

HIGH SCHOOL — WRESTLING

BEXLEY HIGH SCHOOL **MUHAMMAD JALLAQ**

Senior

Muhammad is a leader and one of our hardest working student athletes. His success on the wrestling mats are a reflection of the work he puts in at practice and in the weight room. He is one of the strongest athletes we have in the school because of his desire to improve daily. It has been an absolute pleasure to have the opportunity to work with him throughout his high school career. With every person he passes on our strength leaderboard, I see it fueling his drive even more. The way he attacks goals will serve him well in anything that he attempts in life. It is my honor to nominate Muhammad Jallaq as an NSCA All-American. ~Jesse Padgett

BROOKINGS HIGH SCHOOL **MAIZY MATHIS**

165#

Senior

Maizy was our team leader on this year's girls wrestling team. She battled through several injuries, including a shoulder injury that prevented her from wrestling a full season. In the end, Maizy wrapped up her season as the 165# state runner up. She will wrestle in college at the University of Sioux Falls. Maizy also competes in Volleyball and Track. ~Kerry Brown

DACULA HIGH SCHOOL **ETHAN ROSS**

138 lb - Weight Class

Senior

Ethan Ross is one of the hardest working kids in the weight room. He makes everyone around him better. I can turn my back and know that he is following his lift with pin-point accuracy. His wrestling career has been stellar with 121 wins, 50 pins. He was the 2022 Gwinnett County Champion and a 3x State Qualifier. He has done all that while maintaining a 4.1 GPA and winning the AP Scholar Award. Ethan's current best lifts are a 270lb Back

Squat, 175lb Bench, and 385lb Hex-bar Deadlift. He plans to attend college and major in education post-high school. ~James Romaniw

GREER HIGH SCHOOL **CHANDLER SEWELL**

132

Senior

Chandler is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the mat and in the weight room. He recently was just crowned State Champion in 4A in the 132 weight class. He is an excellent athlete and always pushes himself to get better in every aspect (nutrition, training, etc.). ~Matt Landreth

HARDIN HIGH SCHOOL **MILES WELLS**

160# STATE CHAMPION

Senior

Miles is a leader by example. Whether it is attending summer workouts, excelling in the classroom, or his current season, Miles is all in, doing the work necessary to be his best, while being a role model for his younger teammates. Miles capped off his senior wrestling campaign with a state title at 160# ~Patrick Sargent

PERRY HIGH SCHOOL **RILEY ROWAN**

126 Wt Class

Senior

Riley is one of the hardest workers in the weight room, classroom, and on the mat. He holds himself to the highest standards and makes those who work with him significantly better. ~Mike Crissinger

HIGH SCHOOL — WRESTLING

STRONG ROCK CHRISTIAN SCHOOL

JAMIE GIBSON

Senior

Jamie Gibson is one of the hardest working athletes that has ever competed at Strong Rock Christian School. He has been a member of the football, wrestling, & lacrosse teams during his high school career. During his senior year, Jamie helped lead our wrestling team to a Team State Champion Title, while also capturing the individual 165lbs title on the way. His efforts on the lacrosse field helped the 2023 Patriots to a GIAA State Runner-Up finish. Jamie's commitment to his strength & conditioning has helped him achieve all these successes, while his leadership does an amazing job motivating others. He is very deserving of the NSCA All-American honor & would represent it well. ~Emily Mayer

THE PEDDIE SCHOOL

RAY MUROI

Senior

Ray is a great combination of natural ability, consistency, and dedication. Ray gave his best efforts every time he entered the gym. His results speak for themselves. At only 160 lbs body weight, Ray earned a 420 lbs Back Squat, 279 lbs Bench Press, 408 lbs Deadlift, 180 lbs Shoulder Press, 240 lbs Bulgarian Squat, 475 lbs Hex Bar Deadlift, 20 Pull Ups, 32" Vertical Jump, and 1.71 second 10 yard sprint. ~Mike Volkmar

UNIVERSITY HIGH SCHOOL

PEPPER MARTIN

Senior

Pepper has transformed his wrestling game by becoming one of the strongest lightweight wrestlers in the state. ~Jerry Handley

WINDSOR HIGH SCHOOL

LEAH MCROY

Senior

Leah McRoy's story is one of courage and maturity. Wise beyond her years, she was hesitant to commit to Strength & Conditioning at Windsor High School because she was initially unsure if she was ready to meet the program's standards. Yet, she knew not only would participating in Strength & Conditioning benefit her physically, but she also appreciated what stepping out of her comfort zone and conquering her fears could do for her as a person. Leah's commitment to testing herself resulted in her becoming one of the strongest girls at Windsor. Her newfound confidence and appreciation for the physical culture assisted in her becoming an integral member of the girl's wrestling team in her junior and senior years. The Windsor Strength & Conditioning culture is in a much better place than when Leah first entered it four years ago, and that would not have been possible without the attitude, effort, and maturity she brought to every training session. Leah made every training session better. It's been a true joy to have been her Strength & Conditioning Coach these four years, and I'm happy to nominate Leah McRoy as an NSCA All-American. ~Ty Van Valkenburg