

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — CHEERLEADING

DACULA HIGH SCHOOL MYA MILLER

Flyer / Base

Junior

Mya is an incredible athlete. She works incredibly hard every single day and is not afraid to get under some heavy weight. As a cheerleader, she has won the Summit Championship and NCA Championship. She has won the "Best-All-Around Athlete" for the previous 3 years, been athlete of the month, and the All-Region team for 2023. She plans to attend a four year college in Florida. Her current best lifts are a 205lb Back Squat, 105lb Bench, and a 195lb Hex-bar Deadlift. ~James Romaniw

GREER HIGH SCHOOL ELLA-CAROLINE PANOZZO

Junior

Ella is an outstanding young woman and hard working student-athlete that has seen her strength and power all increase because of her commitment to our program. She is a hard worker on the mat and the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect. "Matt Landreth

RAYTOWN SOUTH HIGH SCHOOL SKYLAR WATTS

Sophomore

Skylar, is a standout cheerleader. She also excels in the classroom. Skylar has a great work ethic in the weight room and upholds the standard for those around her. Skylar is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Skylar! ~Monte Yancey