

## NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

### **HIGH SCHOOL — SWIMMING**

### CREIGHTON PREP DRAY BEBER

#### Senior

Dray utilized Strength & Conditioning to elevate his performance and ability in competition. He was able to accomplish success at the state Swimming & Diving Meet by winning the 200 IM (All-American consideration time of 1:51.03), placing 2nd in the 100 Breast (All-American consideration time of 55.58) and being a member of 2 winning relays that both achieved automatic All-America times. ~Trenton Clausen

### LUDINGTON HIGH SCHOOL TREY KESON

### All Sprints and Sprint Relays Senior

Trey has been a great role model for all Oriole student athletes over the last 4 years. This man shows up! A three sport athlete that has embraced the process. He is the definition of KAIZEN. The process of constant improvement. He is a come with me kind of person who makes sure other Orioles find their way to the wt. room willing to pick them up and bring them to our 630 am Breakfast Club workouts. He has gracefully managed his own fitness as a 3 sport athlete seeing success at the State Level. His lead by example leadership will be missed. ~Richard Kirby

### NEW TRIER HS AIDAN MUSICK

#### **Multiple events**

#### Senior

Aiden is a constant presence in the weight room. He looks like he could be a defensive end on the football team, but his competitive outlet is the pool. Aiden is a 3-time All-Conference selection, a 10-time Conference Champion in individual and relay events, and holds Conference Records in the 100 Fly and 500 Free, and holds School Records in 100 Butterfly and 200 Free relay for one of the most historic swimming programs in the

Nation. This high character athlete also received the CSL Sportsmanship Award. Aidan has made noise on the State and National level as well. He is a 3-time All-State honoree and was the 2023 State Champion in the 100 Fly. He is a NISCA Academic All-American and his times have earned him 14 time NISCA All-American, while his leadership helped his team to back-to-back State Runner-Up finishes. Even with such an accomplished career, Aiden's work ethic and high character makes coaches believe that his best swimming is still to come! ~Jim Davis

### RAYTOWN SOUTH HIGH SCHOOL DAYRA AGUILAR-FELIX

#### Junior

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

# RAYTOWN SOUTH HIGH SCHOOL ROME RICHARDSON-QUARN

#### Senior

Rome, is a standout in two varsity sports, swimming and baseball. He also excels in the classroom. Rome has a great work ethic in the weight room and upholds the standard for those around him. Rome is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Rome!

~Monte Yancey