

COLLEGE — FOOTBALL

AURORA UNIVERSITY

JAMES MAUTINO

Wide Receiver, Return Specialist

Senior

James is a very dedicated and hardworking student athlete who is committed to academic and athletic excellence. He is a 4-time 1st team All-Conference wide receiver and return specialist, AP Second-Team All-Purpose All-American, D3football.com First-Team All-American, CSC/CoSIDA Academic All-America First-Team, and helped lead his team to a quarterfinal and second round playoff bids in consecutive years. In addition, James interns as a strength and conditioning coach for the Aurora Strength and Conditioning staff. His positive impact has improved the experience for all AU athletes in the weight room. ~Jenee Rago

AURORA UNIVERSITY

ANTHONY PETERSON

Offensive Lineman

Senior

Anthony Peterson's success on the field as a football player is supported by his proficiency in the weight room. Anthony became an integral part of the Aurora Football team due to his impregnable character and leadership both on and off the field. His lifting proficiency comes primarily from his deep roots in powerlifting. Anthony has been competing as a powerlifter since high school and has earned his stripes by breaking the junior national deadlift record in 2020 in the 125 kilogram weight class with an impressive 644 pound pull. ~Tanner Rowe

AURORA UNIVERSITY

ERNESTO RAMIREZ

Defensive Back

Senior

Ernesto in his time as a collegiate football player has many accolades including a First Team All Conference bid, Second Team All Conference bid, two time CoSIDA All American, two time All Region player, eight time

Dean's List recipient, six time High Honor Roll recipient, and two time Honor Roll recipient. He has also contributed to some of the most historic football teams in Aurora's history leading his team to a quarterfinals and second round playoff run in back to back years as a 3 year starter. Alongside of his athletic career he has been a huge help in the weight room being an intern for the Aurora University Strength and Conditioning Staff helping with numerous teams and making the weight room atmosphere better for everyone around them.

~Colin Dominski

AVERETT UNIVERSITY

JORDAN JOHNSON

Wide Receiver

Freshman

Jordan's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Jordan's impact on the field and in the weight room transcends mere statistics, leaving an unmistakable mark on the sporting world. ~Samuel Roome

AVERETT UNIVERSITY

JACOB LEMON

Quarterback

Sophomore

Jacob's athletic journey is a testament to grit and determination, showcasing remarkable improvement over time. As a leader, he not only elevates his own performance but inspires those around him to push their limits. With a burning ambition to lead, Jacob's impact on the field transcends mere statistics, leaving an unmistakable mark on the sporting world.

~Samuel Roome

COLLEGE — FOOTBALL

CENTRE COLLEGE

SCOTTY BROWN

WR

Junior

Scotty has trained himself into an elite athlete with a 285lb Clean, 275lb Jerk, 415 lb Squat, 275 lb Bench, 23.08566 MPH Flying 10, and a 38.6" Vert.

~Carter Conley

CENTRE COLLEGE

ETHAN HUMPHRIES

LB

Senior

At 6' 210 lbs, Ethan was a standout LB due to his tremendous work ethic. He displayed uncommon strength and power. He posted the following lifts - Clean 345, Jerk 365, Squat 545, Bench 425

~Carter Conley

CENTRE COLLEGE

AIDEN JACKSON

OL

Junior

Aiden is a proven leader with elite strength and power, posting a 315lb Clean, 365lb Jerk, 585lb Squat, and 375lb Bench. ~Carter Conley

CENTRE COLLEGE

ZACH REINERS

OL

Senior

Zach worked hard to develop his strength to match his athleticism on the field. He was a dominant force with a Clean of 335, Jerk 325, Squat 535, and Bench 325.

~Carter Conley

CENTRE COLLEGE

TYLER VAUGHN

OL

Junior

Tyler has been an NSCA All American already in his college career. He posts a 700 lb Squat, 405 lb Bench, 335 lb Clean, and 365 lb Jerk ~Carter Conley

CLEMSON UNIVERSITY

RUKE ORHORORO

Defensive Tackle

Senior

Ruke is 6'4" and 295 pounds. One of Clemson's hardest workers, Ruke earned ALL-ACC honors in 2022 and 2023. Ruke also earned permanent team captain in 2023. His passion and Leadership lead Clemson to a National Championship in 2018. Ruke bench press 435 lbs, squat 525 lbs and power clean 315 lbs. ~Michael Batson

CLEMSON UNIVERSITY

WILL PUTNAM

CENTER

Senior

2 time all-acc selection and 4 year starter along the offensive line, including 2 seasons at guard. Played 3,564 snaps from scrimmage, 2nd most in clemson history. Played in 60 games w/ 49 starts. ~Paul Hogan

COLLEGE — FOOTBALL

CLEMSON UNIVERSITY

JEREMIAH TROTTER

Linebacker

Senior

6'1, 231 lbs. Jeremiah is one of Clemson's best linebackers in history. 2023 Butkus Award finalist, Bednarik Award semifinalist. Selected first team All-American in 2023 and Second team All-American in 2022. Trotter was also selected All-ACC in 2022 and 2023. Natural athlete who loves to train, but also leads his teammates to work hard and earn their success. Highly respected for his ethic and work habits, Trotter served as team captain. Trotter benched 365, Squatted 645 and Power cleaned 335.

~Larry Greenlee

DUQUESNE UNIVERSITY

AJ ACKERMAN

Defensive Line

Senior

AJ has taken full ownership of his physical and mental development over the course of his career, both in the weight room and on the football field. His commitment to developing his weaknesses while continuing to improve upon his strengths is unrivaled. AJ is one of the most competitive athletes I have had the pleasure of coaching. He has battled through adversity, and maintained an elite level of leadership, toughness, and work ethic. He has always remained humble, and accepted hard coaching with an unwavering conviction to getting better. For this, he is truly deserving of this honor. AJ's personal records include: Clean = 265, Back Squat = 500, Bench Press = 420. ~Anthony Longo

DUQUESNE UNIVERSITY

KEVIN KURZINGER

Defensive Line

Senior

Kevin came to Duquesne with a strong training background, and proficiency in all technical aspects of weightlifting. That has not stopped him from getting better, and learning. Kevin has continued to commit to not only improving himself, but his teammates. He is someone I can rely on to help hold others accountable and maintain high standards. Kevin has fought through injury, and never stopped working or leading. His consistency and intensity are truly admirable. Kevin's personal records include: Clean = 350, Back Squat = 550, Bench Press = 375. ~Anthony Longo

EMORY & HENRY COLLEGE

ADDISON KNICELY

DB

Senior

Shows up early, never missed a lift, always gives great effort, has a positive attitude, PR's year to year, excels in the classroom, 2022 all SAC mountain division 2nd team, 2023 SAC All-mountain division ~Noah Arni

ENDICOTT COLLEGE

ZACHARIAH TWARDOSKY

Defensive Back

Senior

Zach is a leader in all the senses of the word. Twardosky received numerous accolades for his on the field achievements. The reason Zach was chosen is his ability to lead the team both in the weight room and on the field. ~John Dustin

COLLEGE — FOOTBALL

FAIRMONT STATE UNIVERSITY

TYREES SMITH

Linebacker

Sophomore

Tyrees Smith, a sophomore from Huntington, West Virginia, is an exceptional student-athlete and is one of the most motivated and hardest working young men that I have had the pleasure to coach. Tyrees helps to uphold our team standards in the weight room, in the classroom and on the field. He is a leader for his position group and the football team as a whole. In the weight room, Tyrees is relentless in his efforts to improve his strength and power. As a sophomore, he already has impressive strength numbers. He currently has a 545 lbs. squat, 560 lbs. deadlift and a 335 lbs. bench press. During his sophomore season, Tyrees finished with 69 tackles, 4.5 TFLs and one fumble forced. With his work ethic, I have no doubt that his strength and power metrics will continue to increase, as will his contributions on the football field. Tyrees' discipline, work ethic and leadership also show in the classroom. He currently has a 3.1 GPA, majoring in exercise science and was named to the MEC commissioner's honor roll. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Tyrees Smith. ~Adam Kolberg

FAIRMONT STATE UNIVERSITY

ELIJAH TIDWELL

Running Back

Sophomore

Elijah Tidwell, a sophomore from Ashburn, Virginia, is an exceptional student-athlete and is one of the hardest-working young men that I have had the pleasure to coach. Since transferring to Fairmont State last spring, Elijah has been the definition of consistency in every aspect. He has shown the utmost desire to get better in the weight room and on the field. Elijah's consistency and hard work have allowed him to add 6.5 inches to his vertical jump and 10 inches to his broad jump. He also

squats 475 lbs., dead lifts 515 lbs., power cleans 255 lbs. and benches 355 lbs. This fall, Elijah also scored his first career touchdown. With his work ethic, I have no doubt that his weight room metrics, and his contributions on the football field, will continue to increase. Lastly, Elijah is an outstanding student. He currently has a 3.26 GPA, majoring in business administration and was named to the MEC all-academic team. Our football program, strength & conditioning program and entire athletic department are all better because of student-athletes like Elijah Tidwell. ~Adam Kolberg

FORDHAM UNIVERSITY

MEKAI FELTON

Senior

Mekai Felton has been one of the top performing athletes in Fordham Strength and Conditioning history. He is atop the current student athlete school records in the Snatch, Vertical Jump, 10 yard dash, and Back Squat. His dedication to strength and conditioning translates to the football field as an All-conference performer, a captain elected by his peers, and a true leader of the Ramily. Hard work and dedication is in Mekai's DNA and those qualities have garnered him the ultimate respect from everyone here on Rose Hill and he is truly deserving of NSCA All American status. ~Joe Gilfedder

FORT HAYS STATE UNIVERSITY

CLAY ROBINSON

Running Back

Senior

Clay is a man of tremendous character and a great example of high level work ethic. His commitment and dedication to year round system of training throughout his entire career set a standard of excellence for those to follow and was a solid role model that led teammates to a higher purpose. Clay will make a difference in his community and those who are around him.

~Doug Boucher

COLLEGE — FOOTBALL

HOBART COLLEGE

ABDOULAYE DIALLO

DB/CB

Senior

Abdoulaye Diallo is arguably one of the best human beings I have had the pleasure to work with and be around. AD has been a staple for our defense on the field but more importantly our weight room and school culture over his tenure at Hobart. An Arthur Ashe Jr. Sports Scholar, Semifinalist for the William V. Campbell Trophy (CFB finest scholar-athlete) among other awards, Abdoulaye was a standout in the weight room as well. Squatting well over 2.5x his body weight, benching 225 for reps and sumo deadlifting 2x his bodyweight. AD has been as consistent as anyone in the weight room and is BEYOND deserving of recognition for his work ethic, his detail and discipline. ~Chris Gray

HUNTINGDON COLLEGE

TUCKER SPENCE

Linebacker

Senior

Tucker led by example throughout his career, and grew to become a strong leader for our football program. He has an impeccable work ethic, displays toughness in all areas, and is extremely consistent. Tucker exercises self-discipline in all of his commitments, and has always been a selfless teammate. ~Charlie Goodyear

MINNESOTA STATE UNIVERSITY, MANKATO

MARSHALL FOERNER

Offensive Line

Senior

Marshall has set forth a great example of what consistency and long-term progress looks like in strength and conditioning. Beginning his career as a redshirt freshman, he has used the weight room to help him develop into an All-American offensive lineman. Marshall has also earned numerous academic honors including being named to the NSIC All-Academic Team of

Excellence. We look forward to Marshall reaching even greater heights in the future. ~Andy Stocks

MOUNT MARTY UNIVERSITY

GABE BAPTISTA

Defensive Back

Junior

At 5'8" and 160 lbs, Gabe has used his weight room work to excel on the football field. A starter in the defensive back field, Gabe has 29 tackles on the year, 3 interceptions and had 11 broken up passes on the season. A leader on and off the field, Gabe has helped develop the high standards and work ethics of a new program that just started football 3 years ago. Gabe has a 30 inch vertical, a 350 lbs squat and a 235 lb bench. With a 4.43 pro-agility run, Gabe looks to have an even better Senior Year. ~Mark Roozen

MOUNT MARTY UNIVERSITY

ISSAC CROWNOVER

Special Teams

Freshman

Issac used his hard work ethic in the weight room and took in on the grid iron where as a freshman he was a key player on special teams and got playing time by the end of the year. On special teams, he had 6 solo tackles, 1 assist, and had 3 fumble recoveries to lead the conference and rank 3rd in NAIA stats. Coming in as a Freshman, Isaac had a 31-inch vertical, ran a 4.31 in the pro-agility, and squatted 405 with a 285 lb bench.

~Mark Roozen

COLLEGE — FOOTBALL

MOUNT MARTY UNIVERSITY

JAYDEN HERRACH

Fullback

Sophomore

Jayden is the strongest member of the football team, pound for pound and is the hardest worker in the weight room of anyone on either side of the ball. A power back, used in special situations, Jayden had 97 key yards short yardage situations and had 3 receptions for 24 yds. At 5'8" and 195 lbs, Jayden squats 500 lbs, has a 330 lb bench, a 29 inch vertical and 4.46 in the pro-agility run.

~Mark Roozen

NORWICH UNIVERSITY

ZACH KRIKA

ILB

Senior

This exceptional athlete not only excels under the spotlight of competitions but also stands out as a beacon of inspiration in the quieter moments of practice sessions. It is in these practice sessions that their unwavering work ethic and remarkable leadership qualities truly shine through. Their consistent dedication to self-improvement and ability to maintain focus have been instrumental in cultivating a nurturing and competitive atmosphere that sets a higher standard for performance across the entire team. ~Scott Caulfield

NORWICH UNIVERSITY

ANDREW WHITE

WR

Senior

Andrew has become a leader in the weight room and the field as his attention to detail in physical preparation serve as his guiding light. He had become a welcome addition to his teammates as he's able to help them improve themselves as he has over the past four years. ~Scott Caulfield

PORTLAND STATE UNIVERSITY

TANNER BEAMAN

Tight End

Sophomore

Tanner Beaman is the definition of what you want to see in an athlete. Not only does he work hard, but he gives exceptional attention to detail in all aspects of training. During warm-ups, contextual sprint drills, jump prep, and full training. He is respectful, focused, and disciplined. When something goes wrong, he admits fault or asks how he can improve. He helps pick up after field work and makes sure that the weight room is spotless before he leaves. He has the qualities to not just be a great athlete but to become a great leader as well. Tanner is the embodiment of the principles that coaches teach and instill in their athletes. He is outright deserving of this award ~Scott Fabian

THE PEDDIE SCHOOL

NATE BUSH

Linebacker

Junior

Nate's superpower is his Consistency. Nate makes no excuses. "He Trains. He does not workout". Nate has a burning intensity to get better every day he enters the gym. Knowing the goal is to give his best effort and stack great workouts. During his 18 months at Peddie, he has made great progress.

Only a Junior, Nate has earned an IRON FALCON Lower Body. Nate worked his way to a 404 lbs Back Squat, 456 lbs Deadlift, 317 lbs Front Squat, 215 lbs Hang Clean, 450 lbs RDL, 240 lbs Bulgarian Squat, and a monster 616 lbs Hex Bar Deadlift. He accomplished this at 210 lbs.

~Mike Volkmar

COLLEGE — FOOTBALL

TRINITY COLLEGE

MATT ALMANZI

Offensive Line

Senior

Matt has been dedicated from day 1. ~Bill DeLongis

UNIVERSITY OF MISSOURI S&T

BENTLEY HART

D-Line

Junior

Bentley is one of the hardest working athletes on campus. The effort he has put in to the weight room shows up on the field every time he steps on it. The thing I have been most impressed with is his ability to step into the leadership role that he and his team need from him. ~David Edwards

UNIVERSITY OF PENNSYLVANIA

CAM JANOCK

Linebacker

Junior

Known for showing up early and staying after lifts to do extra, Cam is very disciplined and a reliable asset to his teammates. He is consistently striving to be 1% better everyday and faces challenges with an immense abundance of resiliency. Cam was highly decorated at our awards banquet (Most Valuable Defensive Lineman, the Wagner Cup, and Lt. Charles Schmucker Ideal Sprint Football Player Award) highlighting his leadership and grit. He rallied the first-years to lift and set the expectation of what it means to be a successful sprint football athlete. No doubt that Cam will continue to lead others and be a force to be reckon with off the field, as well one day! ~Emily Kolsevich

UNIVERSITY OF REDLANDS

SCOTT TINSLEY

Defensive Back

Senior

Scott exemplifies leadership both on and off the field. Throughout my two years coaching Scott, I've seen him

excel in his sport and in the weight room. He consistently exceeds expectations and hold himself & his teammates to an exceptionally high standard. Scott owns a +1,000lb total in the weight room (Clean, Squat, Bench) weighing only 205lbs. His achievements on the field are countless, including 3rd Team All-American (DIII), 1st Team All-Region, Conference Athlete of the Week, & Top 20 Defensive Back (College Football Network) to name a few. I don't take this nomination lightly, and I can think of no one more deserving of the honor of NSCA All-American than Scott. ~Connor Truhitte

UNIVERSITY OF VIRGINIA

JAHMEER CARTER

Defensive Tackle

Senior

In my 10 years in the field of Strength and Conditioning, I do not believe I have coached an athlete more deserving of the NSCA's All American Athlete of the Year Award than Jahmeer Carter. He is an absolute monster in the rack and on the platform, posting the following numbers during the training cycle this past year: 455 Bench, 665 Squat and 355 Clean. These demonstrated competencies give him the influence of another coach on the floor. Naturally gifted, but also the hardest worker in the locker room, he models the champion spirit by putting in hours of extra work daily. Number 90 is not one to just shine in the offseason either. His presence might be stronger on Saturday's where he anchors the interior on the defensive line. As a Senior Bowl watch list selection his production surprised nobody. Durable, consistent, and always available, Jah logged a career high thirty-five tackles and had a key sack which proved a pivotal moment in a road win against a top ten team this year. Teammates and coaches respect him for his character, presence, and intellect as he was voted a Team Captain for the 2023 season and was recognized by the ACC and placed on their academic team.

~Nathan Pototschnik

COLLEGE — FOOTBALL

UNIVERSITY OF VIRGINIA

MIKE HOLLINS

Running Back

Senior

Mike Hollins, a 5'9.25", 206 lb. running back, has been an outstanding leader, student-athlete, person, and worker for our football team. Hollins, a victim of a horrible gun violence tragedy in 2022, worked diligently to rise from the event, surpass his previous bests in training, and return to the football field.

In 2023, Hollins was elected by his teammates as a permanent team captain. On the football field in 2023, Hollins excelled, leading the Cavaliers with 7 rushing touchdowns.

Hollins was named the recipient of the ACC's Brian Piccolo Award (given annually to the league's most courageous football player), the Capital One Orange Bowl-FWAA Courage Award, the AP Comeback Player of the Year Award, and was named one of the three finalists for the Jason Witten Collegiate Man of the Year Award. Additionally, Hollins earned ACC All-Academic team.

In training, Hollins has put in consistent, disciplined, outstanding work each day to improve his abilities, to perfect his craft, and to lead his teammates. As a senior, Hollins' impressive testing numbers were as follows: bench press 360 lbs., bench press 225 lbs. 22 reps, back squat 540 lbs., front squat 395 lbs., power clean 325 lbs., vertical jump 35.5", broad jump 10'0.5, and top velocity 21.29 MPH. In addition to his strength & conditioning and football accomplishments, Hollins is a graduate of the University of Virginia, earning a degree in commerce. Hollins diligently puts in the work on and off the field. He exhibits respect, personal excellence, integrity, leadership, and incredible work habits in all he does. Mike Hollins has earned NSCA Strength & Conditioning All-America honors in my opinion. ~Adam Smotherman

UNIVERSITY OF VIRGINIA

PERRIS JONES

Running Back

Senior

Perris Jones is my nominee for the NSCA All-American Athlete of the Year Award. Perris displayed everything that this award encompasses. He is a leader with integrity, dedicated to the classroom, and an exceptional athlete. Perris was voted on by his teammates as one of five team captains in 2022, served as game captain in 2023, and was named to the 2022-2023 ACC Honor Roll. Perris has a bachelor's degree in both African American studies and English. He is also pursuing a master's in educational psychology. This season his career was cut short by a hit that left him with a spinal injury that required surgery. Before his season ended tragically, a running back, he scored 2 touchdowns, gained 393 yards on 76 carries, with an average of 5.2 yards per carry. At 5'7" and 179, Perris had the following testing numbers in the weight room: 610lb Back Squat, 300lb Power Clean, 340 Bench Press, 34.5" Vertical Jump, 4.03 Pro Agility, and 6.73 L Drill. Perris is still recovering from the surgery and making miraculous strides in his healing process. He has been an inspiration to all that have known him.

~Austin Kaigler

COLLEGE — FOOTBALL

UNIVERSITY OF VIRGINIA

MALIK WASHINGTON

Wide Receiver

Senior

Malik Washington NSCA Strength & Conditioning All-America Nomination

Malik Washington, a 5'8.25", 194lb. wide receiver from Lawrenceville, GA was one of the most productive wide receivers in the country during the 2023 season. A first-team All-ACC selection, Washington finished the season with a school-record 110 receptions and a set the UVA single season receiving record with 1,426 yards. During the 2023 campaign, Washington broke the ACC single-season records for receptions (110) and receptions per game (9.16). His 1,426 receiving yards are the fifth-most in a single season in ACC history. Washington was one of 10 semifinalists for the 2023 Biletnikoff Award presented to the nation's top receiver. He accumulated 1,706 all-purpose yards (1,426 rec. & 273 KR) in 2023, the fifth-most in a single-season in UVA history. Washington excelled off the field as well.

Based on his work ethic, consistency, leadership, and performance, players voted Washington as one of the five 2023 Season Captains. Washington also embodied excellence in the classroom and was recognized for his academic prowess. In the classroom, Washington posted a 4.0 GPA working towards his graduate degree in higher education, and he received an award for academic excellence at the season banquet.

Washington's work ethic, attention to detail, toughness, and consistency allowed him to thrive in the weight room. His testing numbers were as follows: bench press 345lbs., bench press 225lbs. 16 reps, back squat 550lbs., front squat 445lbs., power clean 310lbs., vertical jump 37.5", broad jump 10'5.5", pro agility 4.21, L drill 6.89, and a top velocity of 21.49 MPH.

Malik Washington has earned NSCA Strength & Conditioning All-America honors in my opinion.

~Will Harrison

UNIVERSITY OF WISCONSIN - LA CROSSE

AARON SCHMITZ

Defensive Back

Junior

Aaron's commitment to football, academics, and the weight room is unmatched. On the field, Aaron was named team captain for us this year as a Junior, he was the only Junior to do so. Aaron started all thirteen games for us this year at safety and finished the season with 52 tackles, 2 TFL's, & 3 PBU's, while earning WIAC Honorable Mention at Defensive Back. This season, Aaron helped lead UWL to our 36th conference title as well as UWL's first Quarter Finals playoff game since 1996. In the classroom, Aaron has maintained a 3.7 GPA while majoring in Exercise Sport Science with a Pre-Professional Track and a nutrition minor. In the weight room, at 5'10" 190 pounds, Aaron has posted a 34.1 inch vertical, 180 kg squat, 127.5 kg bench, and a 4.70 40-yard dash. Aaron has been nominated for our Iron Eagle Award (UWL Football Teams' Lifter of The Year) the past two seasons and won the award for the 2023 season. The energy and work ethic he brings daily to the weight room is infectious and is one of the key factors to our successful weight room culture here at UWL. I believe Aaron has earned NSCA Strength & Conditioning All-America honors based on his development & leadership both in the weight room and on the football field.

~Philip Whitesitt

COLLEGE — FOOTBALL

UNIVERSITY OF WISCONSIN-WHITEWATER

ZACH SHERMAN

Tight End

Senior

“Unflappable” is one of the best terms that Zach exemplifies in everything he does. No matter if things are going well, or things are going poorly, Zach is the same dude, giving 100% effort in every workout, practice, and game, especially as he successfully rehabbed from a serious knee injury his senior year to lead his team to the playoffs. His steady leadership helped propel his squad to multiple conference championships and a birth in the national title game during his Warhawk tenure. ~John Schimenz

WEST TEXAS A&M UNIVERSITY

JIMMY HARRISON

Linebacker

Senior

Jimmy transferred to WT in 2023 and instantly established a presence in the weight room and on the field as a leader gaining the respect of his coaches and teammates. His actions over the past year demonstrated the value he placed on strength and conditioning and the impact it can have on athletic performance. His efforts in training, practice, and competition set the foundation of establishing the culture of a new coaching staff and provided a great example for younger teammates to follow to fill the shoes he left upon finishing his athletic career. ~Jesse Herd