

HIGH SCHOOL — LACROSSE

ASHEVILLE SCHOOL

MADDY HALLER

Defense

Senior

A standout field hockey and lacrosse player and captain, Maddy Haller was a consummate defender: hard-working, unsung, and essential to team success, which included a state championship in lacrosse in 2023. Her coaches praised her exceptional physicality, ability to mark top scoring threats, control the ball, and impact offensive play from the opposite side of the field. Maddy was equally productive in the Blues strength and conditioning program, pushing herself to top finishes in conditioning tests and personal bests of 5.30 seconds for 40-yard dash and 150 pounds for power clean. Academically, Maddy carried a 3.96 cumulative GPA and was a prefect and member of the hoste society. Maddy is the first female Blues athlete to be nominated for NSCA All-American recognition and a tremendous example of dedication and the impact of physical preparation. ~Douglas Harger

BEXLEY HIGH SCHOOL

HENRY HONDROULIS

Senior

Henry's dedication to the weight room started the very first day. He understands the important part that training plays in becoming a well-rounded athlete. Henry has been a captain for the lacrosse and football team because of his tremendous leadership ability. He leads by example—he is consistently one of the hardest working people and does the little things right. His attention to detail and effort will carry him far in life. He is committed to play lacrosse at the next level, and I have no doubt that he will be successful. It is my honor to nominate Henry Hondroulis as an NSCA All-American. ~Jesse Padgett

BIG WALNUT HIGH SCHOOL

CLARA BOWSER

Head Strength and Fitness Coach

Senior

Clara is an outstanding Volleyball and Lacrosse athlete. She works exceptionally hard in the weightroom. She Power Cleans 115, Squats 200 and Benches 105. ~Anthony Glass

CAPE HENRY COLLEGIATE

MADELEINE KEOGH

Senior

Madeleine Keogh is a three sport varsity athlete, excelling in field hockey, basketball, and lacrosse. With a demanding schedule she earned her reputation as a member of The Breakfast Club, our before school workout group. Even through the ups and downs of sport seasons she never wavered with her approach. On the field, Maddy was a senior captain on all of her teams and led with passion. ~Phil Reichhoff

CAPE HENRY COLLEGIATE

JACK JENKINS

Senior

Jack Jenkins is a mainstay in our strength and conditioning program year round, for multiple years. As a sophomore Jack had a serious lower body injury that forced him to take a step back and dedicate himself to his rehabilitation. He did not let his injury derail his consistency. Often working out before school, Jack inspires his teammates and has earned all of his progress. To date, he has a bench press of 190, front squat of 285, and a trap bar deadlift of 400. ~Phil Reichhoff

HIGH SCHOOL — LACROSSE

EASTCHESTER HIGH SCHOOL

EMMA KELLY

Attack

Senior

Emma Kelly has been a force on our Varsity Lacrosse team for the last 3 years. Her overall stats include G-154, A-65, P-219, GB-19, DC-99, CTO-16. Emma has been awarded all league and all section honors and is anticipated to have an all section/all state year during this upcoming 2024 season. Emma has been our most dedicated female athlete in the strength and conditioning program here at Eastchester over the last 4 years. While suffering a knee injury during the 2023 injury Emma has been relentless with her rehab and post rehab training- making a full recovery and return to play. Emma during her sophomore year (before injury) was a top performer in our combine - coming in first place in the pro agility and top 3 in other events. Emma will be continuing her student athlete career at the division 1 level, attending Monmouth University this fall where she earned a full athletic scholarship to play.

~Shane O'Connor

HANDLEY LACROSSE

ADDISON SHARP

Midfield, Attack, and Defense

Junior

Addi has been relentless in the weight room, on the field, and in the class room. She's the president of the Leo Club, in the National Honor Society, and taking college courses as a junior in high school. Not only does she strive to be her best, but she is always encouraging those around her. Lacrosse in our area is a growing sport, and Addi invested by not only playing and performing at a high level; but also, by helping teach the next generation. When not working out, practicing, or studying she is out helping young girls learn the sport so that they can be encouraged as well. I could not be prouder of Addi. She has earned this recognition in so many ways. Her desire to better herself and those around her will allow her to achieve anything she puts her mind to.

~Christopher Armel

SYOSSET HIGH SCHOOL

LEAH KAUFER

Midfield/Draw

Senior

Throughout her 4 years of high school, Leah has pushed herself to become great both on and off the field. In the weight room, her motivation comes from how competitive she is and her desire to best her own lifting records. Leah has seen the value in off-season training, which has helped her to become a better leader during training sessions through her actions.

~Christopher Gagstetter