

HIGH SCHOOL — MULTI-SPORT ATHLETES

ARMIJO HIGH SCHOOL

CHASE LEWIS

Baseball, Soccer

Shortstop, catcher, outfielder (baseball)/ defense and mid-fielder (soccer)

Junior

Extremely hard working young man, dedicated to bettering his physique, sports performance, and talents on and off the field of play. A bright student as well that truly embodies the term Student-athlete.

~Javan Williams

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY

ELLA FEEHAN

Multisport

800m, distance relays, 55m high hurdles/ 2nd Basemen Senior

Ella made it a point to put more time in the weightroom to help her improve in her sports starting this past summer. Ella was one of the most consistent lifters we had this year, along with former winners of this award! She was extremely dedicated, committed, and focused on her training in the weightroom. It has been a pleasure watching her gain confidence in the weightroom and watch it carry over into her sports. She improved greatly in the weightroom and in her respective sports. Ella did such a great job in the weightroom she even ended up joining our powerlifting club and doing great in that as well. I'm very proud of the amazing progress Ella has made her senior year! Your dedication did not go unnoticed, and it shows everyday. ~Vincent Mahoney

BENNINGTON HIGH SCHOOL

TYSEN FLEISCHMAN

Football, Track & Field, Weightlifting

Defensive End, 110 Hurdles, 300 Hurdles, Long Jump, Triple Jump

Junior

Through a consistent level of work and dedication, Tysen Fleischman has become a leader in the weight room this winter for the Bennington Badgers. In the Fall, Tysen took a big step forward and elevated his play at defensive end while helping the Badgers win their 3rd straight state championship. Building off of that performance level in the fall, Tysen has been preparing for his junior track & field season - with his coaches highly excited to see what new levels of competition he and the rest of the team can achieve after a highly energetic winter of training.

~Brandon Mimick

BENNINGTON HIGH SCHOOL

RAYNA APLEY

Track & Field, Volleyball, Weightlifting

Middle Hitter, Long Jump, High Jump

Junior

Whether it is on the court, the track, or in the weight room, Rayna's determination and work ethic help Bennington Badgers' athletics achieve new levels of success. In three years, Rayna's work in the weight room has helped her develop strength, power, and confidence, not only observed by her coaches but demonstrated through action when she established the new clean record in her weight class at Bennington High School. As a sophomore, Rayna competed highly at the Nebraska State Meet for Track & Field - respectively finishing 8th in the long jump and 10th in the high jump. However, with an additional year of training under her belt, Rayna looks to build off her prior success and continue to help the Badgers achieve new levels of success, as a team!

~Brandon Mimick

HIGH SCHOOL — MULTI-SPORT ATHLETES

BENNINGTON HIGH SCHOOL

JACK JANSEN

Football, Weightlifting, Wrestling

Defensive End

Junior

This past season, Jack Jansen was a dominant force at defensive end for the Bennington Badgers. Through his consistent play, Jack played an integral role in helping lead the Badgers to their third-straight Nebraska state championship. Additionally, Jack was named Class B First Team by the Omaha World Herald, Lincoln Journal Star, GI Independent, and Huskerland Prep. Jack's determination and work ethic extend outside of football and help him to be a leader within the wrestling program, as well as in the weight room at Bennington High School.

~Brandon Mimick

BERRIEN SPRINGS HIGH SCHOOL

TIVIDAR TASI

Football, Track & Field, Wrestling

Offensive tackle, thrower

Senior

Tivadar Tasi has been a dedicated student and athlete at Berrien Springs High School for the past 4 years. He overcame an ACL tear, reconstruction and rehab sustained at the beginning of his junior year to become one of the strongest athletes at Berrien Springs. As an athlete, Tivadar was a team captain in both football and wrestling, was a member of our state champion track and field team and was All Conference as an Offensive Lineman. As a student, he had a 3.71 GPA, was on the honor roll for 4 years and was Academic All State for football. Tivadar worked extremely hard after his ACL reconstruction and had a 550# squat, 615# deadlift, 335# bench press and 305# power clean. Despite having many offers to play football at the DI, DII and DIII levels, Tivadar will continue his academic career at Andrews University and will be studying Exercise Science. It has been a pleasure to work with such a dedicated student athlete

and see him succeed after such a devastating injury.

~Bob Taylor

BISHOP LYNCH HIGH SCHOOL

FAITH PETERSON

Powerlifting, Softball

Outfielder/Infielder

Junior

Faith Peterson is a team captain for the Varsity Softball team and a competitive member of the Varsity Powerlifting team at Bishop Lynch High School in Dallas, TX. Miss Peterson's Varsity Softball team captaincy as a junior and 2x TAPPS Second Team All-State honors are the products of her peerless work ethic, prodigious leadership, positive presence, and persistence in strength and conditioning. If we can get nine Faith Petersons, we will win the state championship every year. Faith Peterson is one of the greatest athletes I have ever had the joy, honor, and privilege to coach. Faith Peterson is most deserving of All-American recognition from the National Strength and Conditioning Association.

~Phil Tran

DOWNINGTOWN WEST HIGH SCHOOL

DEAN HANGEY

Football, Lacrosse

Wide Receiver, Strong Safety, Short-Stick Defensive Middle

Senior

One of the most physical skill players in the state, his power and explosiveness on the field and in the weight room made him a role model to his fellow athletes at Downingtown West. His work ethic showed his senior season with nearly 800 receiving yards and 9 TD catches of which 5 came during the 6A playoffs helping to march the team to the District 1 Final. Dean had an impressive 230 lbs. max Power Clean, 315 lbs. Squat and could single-leg squat 225 lbs. for 3-4 reps and looks to improve while at Sacred Heart University. ~Dylan Ferron

HIGH SCHOOL — MULTI-SPORT ATHLETES

GALENA PARK HIGH SCHOOL

ABIGAIL ESQUEDA

**Cross Country, Soccer, Track & Field, Volleyball
Long Distance, Defense, DS**

Junior

Abigail is a unique athlete who applies the importance of strength and conditioning in all the sports she competes in. She is the top long-distance runner in the district for cross country and track and is a starter on the varsity soccer and volleyball teams. Abigail demonstrates remarkable talents and passion for all sports she competes in. In addition, Abigail is a dedicated AP and Dual Credit student who is currently the salutatorian of her class with a 4.6 GPA. Abigail is also a member of the National Honor Society, National Technical Honor Society, and Mu Alpha Theta Math Honor Society. Abigail is a strong-hearted and brilliant young lady who is always finding ways to become the best version of herself. Holding herself to high standards, she is always looking to challenge herself and welcomes constructive feedback from her teachers, coaches, and peers. Abigail is truly a prime example of a phenomenal student-athlete.

~Alejandra Cruz

GAYVILLE-VOLIN RAIDERS

TAYLOR HOXENG

Other

Volleyball - Basketball - Track - Rodeo

Sophomore

Taylor is a multisport athlete competing in everything from volleyball and basketball on the court to track & field and rodeo outdoors. In Volleyball, Taylor had 667 digs for the season and averaged 19 digs a games and the most digs in a game with 63. She set the record for most digs in a season and made All-Conference team. In Basketball, averaged 19 ppg, 5 rebounds per game, 2 assists per game and had 3 steals per game. She also my All-Conference team for basketball as well. In the rodeo arena, she is a multievent winner in barrel racing. pole bending, breakaway, and team roping. She was a State

Qualifier in Pole Bending, Breakaway, and Team Roping. Taylor is a Jr. National Qualifier. Taylor is also a sprinter and jumper on the Track Team making it to the State Track Meet last spring. ~Mark Roozen

GAYVILLE-VOLIN RAIDERS

SPENCER KARSTENS

Other

Spencer was Quarterback on the football team, Guard on the basektball team, does weight events in track & field and is a pitcher on the baseball team.

Junior

A 4-Sport Athlete, Spencer is a leader both on the field and courts as well as in the weight room. In the off-season, Spencer was able to improve with lifts of 235 lbs on the bench, and 285 lbs in the squat while lowering his 40 time to 4.85, his pro-agility run to 4.61, and increasing his vertical to 29 inches. In Football Spencer threw for 1385 yds and 13 TDs while rushing for 796 yds for 9 TDs. On Defense, he had 79 tackles, 4 sacks, and 1 interception - all while leading his team to 2 round deep into the playoffs, in which one game he broke the school record for completions of 24 and yardage for 327 yds in a single game. In basketball this season Spencer averaged 21 mpg, 7 rebounds, 4 assists, and 2 steals per game while helping the team make it to regional play for the first time in school history. Spencer also is on the Track team and throws with a toss of 122 feet in the discus as a sophomore. In the summer he pitches for the baseball team, while having a .583 batting average. ~Mark Roozen

HIGH SCHOOL — MULTI-SPORT ATHLETES

GREER HIGH SCHOOL

AIDEN JONES

Football, Powerlifting

DL

Sophomore

Aiden 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 field and in the weight room. He is an excellent student-athlete and always pushes himself to get better in every aspect.

~Matt Landreth

Greer High School

Blake Taylor

Football, Wrestling

Center, 215

Junior

Blake 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 field, mat and in the weight room. He is an excellent athlete and always pushes himself to get better in every aspect. ~Matt Landreth

HAMILTON HEIGHTS HIGH SCHOOL

CARSON FETTIG

Football, Wrestling

Football-Running Back, Lineback; Wrestling Team

Captain

Senior

Wicked smart- honored as Academic All State in both football and wrestling, Academic All American in Wrestling. Outstanding competitor- 1A and 2A State Champion and IHSAA Individual State Qualifier in Wrestling; member of the Region All-Star Football Team. Numerous community/school activities focused on helping others. Interns at premier sports physical therapy center. Savage with strength and conditioning activities, but truly leads quietly with confidence.

Unafraid to stop and help another athlete with technique to assure proper form for maximum benefit and reduction of the chance of injury. Carson is all of this and more; he rebuilt his body following a potential career ending injury with drive and dedication rivaled by few. He is a warrior leader making those around him safer and stronger. ~Jan Clifton-Gaw

HAMILTON HEIGHTS HIGH SCHOOL

KASSIDY SCHAKEL

Basketball, Other, Softball

BB-5; SB-Left Field; Uni FB- defense/helper

Senior

KS has a no-nonsense, get to it attitude that is infectious on the field and most certainly during strength and conditioning activities. She makes others better through her example, vocal motivation, and intensity. She is not afraid to do the essential but overlooked tasks that make everyone's experience better. Her dedication to improving her own strength, power and conditioning allowed her to succeed as an undersized center/post at the highest levels of Indiana basketball, her commitment to defense is unrivaled. ~Jan Clifton-Gaw

HANDLEY BASKETBALL

BRENDAN CAMPBELL

Basketball, Track & Field

SF, PF, & Hurdler

Junior

I haven't seen many athletes come in as competitive and hungry as Brendan has each and every day. Those attributes show not only as an athlete, but as a student, and in his character. Brendan volunteers through the Arlington Diocese Workcamp to rebuild homes for needy families in Virginia, as well as help with a myriad of clubs in his school and church. We have watched Brendan achieve athletic feats in our weight room we haven't seen before, and we can't wait to watch him do the same in life. We are proud of Brendan and he has earned this award. ~Christopher Armel

HIGH SCHOOL — MULTI-SPORT ATHLETES

HENDRICKSON HIGH SCHOOL

JACOB DONNELLY

Football, Powerlifting, Wrestling

**Football-Outside Linebacker/ Wrestling- Varsity 165/
Powerlifting- Varsity 165**

Senior

Coming into his senior year, Jacob was projected to be a defensive starter. During fall camp, Jacob tore his ACL. In three months Jacob recovered to be fully cleared to participate in wrestling. Jacob won the district championship at the 165lb class as well as became a 4x Regional Qualifier for wrestling. Jacob has also competed in powerlifting and baseball in his four years at Hendrickson. Jacob is an absolute workaholic in the weight room always striving to push himself, and his teammates and inspire those around him to be better than they thought they could be. ~Peter Noonan

HOLY TRINITY EPISCOPAL ACADEMY

BROGAN MCNABB

Football, Soccer

Quarterback, Striker

Sophomore

3 year varsity starter, 2 year captain. 2,462 total yards, with 30 total touchdowns. Passing stats: 1,620 yards with 17 touchdowns and 3 interceptions. Rushing stats: 842 yards with 13 touchdowns. 4.61 40 yard dash, 285 bench press, 405 back squat, 3.7 GPA. ~Vincent Martins

HOLY TRINITY EPISCOPAL ACADEMY

ALINAH SARRATT

Basketball, Track & Field

Shooting Guard, Sprinter/Hurdler

Senior

Varsity since 7th grade, 1,000 career point scorer, Career stats: 1,031 points, 367 rebounds, 140 assists, 189 steal, and 30 blocks. 8th in the state in the 400 meter, 15.05 100m hurdles, and career best 58.86 in the 400 meter. ~Vincent Martins

JAMES WOOD VOLLEYBALL

KENNEDY SPAID

Beach Volleyball, Volleyball

Outside Hitter

Sophomore

Two words that come to mind when I watch Kennedy play volleyball are fierce, and joy. Not only can she lay the hammer down with a big spike, she is always smiling. You can clearly see the joy that she gets when she plays. As a sophomore she is already achieved so much. She has won at beach tournaments across the country, is a two-time state champion in the state of Virginia, as well as the 2023 Virginia Volleyball Player of the Year. Along with all those accomplishments Kennedy has also proven herself to be a leader. She is always encouraging those around her, and often gets more excited when her teammates make a good play than when she does herself. It's been an honor and a privilege to be her strength coach for the past two years.

~Christopher Armel

KAMEHAMEHA SCHOOLS - KAPALAMA

MARLEY ESPIAU

Soccer, Softball

Centerfield (Softball), Forward (Soccer)

Senior

Marley Espiau, a standout athlete in both soccer and softball, brings boundless energy and passion to the game. Last year, Marley showcased her skills with a .375 batting average with 5 home runs in softball while also scoring 5 goals in soccer this year. Marley is the type of athlete every coach dreams to have on their team. You can always count on her to give her absolute best in everything she does and demonstrates meticulous attention to detail in her craft. Marley sets a high standard for herself and her teammates each day. With Marley in centerfield it's a "no fly zone," as they say, 70% of the Earth is covered by water, the other 30% is covered by Marley Espiau. ~Skyler Yamamoto

HIGH SCHOOL — MULTI-SPORT ATHLETES

LAKE CENTRAL H.S.

JEFFREY LUCAS

**Football, Track & Field
Linebacker; Shot Put**

Senior

Jeffrey is a young man who is always up for a challenge. He has a great attitude and desire to be good at whatever he undertakes. He is always willing to help out when asked and has been a positive influence in the weight room. ~Thomas Halterman

MANATEE HIGH SCHOOL

DAMONTEZ MCDOWELL

**Football, Track & Field, Weightlifting, Wrestling
Football- Linebacker, Weightlifting -219 class, Track-
Javelin and and Discus, Wrestling- 215 class**

Senior

2023 Weightlifting County and District Champion, 2023 and 2024 Wrestling County and District Champion, State Qualifier for Wrestling and Weightlifting, committed to play college football at Stetson University.

Tez is a true competitor, challenging himself to compete year round in multiple sports at the top level for high school athletes. A great student and a natural leader

~Richard Lansky

MANATEE HIGH SCHOOL

TY'REEK ROBINSON

**Football, Track & Field, Weightlifting
Football - Defensive Tackle, Noseguard, Track and Field
- Shotput, Weightlifting- Unlimited Class**

Senior

County and District Champion- Shotput, County and District Medalist- Weightlifting, Football All Area Defensive Team, Selected to play in Florida North- South Football All-Star Game, Committed to play at UCF next year, 4.4 GPA

'Reek is a true student athlete, earning top grades in the classroom while dominating on the football field, in the

throwing ring and on the weightlifting platform. Highly coachable, a natural leader and a true competitor. ~Richard Lansky

MANATEE HIGH SCHOOL

MIA WHITE

**Track & Field, Weightlifting, Wrestling
Weightlifting -199 class, Wrestling, Shotput**

Senior

Mia is a two time state qualifier for weightlifting, with last and/ or current district championships, regional medalist and county championships. She is current county champion for wrestling and a district medalist and regional qualifier. She also competes in the throws events for track. An excellent student, she will be attending FSU next year. ~Richard Lansky

MANDAN HIGH SCHOOL

GABRIELE FROHLICH

Other, Soccer, Volleyball

Sophomore

Gabby is a sophomore at Mandan High where she competes in volleyball and soccer. At the Shanley weightlifting competition, she took 3rd in her weight class for pound for pound and overall weight lifted. Frohlich has a max bench of 120, squat of 190, and a 130 clean. Congrats Gabby! ~Zach Morast

MANDAN HIGH SCHOOL

TUKKER HORNER

Baseball, Football, Ice Hockey, Other

Senior

Tukker is a senior at Mandan High where he competes in football, hockey, and baseball. He was awarded rookie of the year in baseball, lifter of the month, and the Brave Award which is given to an athlete which most exemplifies what it means to be a brave on and off the field. Horner has a 230 max bench, 340 squat, and 225 power clean. Congrats Tukker! ~Zach Morast

HIGH SCHOOL — MULTI-SPORT ATHLETES

MENNO HIGH SCHOOL

NORA ROBB

Multisport

Junior

Nora is a true multisport athlete, taking part in volleyball, basketball, softball, cross country, & track and field. The 5'7" standout has used the summer off-season to help make her one of the top athletes in the area.

~Mark Roozen

MERCER COUNTY SENIOR HIGH SCHOOL

MALACHI DAVIS

Football, Powerlifting, Track & Field

Senior

Malachi Davis has left an indelible mark on Mercer County Senior High School through his achievements in Football, Track, and Powerlifting. As a team captain of the Football team, Davis played a pivotal role in securing the school's first District Championship since 2015, achieving its first season with 10 wins since 2006. On the track, he was a part of the team's back-to-back state championships. In the weight room, Davis made his largest impact. His strength was unparalleled for his 165 lb. weight class, boasting 550 lbs. Back Squat, 315 lbs. Bench Press, and 520 lbs. Deadlift. His extraordinary hard work led him to a 1st place at the 2023 Kentucky High School State Push/Pull competition and earned him the title of Best Overall Lifter at the 2022 Kentucky Powerlifting Invitational. What will cement Malachi's legacy as one of Mercer County Senior High School's most accomplished strength student-athletes is not limited to his numbers, but also includes his work ethic and caring personality. Not only would he outwork his teammates, he had a way of turning around and pushing them to become more than they imagined for themselves. He was the heartbeat of the school's weight program for his four years at Mercer County Senior High School. Congratulations Malachi! ~Jeremy Carlson

MIDDLETOWN NORTH HIGH SCHOOL

COLIN JACQUES

Football, Other

WR

Senior

Colin's steadfast commitment and work ethic throughout his high school career have set him apart as a paragon of strength and conditioning excellence. His dedication extends beyond his own training; he is the backbone of support for his coaches and teammates, always ready to lend a hand or share a word of encouragement. Colin's strength isn't just physical—his character is marked by relentless effort, tireless work, and an innate ability to uplift and mentor the next generation of athletes. By making the weight room his second home, showing up early, and staying late, Colin doesn't just lead by example; he is the example. His presence is a constant reminder of what it means to be a dedicated, supportive, and exceptionally strong athlete. Colin embodies the spirit of a true leader in the realm of strength and conditioning, making him an outstanding candidate for any accolade that recognizes his exceptional contribution and impact. ~Marc Rosamilia

HIGH SCHOOL — MULTI-SPORT ATHLETES

NEW TRIER HS LILLY COTTINGHAM

Olympic Weightlifting, Powerlifting Senior

Lilly's dedication to strength and conditioning is hard to match. She began her athletic career as a coxswain for the rowing team, which initially led her to the weightroom. Once there, she found her home. She has taken 1st place in every meet she has competed in: 1st place, NASA Powerlifting Nationals; 1st place, IHSPLA State Championship; 1st place, Sakoulas Summer Open; 1st place, Mid American Weightlifting Championship; and 1st place, Chicago Open. She is a Captain of the New Trier powerlifting team and one of her best moments came at the 2023 NASA HS Nationals meet – an injured wrist kept her from competing, but she flew with the team to Oklahoma City anyway and proved to be an invaluable part of the team's 1st place finish while leading, supporting teammates, and cheering all the way through. Her best lifting (and leadership) is still to come!
~Jim Davis

NEW TRIER HS LIAM FITZGERALD

Football, Powerlifting, Track & Field Defensive Line, Throws, M308 Division Senior

Liam has excelled in multiple sports and his dedication to development through strength is elite. He was a 2-time All-Conference football player, a 2-time Academic All-Conference honoree, and 2-time Defensive Lineman of the Year. His is slotted to be the lead competitor in his division for New Trier's Powerlifting team. And as a senior, he decided to try Track & Field... in his first few weeks, his shot put numbers already have him ranked top 30 out of 1,431 competitors across the state. His 455 squat, 315 bench, and 275 hang clean are increasing quickly. His best is still to come. A diligent student as well, Liam will continue his football career in the Ivy League at Brown University. ~Jim Davis

NEW TRIER HS DYLAN JEPPE

Football, Powerlifting, Rugby Senior

Dylan has been a leader in the weightroom, on the field, and around campus since he first arrived at New Trier. His dedication to his teammates is matched only by his enthusiasm and work ethic. He has played rugby, wrestled, and run track. He has competed in Powerlifting 5 times, took 1st place in his Division at NASA HS Nationals, and elected as a team Captain for the spring. This past football season his hard work was on display. A role player as a junior, Dylan re-committed himself to the weightroom and the track. He became one of the strongest, most resilient players on the field. Senior year, Dylan was named team Captain, led the team in tackles (103), named All-Conference, and received the team's 'Defensive Player of the Year' and 'Most Inspirational' awards. He is also a committed student with a 4.58 GPA, 34 ACT, and will continue his football career at Macalester College. ~Jim Davis

NEW TRIER HS BRIANNA WYLIE

Olympic Weightlifting, Powerlifting Senior

Brianna is the epitome of work ethic. She is a Captain for the New Trier powerlifting team and is a leader in every way – especially by example. She found powerlifting while training for a soccer season and never turned back. Notable competition finishes in powerlifting and Olympic weightlifting include 1st place, Westtown Throwdown (and Female Lifter of the Meet); 2nd place, IHSPLA Regionals; 4th place, IHSPLA State Championship; 2nd place, NASA HS Nationals; 1st Place, USAW Mid-American Championships, 1st Place, USAW Chicago Open. Current PRs include a 315 Squat, 170 Bench Press, and 370 Deadlift – on pace to set both IHSPLA State and NASA National records for one of the most competitive divisions. ~Jim Davis

HIGH SCHOOL — MULTI-SPORT ATHLETES

PLATTEVIEW HIGH SCHOOL

REED PATERA

Football, Wrestling

Running Back, Linebacker, 144 lb. Wrestler

Senior

Reed is the epitome of what hard work and dedication look like. Reed is a 3-time state qualifier who has compiled 132 career wins with 86 career pins. Reed holds the school record for most technical falls in a season and in a career. Reed volunteers his time helping coach the youth involved in the Trojan Youth Wrestling program at Platteview and is a perfect example of the success you can have when you commit to the hard work.

~Nick Crouse

PLATTEVIEW HIGH SCHOOL

KATE ROSELAND

Track & Field, Volleyball

Middle Hitter, High Jump

Senior

2-time reigning Conference Champion and 1 time State Qualifier in High Jump while being a member of the District Runner-Up Girls Track & Field program. Has participated in and been enrolled in our Strength & Conditioning program every semester and summer since her 8th grade year. Honorable Mention All-State and 1st Team All-Conference in Volleyball. Kate is one of the most improved athletes from their freshman year to senior year we have had at Platteview. Her commitment to consistently improving while pushing her teammates has been instrumental to her personal improvement along with the improvement of our Track & Field and Volleyball programs. ~Nick Crouse

PLATTEVIEW HIGH SCHOOL

GRIFFIN SAUNDERS

Baseball, Football

Center, 1st Base, Pitcher

Senior

Griffin is a silent leader on and off of the field that is willing to do whatever he could to help his teams be as successful as possible. He was All-District in Football after not being a starter on the Junior Varsity team as a Sophomore. Griffin enrolled at Platteview in the summer of 2021 and has had a 95% attendance record during the summers of 2021, 2022 and 2023 each and has been enrolled in our Strength & Conditioning classes every semester he has been at Platteview. ~Nick Crouse

PLATTEVIEW HIGH SCHOOL

HANNAH TAGEL

Basketball, Track & Field, Volleyball

Libero, Guard, 400/800 Runner

Senior

Hannah is one of the best all-around athletes we have had at Platteview High School. Hannah has served as a multi-year captain and consistently holds herself and her teammates accountable in order to reach their goals. Hannah has led her teams to qualify for the state tournament in Volleyball while also being a multiple time qualifier in State Track and has been a part of 3 District Final qualifying Basketball teams. Hannah is also outstanding in the classroom ranking in the top 5 of her class. ~Nick Crouse

ROCK CREEK HIGH SCHOOL

BROOKLYN PLUMMER

Other

Senior

Brooklyn exemplifies what our Strength Program stands for in all aspects of her life. ~Mark Oberkrom

HIGH SCHOOL — MULTI-SPORT ATHLETES

SOLON HIGH SCHOOL

HARLEY BARMEN

Baseball, Football

Safety, Punter, Receiver and Catcher

Senior

Harley is an All-American in the classroom, the community and on the field. He leads by example by showing up every day ready to go, he thrives under pressure and feeds on challenges. He is continually working on being 1% better everyday in the weight room and on the field. Not only does he commit countless hours lifting and practicing each week, but he is positively impacting the youth in the community by spending time teaching and coaching the elementary and middle school students as well. ~JD Dunn

ST. ALBANS SCHOOL

WESLEY SOLOMON

Other

DE/TE & Crew

Senior

Wesley is an example of an all-around athlete that uses his performance training to be successful in all sports he participates in. His work ethic, effort and consistency has led him to many athletic accomplishments here at St. Albans School; receiving All-Conference honors in football being named All-IAC, along with being All-Met this past year in Crew. He is the top 2k erg scorer in the program currently and sits in the top 5 in the program's history. Wesley is a tremendous leader, being team captain of both programs that he participates in, but he is also a leader walking the halls of our institution each day. Wes is our senior class Head Prefect, which comes with many responsibilities during and outside of the typical school hours. Wesley is the standard to what it means to be a student-athlete at St. Albans School and has made a everlasting impact on our strength and conditioning program. ~Christopher Tarullo

TRINITY CHRISTIAN SCHOOL

JENNA BARNETT

Basketball, Cross Country

Senior

Jenna is a long term trainee who has seen the benefits of committing to strength and conditioning her entire career, finishing cross country as top 10 in the state. ~Jerry Handley

WINDSOR HIGH SCHOOL

NICK BAER

Football, Tennis, Wrestling

Senior

The most impressive attribute that Nick brought to training was his attitude. He made the most of every training session, and his infectious positivity and work ethic improved the quality of training of his training partners and teammates. Nick's effort and commitment to his training helped him develop into an integral varsity football player and state-caliber wrestler. While a season-ending arm injury kept him from competing in the State tournament, it didn't keep him from training. Just days after surgery, Nick's relentless positivity and can-do attitude were on full display as he performed one-arm hangs, all lower-body training, and other single-arm exercises. Most student-athletes would use this injury as an excuse not to train and give up. But not Nick. It was this attitude and determination that set him apart. It's been a true joy to have been Nick's Strength & Conditioning Coach these past four years, and I'm honored to nominate him as an NSCA All-American.

~Ty Van Valkenburg

HIGH SCHOOL — MULTI-SPORT ATHLETES

WINDSOR HIGH SCHOOL

TONY NAJJAR

Tennis, Wrestling

Senior

If every student-athlete at Windsor possessed the same intelligence, perseverance, and commitment as Tony Najjar, every sports team at Windsor would be in contention for the State Championship each year. Tony entered high school, having played no sports, and left it as a multiple-sport athlete. His transformation from Freshman to Senior year was not without struggle, but no obstacle was too big for “Big Tony.” Tony’s will and determination led him to accomplish more in his Strength & Conditioning than many of his more athletically gifted peers, regularly surprising his Wrestling coach with how strong his deadlift had become. Tony’s love for training will be truly missed in the Windsor Weight Room. I’m proud to nominate Tony Najjar as an NSCA All-American. ~Ty Van Valkenburg

WINDSOR HIGH SCHOOL

AJ PATRICK

Basketball, Football, Track & Field

Senior

AJ is among the most physically impressive high school student-athletes I’ve ever worked with. I’ve seen many student-athletes with above-average natural ability rely on their genetics alone and become complacent in training, leaving heaps of untapped potential on the table. This was not the case with AJ. He never stopped pushing the envelope in his training and stayed hungry for improvement from the start of his Freshman year to the finish of his Senior year. This is what stands out the most about AJ: his unending desire for more. The combination of his genetics and work ethic resulted in him earning post-season accolades in Basketball, Football, and Track. He also has cemented his legacy in the Windsor Weight Room as he is the only student-athlete to earn their Elite Athlete Classification three years in a row and currently holds three Strength &

Conditioning All-School records, including a 38.8” Vertical Jump, a 10’1” Standing Long Jump, and a 295 pound Clean. He also holds 11 boy’s basketball, six football, and four track and field records. AJ has undoubtedly left his mark on the culture of Windsor Strength & Conditioning. He will be truly missed, and I’m honored to nominate AJ as an NSCA All-American.

~Ty Van Valkenburg

WINDSOR HIGH SCHOOL

DELANEY RAPP

Track & Field, Wrestling

Senior

Intelligent and determined, Delaney Rapp refused to let any obstacle stand in between her and her goals in training. She routinely went above and beyond when addressing weaknesses, often putting in extra work during lunch and after school. She earned her Elite Athlete Classification at Windsor High School through sheer will. Her consistency and commitment to Strength & Conditioning not only helped her become a state-caliber wrestler and an integral part of the Track & Field team but also put her in the position to continue her wrestling career at the college level. Her passion for training and her coachability will be truly missed in the Windsor High School Weight Room. I’m pleased to nominate Delaney Rapp as an NSCA All-American.

~Ty Van Valkenburg

HIGH SCHOOL — MULTI-SPORT ATHLETES

WINDSOR HIGH SCHOOL

BRENTON SHIRK

Basketball, Track & Field

Senior

Few students are more solid in training at Windsor High School than Brenton Shirk. Brenton never skipped reps in training and routinely brought a positive attitude to each and every training session. Even more, he remained consistent in training across each summer. His commitment to training helped him become one of the fastest, quickest, and most explosive athletes at Windsor, as he currently holds several Strength & Conditioning records, including a 6.64 second 3-Cone. Brenton's work ethic in training helped him develop into an impact player on his basketball team and track teams. His basketball coach described him as his strongest defender, and his track coaches routinely commented on the quality of his jumping technique. Windsor Strength & Conditioning is better because of Brenton Shirk, and he will be missed. I'm pleased to nominate him as an NSCA All-American. ~Ty Van Valkenburg

YANKTON HIGH SCHOOL

TUCKER GILMORE

Multisport

Tight End, Forward, Sprinter/Jumper

Senior

Tucker is a stand out; at 6'4" and 215 lbs, a 4.0 grade point average was a 3 sport stand out. In football, Tucker had 42 receptions for 748 yds, 5 TDs and 17.8 yds/rec. He was All-Conference, All-State, and Academic All-State and helped the team compete in the State Championship game. He was the starting forward on the basketball team. On the hardwood, he averaged 10 ppg, and 5 rebounds per game, took 16 defensive charges, and was Team Captain. In track Tucker was on the 4x200 Relay with a record time of 1:32:07. A leader in the weight room, Tucker had a bench press of 250 lb, squatted 315 with a 32-inch vertical. ~Mark Roozen