



Coast Guard Elite Female Athlete of the Year



LT Nyrel Allen

LT Allen is currently stationed at the Thirteenth Coast Guard District Office in Seattle, WA as the District Commander's Aide.

LT Allen is a native of Tucson, Arizona. She graduated from the U.S. Coast Guard Academy in 2011 with a Bachelor of Science degree in Marine Environmental Science. She started training for her first powerlifting meet in 2014 while maintaining a grueling watch schedule at the D13 Command Center.

LT Allen distinguished herself in the sport of powerlifting.

LT Allen maintained an intensive training regimen which came together in 2015. She set 12 Washington State records in her weight class at the Washington State Powerlifting Championship. She placed first overall at the Nationals in Atlanta, GA, and placed first in three events while setting four Women's Military World records at the 2015 World and International Championship in Las Vegas, NV.

LT Allen also gave back to the community through volunteerism with Girl Scouts and has also led sessions on teaching third through twelfth grade students on the adverse impact of bullying.

2015

**Coast Guard Elite
Male Athlete of the Year**



DC1 Lindsey Arcangel

DC1 Arcangel is currently stationed at the Base Alameda Industrial Production Facility in Alameda, CA.

DC1 Arcangel is a native of Waianae, Hawaii. He graduated from recruit training at Training Center Cape May, NJ in October 2004.

DC1 Arcangel distinguished himself in the sport of Brazilian Jiu Jitsu.

DC1 Arcangel competed and placed in several national and international competitions. He received a bronze medal for placing third in the Pan Jiu Jitsu Championship, one of the largest international tournaments of its kind in the world. He placed second in the San Jose North American Grappling Association Championship, second in the Rio Combat/Oakland Mixed Martial Arts/Pacific Ring Fight Club In-House Tournament, third in the Santa Cruz Brazilian Jiu Jitsu Pro, and second in the Jiu Jitsu World League San Francisco Open.

DC1 Arcangel also gave back to his community by teaching Jiu Jitsu in his local area.

2015