

COLLEGE — BASKETBALL

APPALACHIAN STATE UNIVERSITY

ADRIAN DELPH

Guard

Senior

Adrian is a leader on and off the court. He is a self-starter and motivates everyone around him. In the weight room and on the court, he excels because of his winning attitude. I am extremely proud of all his accomplishments. He was our 2021 Mountaineer Power Club award winner. He has played in 93 games (74 starts), averaging 9.5 points on 40.9 percent shooting and 3.6 rebounds. He has 94 assists, 70 steals and 28 blocks, has reached double figures in scoring 43 times, including five games of 20 or more points. Adrian was named Third Team All-Sun Belt in 2020-21 after averaging a career-high 13.0 points and 4.4 rebounds. ~Anthony Glass

AUGUSTANA UNIVERSITY

ADAM DYKMAN

Forward

Senior

Adam has been a key piece to the culture of his team as well as the Augustana weight room. Balancing the demands of graduate school, work and basketball; Adam was still able to keep strength and conditioning a priority in his daily activities. Throughout his career Adam has evolved his training to focus on his health, injury prevention and specific training goals. All of which has carried over on the court to a tremendous improvement in production and minutes played. ~Andrew Stocks

AUGUSTANA UNIVERSITY

JANELLE SHIFFLER

Forward

Senior

Janelle's hard-nosed mentality permeates her pursuits in the classroom, on the court, and in the weight room. She shows tremendous effort and toughness regardless of the situation. Janelle has earned multiple Academic All-

NSIC honors and serves the student-athletes of Augustana as a graduate student in athletic training. The same attributes that have made her successful in her collegiate career will carry her to great things in the future. ~Andrew Stocks

BRADLEY UNIVERSITY

ISIS FITCH

Post

Sophomore

Isis has made unbelievable strides since she has entered Bradley University. Her dedication to training (on and off court) and work ethic is unparalleled. This especially shows in the weight room with her back squat max improving to 240 pounds, her bench press at 145 pounds and hip thrust over 400 pounds. All of this effort has translated on the court as well with her playing minutes more than doubled from her freshmen year. She is an exceptional leader and I am excited to see what the future has in store for her. ~Matt Friend

CALIFORNIA

LOGAN ALTERS

Guard

Junior

Logan is an unquestionably motivated student-athlete that exemplifies what it means to be an All-American. His dedication to his basketball and academic development is matched by his relentless desire for physical improvement. Logan portrays the qualities of a leader, motivator, and competitor. His progress in the weight room and bodily transformation can be contributed to his consistency and work ethic. As a teammate, Logan serves others through empathy, commitment, and toughness. He is critical to our weight room culture and program as a whole, and I could not be more honored to nominate him for this award. ~Blake Bender

COLLEGE — BASKETBALL

CAMPBELL UNIVERSITY

AUSTIN MCCULLOUGH

Guard

Senior

Austin comes to work everyday with a high level of focus and effort. His ability to be able to demonstrate this daily, on and off the court, speaks to his consistent effort in putting himself into the process of what ever he is a part of. He is someone who always holds himself accountable to the standards and principles set by himself and the program he is a part of. His care and support of the people around him make him one of the best teammates you could ask for. ~Matt Rodriguez

COLORADO COLLEGE

ANNA FANELLI

Guard

Junior

Anna is one of the quietest athletes I know, but the work she does speaks volumes. She is tenacious, selfless, and works incredibly hard. Anna demonstrates immense grit and resiliency both in the weight room and on the court. ~Emily Andersen

DENISON UNIVERSITY

SOPHIA CHEROS

Post

Senior

Sophia has been a leader throughout her four-year career at Denison. She is a four-year member of the women's basketball team, in addition to working as an intern in the weight room for the past three years. She also completed a summer strength and conditioning internship at Clemson University in 2021. While at Denison, she has improved in all our weight room metrics. She finished her career with a hang clean max of 175 lbs, a bench press max of 160 lbs, and a squat max of 255 lbs. Sophia's leadership as both an athlete and a coach will be missed. Sophia is a Health, Exercise, and Sport Studies major with a 3.41 GPA. Her work ethic and

approach to training have been a tremendous example to her younger teammates. She is pursuing a career in the strength and conditioning field. ~Beau Scott

DENISON UNIVERSITY

OMAR ELLIOTT-DIAB

Forward

Senior

Omar has brought an exceptional work ethic since the first day he stepped in our weight room four years ago. Over the course of his career, he improved his hang clean max from 165 to 270 lbs, his bench press max from 205 to 295 lbs, his squat max from 290 to 420 lbs, and his vertical jump from 32.3 to 37.9 inches. he is a four year member of the men's basketball team as well as Denison's Men of Color Group. He also served as a student intern in the varsity weight room in addition to interning with the strength and conditioning department at UC Davis in the summer of 2021. Omar's work ethic and dedication to the weight room will be missed. Omar is a Health, Exercise, and Sport Studies major. ~Beau Scott

DUQUESNE UNIVERSITY

LIBBY BAZELAK

Point Guard

Senior

Libby is a prime example of a successful student-athlete. This season she has reached 1,000 career points and has been a leader in many areas for the team. Her competitive drive is unmatched and is not only evident on the court. She is currently studying to be a Physician Assistant and has long work hours throughout the week. Despite her hectic schedule, she remained focused and never missed any training sessions in the weight room. She has been one of the hardest working student-athletes that I've met and I wish her even more success after she graduates this semester. ~Elizabeth Lee

COLLEGE — BASKETBALL

DUQUESNE UNIVERSITY

MOUNIR HIMA

Center

Mounir transformed his body, adding 18 pounds to his frame and becoming a strong contributor to our 2022 season. He impressed me with his commitment to strength and conditioning when we devised a nutrition, sleep, and training plan to continue progressing through Ramadan. Mounir showed up every day at 5am and got stronger and bigger while committing to his fasting restrictions. Mounir always has a great attitude and energy for his teammates during training sessions.

~John Henderson

DUQUESNE UNIVERSITY

JACKIE JOHNSON III

Point Guard

Freshman

Jackie Johnson made a point of committing to strength and conditioning, nutrition, and the work it takes to make impactful change. Since joining Duquesne, Jackie has consistently trained 4-6 days per week in addition to the required team activities. Jackie cut his body fat percentage from 10% to 4%. Jackie improved his maxes on clean, squat, bench press, shoulder press, and his vertical jump substantially which has translated to improved performance and health on the court. Outside of the weight room Jackie is committed to elite nutrition and does not order food from team orders without direction from strength and nutrition staff. ~John Henderson

EMERSON COLLEGE

JAMES BECKWITH

Guard

Junior

James is a dedicated student athlete in all aspects. His consistency in training and desire to improve makes him a leader in the weight room and on the court. ~Ron Smithers

FAIRMONT STATE UNIVERSITY

KATY DARNELL

Guard

Junior

Katy Darnell, a junior from Charleston, West Virginia, is an exceptional student-athlete and one of the hardest working and determined young ladies in our strength and conditioning program. Katy is dedicated to strength training and is extremely coachable. Katy's work ethic in the weight room transfers onto the court where she plays with passion and toughness that has helped lead to her success. She leads by example and helps make everyone around her better. She has averaged over 10 points and 7 rebounds per game in each of the last two seasons. Katy's work ethic and dedication as a student-athlete also carries into the classroom. She currently has a 3.7 GPA, while majoring in exercise science, and has been named to multiple MEC all-academic teams. Katy will also be a valuable member of our softball program this spring. Our basketball and softball programs, strength & conditioning program and entire athletic department are all better because of student-athletes like Katy Darnell. ~Adam Kolberg

FORT VALLEY STATE UNIVERSITY

NIKKI CULBREATH

GUARD

Junior

Nikki is a hard worker in and out of the weight room that balances being a scholar athlete, honor society and R.O.T.C.. She maintains a steady work ethic that shows in all aspects of her life. ~Korrey Hammond

COLLEGE — BASKETBALL

FORT VALLEY STATE UNIVERSITY

JOE WILLIAMS

CENTER

Sophomore

Joe loves improving his game through strength and conditioning. His work ethic shows during his play for rebounds, block shots and scoring in the paint. He earned the Wildcats Co-Men's Athlete of the Week honors in two games averaging 10.5 points, 7.0 rebounds 2 blocked shots. ~Korrey Hammond

HARTWICK COLLEGE

LIAM DRENNAN

Center

Junior

Through adversity this year, Liam has stepped up and become the voice for the basketball team. He has taken on a position of leadership within a young team, and has done whatever it took on the court and in the weight room to ensure an opportunity to develop was not wasted. He has grown physically in his time at Hartwick, and am excited to see what another off-season can do for his potential. ~Andrew Parker

HOLLINS UNIVERSITY

TIA TUCKER

Guard

Freshman

Tia is redshirt freshman guard on the women's basketball team and pursuing her bachelors degree in art history with a goal to continue to graduate school for architecture and design. Tia is an exemplary student-athlete and tremendous contribution to Hollins University athletics program. Her energy, leadership, and work ethic in the weight room, on the court, and in the classroom have contributed to the team's overall success. Tia holds performance test records in the vertical jump, broad jump, pro-agility, back squat, bench press, and deadlift. She also excels academically, earning recognition on the Dean's List multiple semesters, Honor

Roll, and ODAC All-Academic Team. Additionally, Tia is an active member of the Black Student Alliance.

Tia consistently shows up ready to work hard with a positive attitude and a hunger to improve daily. Her ability to inspire and challenge others, is part of what makes her a tremendous competitor, leader, and a momentous part of our Women's Basketball Program. She is without a doubt one of the strongest and toughest student-athletes, both physically and mentally that I've ever coached. It is a privilege to coach, mentor, and assist in the development of a young woman with such incredible character and drive. ~ Leslie Williams ~Leslie Williams

IDAHO STATE UNIVERSITY

FINLEY GARNETT

Guard

Senior

"Is there a time I can lift today?" is a common text I receive from Finley on regular basis. Especially during this season. Always wanting to improve her game, Finley is by far the hardest worker on the team, and it has been a pleasure watching her hard work translate to the court as she's played a vital role in her team's back-to-back conference championships. Because of her ever-growing love for the weight room and her curiosity of the S&C field, she has decided to pursue an internship with our strength staff after this season concludes. We look forward to working with Finley as an athlete and as a future strength professional. ~Brandon Stephens

COLLEGE — BASKETBALL

IDAHO STATE UNIVERSITY

JARED RODRIGUEZ

Forward

Junior

“J-Rod” has been an excellent addition to the Bengals. Jared has become one of our “Gym Bro’s” and for good reason, as he brings great energy and an awesome work ethic to every session. From increasing his vertical jump to decreasing his sprint and shuttle times, J-Rod’s growth this summer was awesome to watch as he improved in everything during our 8 weeks together. Jared has embodied what it means to work and “Saw Wood.”
~Brandon Stephens

LAMAR UNIVERSITY

ANGEL HASTINGS

Guard

Senior

Angel Hastings has exemplified the qualities of the phrase “Lead By Example” since her first days at Lamar University. Recording a career-high 29 points in only her sophomore year at Lamar, Angel has continued to grow over her years as both an athlete and as a leader. Her work ethic, energy, and positive impact on team morale is unmatched. She has overcome adversity time and again to become an inspiration to those she encounters. Every time she sets foot in the weight room she is ready to push herself to her absolute limit and to motivate her fellow teammates to do the same. ~Austin St.Cyr

LEWIS & CLARK COLLEGE

DELSIE JOHNSON

Forward

Senior

Delsie Johnson has been an essential piece for the Lewis & Clark Women’s Basketball Program for the past four years. Her commitment to our coaching staff and programs have led Delsie to have a career high senior season. Johnson garnered her third conference selection in as many years and was named to the All-Northwest

Conference First Team. Delsie collected 1,000 career points in just three seasons due to COVID. Her leadership, great work ethic, discipline, and attitude in the weight room and on the court never went unnoticed. She truly epitomizes what the Lewis & Clark Strength and Conditioning Program is all about. Respected by all teammates and coaching staffs, Delsie is determined to make herself and those around her better every day, and in every way. It has been a privilege to work with such an outstanding young woman. ~ Angela Dendas-Pleasant
~Angela Dendas-Pleasant

MONTANA STATE UNIVERSITY

AMIN ADAMU

Guard

Senior

Amin has put in a tremendous amount of work to develop himself through strength and conditioning. He is without question the strongest athlete on the team. He has recorded personal and team leading numbers in the Hang Clean 240 lbs. Dead Lift 480 lbs. Bulgarian Squat 245 lbs. Vertical Jump 37.9 Broad Jump 10’2 and 3/4 court sprint 3.07 seconds. Amin has developed himself in to one of the top players in the Big Sky Conference through his dedication to strength and conditioning. Amin comes focused and ready to train or practice every day. It has been an absolute pleasure working with this young man the last 3 years. ~John Sauer

COLLEGE — BASKETBALL

MORNINGSIDE UNIVERSITY

ZACH IMIG

Guard

Senior

Zach Imig is a prime example of what it means to be a Morningside Men's Basketball player. His dedication to improving his physical abilities in the off-season was unsurpassed. Zach is a tremendous leader on and off the court. His dedication not only excels in the weight room and gym but follows him into the classroom as well. He has helped create a standard of excellence in the weight room and what it means to our men's basketball program for years to come. It has been a pleasure working with this young man and watching him benefit from his hard work over the years. ~Aaron Jung

MORNINGSIDE UNIVERSITY

SIERRA MITCHELL

Guard

Senior

Sierra Mitchell is the type of athlete that every coach wishes of coaching one day. Every day she brings the same relentless energy and commitment to training, conditioning, practice, and her academics. Her tireless work ethic and leadership is what separates her apart. Her dedication to improving her physical abilities is unmatched. She gives everything she has every day while continuously bringing a positive spirit to the team and motivating her teammates to do the same in the weight room, gym, and classroom. It has been an honor and privilege to watch her grow each year, and the positive impact that it has had on the women's basketball program. ~Aaron Jung

PACE UNIVERSITY

LAUREN SCHETTER

Forward

Senior

Lauren Schetter has put together one of the best careers in the history of our Women's Basketball program and has used the strength and conditioning program to assist her in her career. Lauren holds notable testing numbers of a 275-pound box squat, 140-pound bench press, 135-pound hang clean, 26.5" standing vertical jump, 28" approach vertical jump and a 7'0" broad jump. Lauren's career on the court has been even more incredible. Lauren is the 4th player in program history to total more than 1200 career points, 500 career rebounds, and 100 career blocks. Lauren has earned all-conference honors every year, being named to the NE10 All-Rookie Team in 2018, NE10 Honorable Mention in 2019 and NE10 All-Conference Second Team in 2020. ~Troy Thompson

PERU STATE COLLEGE

MADDY DUNCAN

Guard

Sophomore

Maddy Duncan is a second-year member of the Peru State Women's Basketball Team. This year she was voted a team captain, the only underclassman to receive this honor. Currently, Maddy leads the team in points per game and minutes per game. This past Fall, Maddy recorded the best time in the pro agility test (4.57 s), the best vertical jump (31.5 in), and broad jump (86 in), reflecting the success of a program based upon ground-based power. Maddy is a leader on the court in many ways that statistics don't show and will continue to be a big part of the success that Peru State Women's Basketball has this year and beyond. ~Kyle Ryan

COLLEGE — BASKETBALL

PERU STATE COLLEGE

ISAAC SIMPSON

Forward

Senior

Isaac Simpson's determination to make himself a better athlete, beginning in the weightroom, has paid off for him as he was selected as team captain for his Senior year at Peru State College. A tireless worker, Isaac benched only 170 pounds when he reported as a freshman, and had no practical experience performing the Olympic lifts. This past Fall, Isaac tested out with a 220 lb. bench press, a 405 lb. squat, and a 295 lb. power clean. Isaac is an elementary education major with a 4.0 grade point average and will undoubtedly be successful in his chosen career, just as he is on the basketball court. ~Kyle Ryan

PORTLAND STATE UNIVERSITY

TREY WOOD

Forward

Sophomore

Trey is been a great asset to our Men's Basketball team. Trey has over come high school injuries to be a very productive lifter and player on the court for our program. Trey goes above and beyond in the weight room to better himself for the court. He comes in on game days to make up lifts our team cant get in because of covid make up games. He is a great representative of what a NSCA All-American is about. ~Frederick Scott Fabian

SAGINAW VALLEY STATE UNIVERSITY

MADDIE MALONEY

Point Guard

Senior

Maddie Maloney is the model of NSCA All-American! She has been a four year starter at the point guard position achieving her 1,000th point during her senior season. Additionally she has led her team to one of the best starts and very successful 2020 and 2021 seasons. Maddie leads in the weight room at an extremely high level. She

has is a consistent worker and winner in everything she does. Maddie earned second team all conference in 2020 and is on track to yet again earn GLIAC all-conference awards. Maddie also has earned Strength and Conditioning athlete of the month awards on several occasions due to her personal achievements in training. Maddie is also extremely successful in the classroom maintaining an average GPA well above 3.5. It is a pleasure to nominate Maddie Maloney for NSCA All-American. ~Christopher Winter

SAGINAW VALLEY STATE UNIVERSITY

JAMES TOOHEY

Guard

Senior

James has been a member of the men's basketball program at SVSU since 2017. James has been in and out of the starting line-up throughout his career, finishing this season in the starting line-up leading the team in 3pt percentage and capturing the South Division GLIAC Championship. James has been a weight room leader throughout his career finishing this year with personal bests in clean, squat, bench, and vertical jump. James has modeled consistency, character, and discipline every year for his teammates and has served as a great leader during his tenure. Additionally, James has maintained a cumulative GPA exceeding 3.5 and will complete both his bachelors and MBA in just under 6 years. He is very deserving of this award. ~Christopher Winter

COLLEGE — BASKETBALL

SAINT JOSEPH'S COLLEGE OF MAINE

ALYSON FILLION

Guard

Senior

Aly checks off all the boxes that encompass an NSCA All-American. To start, she is constantly trying to improve her game, whether in the gym getting shots up or in the weight room getting extra work outside of team lifts, she is always mastering her craft. In the weight room, her Front Squat max of 185 lbs., Bench Press max of 140lb., and Trap Bar Deadlift max of 275 lbs make her one of the strongest females at Saint Joseph's. On the court, she has received numerous honors for her play including All-Conference & All-State recognition. Lastly, Aly served as a captain during her senior season, highlighting her ability to lead and push her teammates to achieve their goals. Aly has given her all to Saint Joseph's and her teammates over the years and is a tremendous recipient of this award. ~Jameson Collins

STATE UNIVERSITY OF NEW YORK AT POTSDAM

DYAMON HUNTER

Guard

Senior

Dyamon Hunter is a senior Exercise Science major and member of our varsity women's basketball team. Ms. Hunter is strong leader both on the court and in the weight room. Her sport coach, Brittany Cohen, comments that "Dyamon is the captain of our team and is a tremendous leader on and off the court. She sets the standard of what we want all our players in our program to strive to be.". In the weight room, Ms, Hunter leads by example. Her calm, "never say quit" attitude has helped mold a team culture committed to off-court training. She not only uses her academic preparation to support her teammates but is also completing a Strength and Conditioning internship this semester where her expertise is motivating other Bears to be their best. We are proud to call Dyamon Hunter an Exercise Science major and a SUNY Potsdam Bear. She is a shining

example of who we hope our students to be and demonstrates the professional character that will continue to advance our discipline. Thank you for considering Dyamon for this award. ~Tanya Hewitt

STEPHEN F. AUSTIN STATE UNIVERSITY

TASHARIAN ROBINSON

Guard

Senior

Tasharian's attention to quality is what helped this year with improvements in all aspects of performance. She not only got stronger and faster this off season, but she also improved her mobility as well. She also seeks out extra work to take her game to the next level as well as improve specific disfunctions she may be experiencing ~Jon-Paolo D'Este

STONY BROOK UNIVERSITY

GIGI GONZALEZ

Guard

Junior

One word should come to mind when you think of Gigi Gonzalez, "Kaizen" a Japanese word meaning "continuous improvement." Over my last 10 months coaching Gigi, that word has been the staple that has led to her success this year. Along with continuously pushing herself in the weight room leading to the highest vertical jump and number of pull-ups on the team, she has put in the most number of extra workouts at 44 extra sessions, many of which were on game days (home and away), a new routine for her this year. This continuous improvement over the course of the year is mirrored in her continuous improvement on the basketball floor, Increasing her minutes from 11.2 mpg to 29.2 mpg along with her scoring of 3.1 ppg to 9.9 ppg. All of her success over the past year was attributed to her Kaizen which is an intangible trait that will lead to her continued success in basketball and in life. ~Kevin Markle

COLLEGE — BASKETBALL

STONY BROOK UNIVERSITY

TYKEI GREENE

Guard

Redshirt Junior

Tykei Greene models consistency in everything he does. In my two years working with him I have never seen him give anything less than 100 percent effort in the weight room or on the floor. An incredible athlete, Tykei has the third highest vertical jump recorded within SBU Men's Basketball at 43.5 inches and is pound for pound one of the strongest athletes in our department. His intensity and consistency in the weight room transfers over to his game as well. He received all conference honors in 2021-2022, leading the America East in both offensive rebounds, and total rebounds at the guard position. ~George Greene

SUSQUEHANNA UNIVERSITY

OLIVIA BRANDT

Forward

Senior

Liv is an absolute warrior in the weight room and on the court. I was lucky to have had the opportunity to have Liv as an extension of our coaching staff on the weight room floor as we worked to cement our culture. Her hard work culminated in a breakout senior season for the River Hawks, as the forward was named to the Yvonne Young Esworthy Tournament Team, along with making the WPI Winter Classic Tournament Team accolades. Brandt has been among the Landmark Conference leaders all season in double doubles, averaging just shy of a double-double on the season. Brandt has added 368 rebounds for her career, while blocking 62 shots as well. She has been a great leader for the program and has left her mark on our weight room through her attitude, effort, and enthusiasm throughout her career. ~David Kitchen

THE UNIVERSITY OF TEXAS - RIO GRANDE VALLEY

TAYLOR MUFF

Forward

Senior

Multi-Sport Athlete that is a graduate transfer this year. Current member of our Women's Basketball team. Averages 13.5 ppg with 6.8 rebounds. Played volleyball the last four seasons for the Bears where she wrapped up a volleyball career that saw her finish with 1,118 kills, 1,043 digs, 113 aces in 107 career matches. Muff was named to the All-Big Sky First Team in her junior and senior season while helping the Bears to a 2019 Big Sky Championship. ~Eric Spark

TRINITY COLLEGE

TYLER MOLA

Guard

Senior

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

TRINITY UNIVERSITY

AJ CLARK

Guard

Senior

AJ has been a leader in this program his whole career. He engages each challenge that comes with being a student-athlete at Trinity with a full heart, and because of that he has had a definitive impact. He is intelligent, hard working, and holds his teammates accountable to very high standards. He makes our program very proud. ~Daniel Martinez

COLLEGE — BASKETBALL

UNIVERSITY OF ALABAMA

KEON ELLIS

Guard

Senior

Since he arrived on campus, Keon's focus and intensity in the weight room has been as consistent as any athlete I have ever been lucky enough to coach. This has undoubtedly made an impact with his on court performance and our program's success. Whether it's seeking out extra training opportunities or maximizing the academic resources available to our team, Keon demonstrates what it means to be a student-athlete while being successful in both areas. ~Mike Snowden

UNIVERSITY OF COLORADO

EVAN BATTEY

Forward

Senior

Author and motivational speaker Israelmore Ayivor could have been describing Evan Batty when he explained that "leaders show examples. They have something to offer and they'll offer it by the process of how they got it." The process by which Evan Batty has become a leader both on and off the court is one of great (and often stubborn) determination, consistency, and a willingness to put in the hard work "behind the work" in order to succeed. Not only has Evan had to overcome hardships like that of the stroke he experienced his freshman year or challenges such as cutting 40lbs from his once 300lb frame, but he does so with a smile and impeccable character that distinguishes Evan Batty as a role model for all athletes. Never complaining, Evan leads by example, one that has and will continue to makes his teammates, coaches, and the community of Boulder better because of his efforts.

Evan's weightlifting are not to bad either standing at 6'8" with a 7'0" wings span at 260 pounds

Bench Press 315 | Squat ATG 395 | Trap Bar deadlift 565

~Stephen Englehart

UNIVERSITY OF DELAWARE

LIZZIE OLEARY

Forward

Senior

Lizzie has worked hard to accomplish her goals in the classroom, community, weight room, and on the court. She has used her time in the weight room to overcome injury and expand her abilities on the court. Lizzie has used her 5th year of eligibility to lead her team and always exhibits a contagious work ethic. She is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide her to excel at a national level. ~Rich Levy

UNIVERSITY OF DELAWARE

DYLAN PAINTER

Forward

Senior

Dylan has worked hard to accomplish his goals in the classroom, community, weight room, and on the court. He has used his time in the weight room to expand his abilities on the court and to return to the court from injury. Currently, Dylan ranks 4th in school history with a 56.2 career field goal percentage. After transferring to the University of Delaware, he understands the extra work necessary to stay healthy and has identified the weight room as one of the best ways to remain dominant in his position. He is one of our most dedicated student-athletes at the University of Delaware and understands the value of what strength and conditioning can provide him to excel at a national level. ~Rich Levy

COLLEGE — BASKETBALL

UNIVERSITY OF MARY

MEGAN VOIT

Junior

Not only has Megan excelled in her own performance numbers as a result of her commitment and consistency with training, she elevates those around her to a higher standard. Her mindset and approach to training along with recovery is contagious in and out of the weight room. ~Michael Silbernagel

UNIVERSITY OF MISSISSIPPI

MILICIA REID

Point Guard

Senior

Throughout her time at Ole Miss, Mimi has been an example of hard work, consistency, dedication and toughness. Her athletic improvement has been a reflection of her work-ethic, boasting a 155lb improvement on deadlift (400lb) as well as major improvements in vertical jump (+7.6"/ +50%) and a 20% improvement in her 10yard sprint time. She has averaged nearly 28 minutes per game through all 4 years of her playing career, all while maintaining academic excellence. Her influence on the Women's Basketball program at Ole Miss has left a legacy, and has been an absolute pleasure to coach, day in and day out. ~Tim Boeni

UNIVERSITY OF NEW ENGLAND

ALEX KRAVCHUK

Guard

Senior

A graduate student-athlete, Alex has been the definition of dedication to the cause over his 5 years. He has completely transformed his movement patterns and athleticism in the weight room. He has always been successful on the basketball court, but through his commitment to the weight room, he has improved every facet of his game. In doing so, he has completely rebuilt his team's culture in the weight room. He is a polarizing

figure who effectively leads his team in the weight room and requires them to put forth extra effort. The growth of his team has followed his personal trajectory and he has helped set them up for continued success! ~Lyndie Kelley

UNIVERSITY OF PROVIDENCE- GREAT FALLS

REED HAZARD

Guard

Junior

Reed is a great all around athlete that can do it all. She brings great energy and effort on and off the court each day. Reed takes great care of her body and understands the demands of the sport/season. She inspires her teammates at team lifts and encourages them to stretch as often as possible. Reed plays a huge role in the success of the women's basketball team. I've enjoyed getting to know Reed not only as an athlete, but as an individual as well. She has a great personality and outlook on life. ~Will SeEVERS

UNIVERSITY OF PROVIDENCE- GREAT FALLS

JAKE OLSEN

Sophomore

Jake has bought into the weightroom and completely transformed his body. He puts himself through an intense off-season to ensure that he is in peak physical condition and ready for the start of each season. Jake brings great energy and enthusiasm to the room each day. He always shows up on time, lined up, and ready to go. His teammates all listen to him and respect him. ~Will SeEVERS

COLLEGE — BASKETBALL

UNIVERSITY OF VIRGINIA

MCKENNA DALE

Guard

Senior

From the day McKenna got to UVA, she has displayed a work ethic I haven't seen in many years. No matter what happens on the court, she brings the same level of intensity into every weight room session. She has worked her way into the lineup and received more minutes as the season has gone on partly because of her work ethic and ability to keep herself in top physical condition. It is a privilege to nominate McKenna for this award. ~Jeremy Golden

UNIVERSITY OF WISCONSIN

MATY WILKE

Guard

Freshman

It is difficult to put into words who Maty Wilke truly is. She entered her freshman year about five months post-op from an ACL reconstruction and meniscal repair. Midway through our summer session the meniscal repair failed, requiring a scope to clip it out. A huge disappointment to the entire program, the setback forced her to redshirt her freshman season. Throughout rehabilitation, the resiliency and maturity Maty has exhibited consistently exceeds what is typical of those her age. In my 12 years as a strength and conditioning professional, I have never worked with an athlete who exemplifies such passion, persistence and mental fortitude. She tackles each rep with deliberation and imposes her competitive drive into a commitment to face challenges directly. Her ability to overcome disappointment and rehabilitate her knee with intense mental and physical pace illustrates her dedication. Despite her personal struggles, Maty endeavors to remain a supportive and empathetic teammate who continuously impacts her peers positively through action. Without having stepped foot on the court, she has made and continues to make everyone around her better. ~AJ Whitehead

UNIVERSITY OF WISCONSIN-WHITEWATER

REBEKAH SCHUMACHER

Guard

Senior

Cool, calm, and collected, Rebekah's quiet confidence as captain is a huge reason why her team has won multiple regular season and conference tournament titles. She embraces the challenge of taking the last shot, because she has put in countless hours in the weight room and on the basketball court. Her preparation is a shining example to her teammates of what dedication looks like, and it will serve her well as she pursues a career in education. ~John Schimenz

VASSAR COLLEGE

DANI DOUGLAS

Guard

Senior

Dani Douglas is self-motivated and committed. Dani is steady and strong in all she does in the weight room and leads by example for her teammates and others with focused intensity. She embodies the word grit by consistently pushing her physical limits and raising the bar for both herself and those around her. ~Alice Read

VASSAR COLLEGE

ZACH JOHNSON

Forward

Junior

Zach Johnson is powerful and competitive. He has developed into one of our strongest brewers while pushing his teammates to challenge their inner strength. Zach brings a competitive nature to the weight room that helps drive his performance to the next level. His strength and domineer are what set him apart. ~Alice Read

COLLEGE — BASKETBALL

VIRGINIA TECH AISHA SHEPPARD

Guard
Senior

Aisha Sheppard came to Virginia Tech a thin young lady from Washington, DC, and through hard work, discipline and many tough workouts she will graduate with her Masters degree, and as the all-time leading scorer in school history and as the all-time leader in 3-pointers made in ACC history. On top of her diligent work on the court, Aisha's hard work in the weight-room and in conditioning has developed her into a First-Team All ACC selection. ~Greg Werner

VITERBO UNIVERSITY KACIE GROSS

Forward
Senior

Kacie was the true definition of a leader this year. She was consistent in the weight room and on the court. She always was pushing herself and others to get better. ~Kyle Cluppert

VITERBO UNIVERSITY JACK MONIS

Forward
Junior

Jack has continually improved himself on and off of the basketball court. His hard work in the weight room, during practice, and anytime in between has led to him receiving a Male Athlete of the Year award, an NSAA First Team All-Conference nomination, and most recently a Player of the Year award. ~Kyle Cluppert

WEST TEXAS A&M UNIVERSITY SIENNA LENZ

Guard
Junior

Sienna is the type of student-athlete you want to have a full team of. She shows up each day ready to work, compete and give her very best effort. Despite setbacks over the course of her career she resets and gets ready to attack whatever is up next. She smiles through the hard days and doesn't let them get her down. She lifts her teammates up and leads by example what it means to give your best each day on and off the court. ~Benjamin Kozak

WESTERN MICHIGAN UNIVERSITY ATHLETICS GABI SAXMAN

Guard
Sophomore

Gabi is an extremely driven and self-motivated student-athlete whom has invested in the weight room and is seeing the benefits from it with her on-court performance. Pound for pound she is the strongest and fastest athletes on the team. She scored top three marks in five of the 10 various performance testing measures to start the off-season training and has proven to be a reliable and durable asset to the team. She is always a positive and energetic presence in the weight room who continually strives to lead by example, push her teammates, and be better than she was the day before. ~Tim Herrmann

WRIGHT STATE UNIVERSITY ANDY NEFF

Forward
Senior

Andy is without question one of the hardest working student-athletes at Wright State University. The effort and energy he brings to the weight room is contagious and fuels teammate to match his drive. ~Cole Pittsford