sport Science so that he can attain a position as a Strength & Conditioning Coach. In order to prepare for his future career, Omar recently became certified as a Sport Performance Coach through USA Weightlifting. Away from practice, Omar has been an asset to the Athletics Department at UNC Asheville as he has served as a Captain of the Track & Field Team since his sophomore year as well as President of the Student Athlete Advisory Committee.
—Brad DeWeese, CSCS, NSCA-CPT, NSCA Member

Loras College Ellen Thys

Discus / Hammer / Shot Put / Javelin

Business Management

Height: 5'5" Weight: 190
Bench Press: 195, Vertical Jump: 22",
Power Clean: 205, 40-Yard Dash: 5.2,
Agility: 4.7, Squat: 335

In eleven years of coaching, Ellen is the most dedicated and hard working female athlete I have ever trained in the weight room. Her desire to work harder each day in the weight room has transferred to great performances for the Track & Field Team. Her leadership and determination have allowed her to be a 3 time Conference Champion, 8 time National Qualifier and 4 time All-American. She currently holds School Records in the Discus and Javelin for the Track & Field team and is one of the strongest females in the school's history.

—Thomas Kult, MA, CSCS, NSCA Member

Denison University Emily Hammeren

Pole Vaulter

Art / Studio

Height: 5'4" Weight: 125
Bench Press: 125, Vertical Jump: 23,
Power Clean: 115, 40-Yard Dash: 0,
Agility: 0, Squat: 195

Emily is an extremely hard worker in the weight room and has improved greatly. She is an outstanding pole-vaulter and has excelled in the weight room and the classroom. Emily has a 3.9 GPA and has vaulted 9'5" last Spring.

—Mark Watts, CSCS, NSCA Member

University of Vermont Corinne Dipietro

Javelin

Social Work

Height: 5'7" Weight: 143
Bench Press: 137, Vertical Jump: 20.4,
Power Clean: 164, 40-Yard Dash: 0,
Agility: 0, Squat: 230

Tremendous work ethic, that is the first thing that comes to mind. Corinne is very dedicated to her sport as well as her academic success, she not only balances both but is successful in both areas. The improvements she has made in strength and conditioning from her first year until now have allowed her to reach her fullest potential as an athlete and as a student. Based on her drive, focus and willingness to work hard, I see a very bright future for her with more accomplishments to come. She was an America East Champion, NCAA Regional Qualifier, All New England in 2007, as well as an America East All Conference in 2005, 2006, and 2007.

—Justin Smith, CSCS, NSCA Member

University of Wyoming Shaylee Babbitt

Sprinter / Hurdler

Physical Education

Height: 5'7" Weight: N/A
Bench Press: 115, Vertical Jump: 24,
Power Clean: 150, 40-Yard Dash: 0,
Agility: 0, Squat: 190

Shaylee is a very dedicated and hard working athlete. She has been through a number of strength coaches during her collegiate career, which could negatively influence ones attitude towards the weight room. Shaylee's attitude towards the program is illustrated by her desire to get better every day she steps foot in the weight room. As a senior, a time that can be the most difficult to increase ones maxes, she has improved her squat by over 10% from her previous best. I feel that Shaylee should be an NSCA All-American based on her attitude and effort in the weight room.

—Robert Hartman, CSCS, NSCA Member

Northern Illinois University

Lauren Kubasiak

Sprinter / Hurdler

Kinesiology

Height: 5'7" Weight: 120

Bench Press: 0, Vertical Jump: 0, Power Clean: 110, 40-Yard Dash: 0, Agility: 0, Squat: 150

Lauren is a team leader and motivator in the weight room and beyond. Her commitment to her sport, teammates, family and training has exceeded any expectations put upon her. Lauren not only trains extremely hard but encourages those around her to do as well. I can not think of another individual who has worked as diligently as Lauren in helping build our track program or reaching out to others around her in the community. Her efforts do not go unnoticed as she has earned the respect of her teammates, coaches and the administration.

—Chad Bower, CSCS, NSCA Member

Northern Illinois University

Carolyn Vasquez

Sprinter / Hurdler

Speech/ Language Pathology

Height: 5'5" Weight: 120

Bench Press: 0, Vertical Jump: 0, Power Clean: 110, 40-Yard Dash: 0, Agility: 0, Squat: 165

Carolyn is a team leader and tireless motivator in the weight room. Her persistent dedication to her sport has earned her not only school records, but the respect of her teammates and competitors. Carolyn trains well beyond what is expected of her, and encourages those around her to not just meet the goals, but to exceed them.

—Clete McLeod, CSCS, NSCA Member

volleyball

St John's University

Casie Brooks

Right Side Hitter

Elementary Education

Height: 5'9" Weight: N/A

Bench Press: 110, Vertical Jump: 24.0", Power Clean: 131, 40-Yard Dash: N/A, Agility: 4.72, Squat: 195

Casie is an outstanding student-athlete who has demonstrated a commitment towards her strength and conditioning training. Her athleticism, work ethic and positive attitude have allowed her to make excellent gains in strength, power, quickness, and fitness. Casie's success in the weight room has also carried over to the volleyball court. This 2007 season she posted career highs in kills, hitting percentage, and points. Her work ethic and skills have made her a pivotal part in the success of the St. John's Volleyball team achieving a season best record in program history at 33 – 4, a Big East Conference Championship title and an NCAA Sweet Sixteen appearance.

—Robert Basile, CSCS, NSCA Member

The University of Tulsa

Julie Silva

Setter

Marketing

Height: 5'11" Weight: N/A

Bench Press: 140, Vertical Jump: 26.5, Power Clean: 165, 40-Yard Dash: 0, Agility: 0, Squat: 205

Julie has been a tremendous leader not only on the volleyball court but in the weight room as well. Because of her leadership qualities the team has seen the best two seasons in school history the past 2 years. I have no doubt that Julie will be successful in whatever she does.

—Paul Arndorfer, CSCS, NSCA Member

Ohio University Stephanie Blackburn

Outside Hitter

Pre- Medicine

Height: 5'10" Weight: N/A
Bench Press: 140, Vertical Jump: 22.0",
Power Clean: 171, 40-Yard Dash: 0,
Agility: 0, Squat: 269

Stephanie had a remarkable career, both on the Volleyball court and in the weight room. Stephanie was a 4-time All Conference performer, collecting over 1,400 kills and 1,500 digs. As a senior, Stephanie became the first female athlete to achieve Ultimate Elite Status, Ohio University's highest award for Strength and Conditioning performance.

—Joseph Fondale, CSCS, NSCA Member

College of the Canyons

Jackie Ruiz

Outside Hitter

General Studies

Height: 5'10" Weight: 160
Bench Press: 170, Vertical Jump: 19.0,
Power Clean: 180, 40-Yard Dash: 0,
Agility: 4.70, Squat: 200

Jackie is one of the strongest, most powerful female athletes I have ever coached. She is an extremely coachable student-athlete who made herself into a better volleyball player by taking advantage of our conditioning program. Jackie was a two-year starter for both our volleyball and softball teams. Her leadership will be missed when she transfers to continue her athletic career at the 4-year level.

—Robert Dos Remedios, MA, CSCS,
NSCA Member

University of Wyoming

Angie Hellbaum

Outside Hitter

Communications

Height: 5'10" Weight: 155
Bench Press: 190, Vertical Jump: 28",
Power Clean: 192.5, 40-Yard Dash: 0,
Agility: 0, Squat: 250

Angie is a coaches dream! She loves to train, loves to compete, and hates to lose!

—Kathy Wagner, CSCS, NSCA Member

Kalamazoo College Laura Winkler

Liberio

Chemistry

Height: 5'7" Weight: 143
Bench Press: 120, Vertical Jump: 20.5",
Power Clean: 130, 40-Yard Dash: 0,
Agility: 0, Squat: 185

Laura was a two time team co-captain. It was fun to watch her grow from a timid freshmen with athletic potential to a dominating athlete who made everyone around her better by her senior year. She was selected to the 2007 ESPN The Magazine Academic All-America Third Team. Laura is the first Kalamazoo College volleyball player and just the third volleyball player in the history of the Michigan Intercollegiate Athletic Association (MIAA) to earn this honor. She maintains a perfect 4.0 grade point average. She started all 31 matches for the Hornets, earning All-MIAA First Team and MIAA Defensive Player of the Year honors. Her season stats included 699 digs (6.24/game) and 35 service aces. She set MIAA and Kalamazoo College records with 48 digs in one match this season. She is a three-time National Strength and Conditioning Association All-American.

—Terrance Brooks, CSCS, NSCA Member

University of California—Irvine Caroline Kim

Defensive Specialist

Criminology

Height: 5'4" Weight: N/A
Bench Press: 0, Vertical Jump: 22,
Power Clean: 144, 40-Yard Dash: 0,
Agility: 0, Squat: 177

Caroline is a Strength Coach's kind of kid, for four years she has worked with the same intensity both in-season and off-season as well as working out during her summers. Her voice is the one you hear every day motivating her teammates. She is a work horse and a hard one to follow.

—Mike Nagler, CSCS, NSCA Member

Marquette University

Jessica Keiser

Defensive Specialist

Exercise Science

Height: 5'5" Weight: 140

Bench Press: 48.5kg, Vertical Jump: 19, Power Clean: 58.5kg, 40-Yard Dash: 6.06, Agility: 0, Squat: 85kg

Jess is the hardest working person on the Volleyball team. She inspires her teammates as well as other athletes. She not only excels in athletics but also in the classroom. Jess always displays a positive attitude is very coachable.

—Rudy Thomas, CSCS, NSCA Member

James Madison University

Jennifer Brown

Post

Buisness

Height: 6'2" Weight: 175

Bench Press: 175, Vertical Jump: 30, Power Clean: 0, 40-Yard Dash: 0, Agility: 0, Squat: 385

Jen works very hard and has become a better athlete as a result of it. She also helps her teammates get better by letting them know if they're doing something wrong and helping them correct their mistakes. She is a great vocal leader as well as a great leader by example.

—Lee Rowland, CSCS, NSCA Member

Clemson University

Meghan Steiner

Middle Hitter

Biological Science

Height: 6'0" Weight: 180

Bench Press: 135, Vertical Jump: 26", Power Clean: 165, 40-Yard Dash: 0, Agility: 0, Squat: 230

Meghan is one of Clemson's most dedicated athletes. Her hard work and dedication has earned her the respect and honor from both teammates and coaches. Meghan has won Clemson's Most Dedicated Volleyball athlete three years in a row. Her tremendous power and quickness contributed to her teams greatest season in many years. Meghan led her team to an ACC title and NCAA tournament in 2007.

—Larry Greenlee, NSCA Member

Virginia Tech

Jen Albrecht

Right Side Hitter

Biochemistry / Nutrition / Exercies Sciences

Height: 6'0" Weight: 155

Bench Press: 140, Vertical Jump: 23, Power Clean: 150, 40-Yard Dash: 0, Agility: 0, Squat: 216

Jen is the type of athlete a strength coach loves to work with. She is an extremely driven, hard working leader in the weight room, who inspires others to want to achieve more. Throughout the year, Jen has always made her fitness a priority. While studying abroad over the Summer, Jen sought out a training facility in Spain. Over the past two years, Jen struggled through a shoulder injury, but did not allow it to limit her strength development. As a dual major and minor who is bound for medical school, her extensive knowledge of human anatomy helped her modify workouts in order to rehabilitate her shoulder and maintain as much strength as possible. Overall, Jen has set the bar for all female athletes as her fitness level is unprecedented.

—Jamie Meyer, CSCS, NSCA Member

Hofstra University

Shellane Ogoshi

Setter / Libero

International Business

Height: 5'2" Weight: 119

Bench Press: 115, Vertical Jump: 23, Power Clean: 110, 40-Yard Dash: 0, Agility: 4.77, Squat: 165

Shellane will be missed both in the weight room and on the court. Over her volleyball career she has amassed numerous honors and records. A three time all-conference selection and all-rookie team selection, as well as leaving the program as the all-time leader in assists and digs. In the weight room Shellane always wanted to be the best she could possibly be. Having Shellane in the weight room was also like having an additional coach and motivator by my side. She will truly be missed for both her work ethic and her leadership qualities.

—Joe Makovec, CSCS, NSCA Member

Miami University

Carli Reihman

Middle Hitter

Zoology / Pre-Medicine

Height: 5'11" Weight: N/A

Bench Press: 140, Vertical Jump: 22.5,

Power Clean: 140, 40-Yard Dash: 0,

Agility: 0, Squat: 195

Carli has been one of the most consistent athletes in the weight room and on the court and it has paid off in her senior season, culminating in a MAC Championship and MAC Tournament MVP honors. She is the second player in Miami history to earn four consecutive years of All-MAC honors and one of eight Miamians to amass over 1,000 kills and 1,000 digs. Her leadership and glowing personality will be sorely missed in the years to come.

—Colleen Day, CSCS, NSCA Member

Tarleton State University

Missy Castro

Outside Hitter

Exercise & Sports Studies

Height: 5'10" Weight: N/A

Bench Press: 125, Vertical Jump: 24,

Power Clean: 121, 40-Yard Dash: 0,

Agility: 0, Squat: 210

Missy was an incredible player and then left the university. Upon her return she has considerable work that she had to do to get back on the court. She dedicated herself to the weight room everyday and did anything and everything asked of her. Returning to the court this year to end up with Lone Star Conference First Team selection. During the summer and throughout the season, Missy was a regular icon in the weight room, always looking for ways she can become better.

—Michael Harper, NSCA Member

Juniata College

Mariel Little

Outside Hitter

Business

Height: 5'10" Weight: 145

Bench Press: 150, Vertical Jump: 26",

Power Clean: 130, 40-Yard Dash: 0,

Agility: 4.5, Squat: 300

Mariel has been a key member of three NCAA Division Three Championship Final Four Teams, one of which won the National Championship in 2006. Her ability to push herself and her fellow teammates have contributed greatly to our

Volleyball teams success. Her work effort and commitment has earned her a the position of captain on this year's 2007 team and next year's 2008 squad.

—Douglas Smith, CSCS,*D, NSCA-CPT, NSCA Member

South Dakota State University

Kristina Martin

Outside Hitter

Consumer Affairs

Height: 6'0" Weight: N/A

Bench Press: 140, Vertical Jump: 24.5,

Power Clean: 176, 40-Yard Dash: 0,

Agility: 4.59, Squat: 245

Tina is a very hard working gifted athlete. She is focused and driven to be successful on the court and in the class room. She is SDSU's all time leader in Kills and is one of only five SDSU players to have over 1000 kills and digs in her career. She was named first team all Summit League and twice named to the first team all Division I independent team. She was also named Division I independent new comer of the year as a freshman. She has trained hard to improve her explosiveness and that has helped her lead her team to their first ever NCAA Division I tournament appearance. She has accomplished all of this while maintaining a 3.28 GPA and being a member of the Student Athlete Advisory Council. Her positive attitude, work ethic and strength will take her far.

—Nathan Moe, CSCS, NSCA Member

West Virginia University

Tammy Wolf

Middle Blocker

Sports Management

Height: 6'0" Weight: 170

Bench Press: 150, Vertical Jump: 21.25",

Power Clean: 170, 40-Yard Dash: 0,

Agility: 0, Squat: 225

Tammy has given a level of dedication I have rarely seen. In the last year, she has improved considerably, especially in all of the work she put in throughout the summer. All this hard work paid off in that she had a great season, and then followed up with coming in and doing extra work on her own. I am excited to see how she does as she continues to work this year and has a tremendous senior season.

—Jason Pompili, CSCS, NSCA Member

James Madison University

Jena Pierson

Libero

Kinesiology

Height: 5'6" Weight: 135

Bench Press: 120, Vertical Jump: 26",

Power Clean: 150, 40-Yard Dash: 0,

Agility: 0, Squat: 255

Jena has the presence and attitude that can be felt in the weight room and on the court. She possesses the mental toughness to compete in any scenario. Her junior year, she was named one of the top five liberos in the country by the CVU, she was named the CAA Defensive Player of the Year, and she set the single season record at JMU for digs and digs per game.

She had a set back between her Junior and Senior year by having labrum surgery, which limited her participation in strength training and conditioning for several months. She never gave up, and trained six days a week with the strength and conditioning department leading up to her senior season. She finished third national in digs per game, broke her old JMU record for single season digs and digs per game, and broke the JMU and CAA career digs record with 2,189.

She is currently using strength training and conditioning as a tool to make the U.S. National Volleyball team so that she can some day play in the Olympics.

—Kevin Conlogue, CSCS, NSCA Member

Northeastern University

Kira Batura

Outside Hitter / Libero

Business

Height: 5'10" Weight: N/A

Bench Press: 105, Vertical Jump: 21",

Power Clean: 160, 40-Yard Dash: 0,

Agility: 0, Squat: 225

Kira is a hard working athlete and leads the rest of her team by example. This past 2007 season fifty percent of the team was incoming freshmen.

Through Kira's leadership in the weight room and on the court this young team had a very successful season in what most people had considered to be a rebuilding year. Kira's hard work and strong play have earned her some prestigious accolades in her last two years at Northeastern. She was named All-CAA Second Team in her Junior year and All-CAA First Team her senior year.

—Michael Zawilinski, CSCS, NSCA-CPT, NSCA Member

Miami University

Jeanna Staun

Outside Hitter

Exercise Science

Height: 5'10" Weight: N/A

Bench Press: 145, Vertical Jump: 28",

Power Clean: 140, 40-Yard Dash: 0,

Agility: 0, Squat: 230

Jeanna has always been an incredibly hard worker in the weight room and it paid off for her when she earned a spot on the All-MAC tournament team on her way to winning the MAC Championship in her Senior year. She is a high-flyer with a fast arm swing that enabled her to surpass the 1,000 kill mark in her career.

—Ryan Faehnle, CSCS, NSCA Member

University of South Florida

Kristina Fabris

Right Middle Blocker

Exercise Science

Height: 5'10" Weight: 150

Bench Press: 120, Vertical Jump: 9'3,

Power Clean: 130, 40-Yard Dash: 0,

Agility: 4.69, Squat: 220

Kristina has excelled in our strength and conditioning program upon arrival. Her chosen career goals have help drive her passion for strength and conditioning as both an athlete and student. Her personality in infectious, and her leadership amongst her peers is undeniable. We could not think of a better female strength and conditioning role model.

—Ronnie McKeefery, CSCS, NSCA Member

East Carolina University

Kelly Wernert

Outside Hitter

Exercise Science

Height: 6'0" Weight: 170

Bench Press: 140, Vertical Jump: 24",

Power Clean: 150, 40-Yard Dash: 0,

Agility: 0, Squat: 225

Kelly's consistent hard work in the weight room has paid dividends on the volleyball court.

She plays with so much effort and desire that her body would fall apart if not for the base of strength she has built up over the past 4 years. Her leadership and will be sorely missed.

—Michael Golden, CSCS, NSCA Member

University of Florida

Amber McCray

Opposite Hitter

Journalism

Height: 6'0" Weight: N/A

**Bench Press: 135, Vertical Jump: 27",
Power Clean: 180, 40-Yard Dash: 4.95,
Agility: 0, Squat: 300**

Amber is a great example of what hard work in the strength & conditioning plan will do for you as an athlete. She was an All-American as a Junior and has had a fantastic senior year to date.

—Matthew DeLancey, CSCS, NSCA Member

Texas A&M University

Mary Batis

Outside Hitter

Sport Management

Height: 6'0" Weight: 160

**Bench Press: 120, Vertical Jump: 25,
Power Clean: 0, 40-Yard Dash: 0, Agility:
4.69, Squat: 235**

Mary is one of the most dedicated athletes I have had. She gives 100% in the weight room, on the court, in the classroom, and in the community. She has made great strides in the weight room and it shows on the court. Mary is by definition what a student-athlete should be... and I'm proud to be her coach.

—Raychelle Ellsworth, CSCS, NSCA Member

Furman University

Chibuzo Aguocha

Outside Hitter

Communications

Height: 5'9" Weight: N/A

**Bench Press: 150, Vertical Jump: 28,
Power Clean: 187, 40-Yard Dash: 0,
Agility: 0, Squat: 365**

Chibuzo is a multi-sport athlete who has excelled on the court, the track, and in the classroom. She is one of the strongest female athletes in school history and holds all of the Volleyball Team Strength and Conditioning Records. This season, Chibuzo was tabbed as a First Team All-Southern Conference selection for the third time.

—Stephen Mannino, MEd, CSCS, NSCA Member

New Mexico State University

Jordan Bostic

Libero / Defensive Specialist

Journalism / Mass Communication

Height: 5'8" Weight: 143

**Bench Press: 105, Vertical Jump: 19",
Power Clean: 135, 40-Yard Dash: 0,
Agility: 4.68, Squat: 230**

Jordan will be sorely missed. She has been a great leader for our volleyball program for the past 4 years. She is very meticulous in all her endeavors achieving high standards both on and off the court. In 2005 Jordan was Second Team All- Western Athletic Conference Selection and her off-court accolades are as follows:

- *ESPN: The Magazine: Academic All-American 2007*
- *ESPN: The Magazine: First Team All District Region IX for 2005, 2006 and 2007*
- *WAC Nominee for the 2007 NCAA Sportsmanship Award*
- *2007 Athletics Council Outstanding Scholar Athlete for Fall Commencement*
- *NMSU Dean's List 2004, 2005, 2006, and 2007*

Jordan truly epitomizes what an NSCA All-American should be and she helped elevate our Volleyball program to its elite status.

—Tony McClure, CSCS,*D, NSCA Member

TCU

Calli Corley

Defensive Specialist

International Marketing

Height: 5'7" Weight: N/A

**Bench Press: 145, Vertical Jump: 0,
Power Clean: 185, 40-Yard Dash: 0,
Agility: 0, Squat: 250**

Calli is very self motivated and a team leader. Her tremendous work ethic has guided the TCU volleyball team to a 22 – 12 season.

—Matt Parker, NSCA Member

water polo

United States Air Force Academy Christopher Pace

Driver

Systems Engineering Management

Height: 5'10" Weight: 165
Bench Press: 200, Vertical Jump: 26,
Power Clean: 190, 40-Yard Dash: 0,
Agility: 0, Squat: 265

Chris has played undersized his whole career for his position. Recognizing that, he has continually strived for excellence in the weight room and demanded the same from his teammates. He has always had a definite presence of leadership both in the pool and weight room, and his demeanor, self-discipline and stamina speak volumes of his character. Chris' success as an athlete, along with his drive and integrity, will ensure a successful career as an officer of the United States Air Force.

—Kim Pinske, CSCS, NSCA Member

wrestling

Hofstra University Charles Griffin

141 lb. Class

Interdisciplinary Studies

Height: 5'6" Weight: 141
Bench Press: 245, Vertical Jump: 0,
Power Clean: 200, 40-Yard Dash: 0,
Agility: 0, Squat: 310

Throughout his career, Charles has always been one of the hardest working men to step into the weight room. His work ethic and his desire to do more than is expected of him have helped him become a three-time NCAA qualifier as well as an All-American in the 2006-07 season. Charles will always lead by example and his teammates tend to gravitate toward him because of his desire and competitiveness.

—Joe Makovec, CSCS, NSCA Member

Virginia Military Institute Tommy Cunningham

157 lb. Class

Mechanical Engineering

Height: 5'6" Weight: 157
Bench Press: 325, Vertical Jump: 31",
Power Clean: 265, 40-Yard Dash: 0,
Agility: 0, Squat: 445

Tommy is the strongest pound-for-pound athlete at VMI and has consistently given great effort in his strength training and conditioning throughout his career. He is an outstanding collegiate wrestler and student. Tommy is an Academic All-American with a 3.96 GPA in Mechanical Engineering and ranks in the top 20 in career wins at VMI. Tommy was recently presented VMI's prestigious "Three-Legged Stool" Award that goes to the student-athlete who excels academically, militarily, and athletically at the Institute. He will commission into the Air Force following graduation this Spring and is one of only two cadets at VMI to be selected for the European-NATO Joint Jet Pilot Training (ENJPT) program.

—Jim Whitten, CSCS, NSCA Member

Drexel University

William Martin

133 lb. Class

Business Administration

Height: 5'6" Weight: 133

Bench Press: 195, Vertical Jump: 0,

Power Clean: 200, 40-Yard Dash: 0,

Agility: 0, Squat: 235

Bill is one of the hardest working athletes I have had the privilege to work with. His dedication is evident as he constantly improves in every athletic aspect on and off the mat.

—Zachary Makovsky, CSCS, NSCA Member

Ohio University

Adam Faires

205 lb. Class

Criminology & Sociology

Height: 6'1" Weight: 200

Bench Press: 313, Vertical Jump: 26.5,

Power Clean: 257, 40-Yard Dash: 0,

Agility: 0, Squat: 362

Adam is an outstanding person who works extremely hard in the classroom, weight room and on the wrestling mat. Adam won several awards in the weight room and holds the record for pull ups at 51 total reps. As a senior he broke all his personal records on everything we test Bench Press, Back Squat, Power Clean, Pull Ups, Dips and Vertical Jump. After graduation, Adam has been accepted into the Naval Aviation program to become a Navy Officer and Naval Aviator.

—Jack Yelton, NSCA Member

