

HIGH SCHOOL — WEIGHTLIFTING

Beresford

HAYDEN HOMANDBERG

Powerlifting

Junior

Hadyen is a 3 sport athlete, playing football, basketball and running track. He has used his weightlifting passion to be able to compete at a high level and help make an impact in all three sports. In football he was credited with 2 tackles for loss in one of their key games during the season. In track he was a Howard Wood Qualifier for the Sprint Medley Relay and 4x800. He ran a 2:06 in the 800 m. He is one of the leaders of all the teams in the weight room and has been able to build his squat up to 250 lbs and bench 150 at 6'4" and 165 lbs. ~Mark Roozen

Yankton

MADDEN MCQUADE

Junior

Madden is one of the top leaders in the weight room and is Captain of the Off-Season Football group. A 2 sport athlete, Madden plays football and also baseball. This off season Madden hit PR's in all his testing; running a 1.43 in the 10 yard dash, a 4.74 in the 40 yd dash, a 4.48 in the pro-agility run and squatting 470 lbs and benching 250 lbs. at 6'1" and 215 lbs. He also testing out at a 30 inch vertical to wrap up the off-seeason training. ~Mark Roozen

The Brook Hill School

NORA NI

Senior

Nora is one of the most disciplined athletes I have had the opportunity to coach. She sets clear goals for herself and, more importantly, she accomplishes them. Her progress is never accidental — it is the direct result of consistent effort, detailed execution, and an unwavering commitment to improvement. She shows up every day prepared to work, focused on the task at hand, and determined to maximize every training session.

Her strength achievements speak for themselves. Nora can bench press over her body weight — a significant accomplishment that reflects both physical strength and technical mastery. She is also capable of completing 16 strict pull-ups, demonstrating exceptional upper-body strength, muscular endurance, and mental toughness. These benchmarks are not common, and they highlight the standard she sets for herself.

Beyond the numbers, what truly separates Nora is her mindset. She does not look for recognition — she works for results. She executes every lift, drill, and conditioning session with excellence and intention. Her discipline fuels her success, and her determination ensures continued growth

~Todd Cofer