

## High School — Football, Track and Field

### Archbishop McNicholas

#### GRACE MCCAFFERTY

**Basketball, Lacrosse, Tennis**

**Center in basketball, Defense in lacrosse.**

**Senior**

I am the first ever full time Strength & Conditioning Coach at McNick HS. Before I began, the football and men's basketball teams used the weight room with their sport coaches, but our female sport teams and other male teams did not train with any regularity. Grace was a freshmen my first year, and she was immediately as committed to training as any athlete I had trained even at the college level. She had a drive to be great right from the beginning. Her attendance consistently ranked in the top 5 in the school among all girls, even while playing three sports. There were some sessions early on in the process, where she was one of only a hand full of girls in the weight room. This didn't bother her commitment at all. Grace is the weight room on display while she plays tennis, basketball and lacrosse. She embodies physicality and has not missed a single game or match her entire high school career, which speaks to her durability. She's been all league the past 2 years in basketball and tennis. Before switching to lacrosse, she was all league in softball as a freshmen and sophomore. She's done all of this while maintaining a 4.0 gpa. I am now in year 4 at a school with enrollment around 700 students, I now see well over 100 different girls in the weight room per week, and I owe a lot of that to athlete's like Grace who helped me build this program from scratch. Her commitment showed other girls that training is well worth the investment and having a busy schedule is not a good enough excuse to pass up the opportunity to get better.

~Pete Collopy

### Archbishop McNicholas

#### JOSH CHARRON

**Football, Ice Hockey, Lacrosse**

**Football - Defensive End, Defensemen - Lacrosse, Defensemen - Hockey**

**Junior**

Josh is not a person who was blessed with great size or talent. He makes up for it by playing with the highest motor I have ever seen on a field, regardless of the sport. With Josh, you are getting 100% effort on every single play in a game, practice, or in the weight room. When it comes to attitude, commitment, and work ethic, he is a coaches dream. He is one of the most reliable kids I have ever been around. In the weight room, even at his size, he is nothing short of outstanding. I prefer to track relative strength rather than absolute with our athletes and Josh is in the top five in relative strength in his grade for front squat and bench. We perform a lot of AMRAP sets rather than true 1RMs on a number of movements for safety measures. If you want to define as many reps as possible, watch Josh perform a set. He will leave nothing in the tank. There are times on a manual exercise or set until failure where I will stop him because of how hard he is pushing himself.

Josh doesn't get a lot of the recognition he deserves because he doesn't play a glorifying position in any of the 3 sports he participates in. At 5'9 180lbs., Josh has had to earn everything on the field of play. Our football coaches were hesitant to put him out there at defensive end his sophomore year because of his size, but his domination in practice left them with no choice but to play him. He didn't get his first start until week 5, and he ended up with the most sacks ever by a sophomore in school history. This past fall,

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Josh's junior season, he was voted All-League, All-City, and All-State in football. He has a very realistic opportunity to break the all time school sack record in football. Our school does not offer hockey, so Josh plays on a club team, but it is by far his best sport and he has ambitions of playing at the college level. Josh also unsurprisingly made the Dean's list again for the 2nd Academic Quarter. The NSCA will be proud to call Josh Charron an All-American.

~Pete Collopy

### Berrien Springs High School

#### CALVIN WHITE

#### Football, Track and Field

#### Football-RB/LB, Track-Sprints, Shot put

#### Senior

Calvin has been an integral part of our football and track programs over the past 4 years and one of our hardest workers in the weight room. He has been named All Conference and is one of the strongest players on our team. At only 5'7 and 190#, Calvin has both speed and power, running a 4.8 40, a 4.7 5-10-5, and has a 34 inch vertical. He has benched 225# for 12 reps, squatted 605# and trap bar deadlifts 525#. ~Robert Taylor

### Berrien Springs High School

#### JACOB CONSTABLE

#### Football, Track and Field

#### Football-OL/DL, Track-Shot Put/Discus

#### Senior

Jacob is one of those student athletes that you love to have and work with on a daily basis. He has progressed his athleticism the past four years, earning All Conference in football and All Conference and All Region in the shot put and discus, with hopes of qualifying for State this year.

As one of our hardest workers, his work in the weight room has earned him spot on Bethel University's track team to throw shot and discus.  
~Robert Taylor

### Berrien Springs High School

#### KATHRYN BERGAN

#### Basketball, Golf, Track and Field, Volleyball

#### Track-Throws, Volleyball-MB/OH, Basketball-FW

#### Senior

Kathryn entered her senior year as a high functioning multisport athlete, sometimes playing more than one sport in a season. Although she bench pressed 140#, squatted 340# and trap bar deadlifted 345#, her inner strength was her biggest asset, as she lost her father midway through her junior year. As a team leader on our volleyball team, her hard work led to a volleyball scholarship to Quincy University. ~Robert Taylor

### C. E. Ellison High School

#### PRINCE HALL

#### Basketball, Football

#### Football: Wide Receiver, Basketball:

#### Forward/Center

#### Senior

Prince Hall exemplifies the true spirit of a multi-sport athlete through his remarkable work ethic, resilience, and commitment to physical and mental development. Balancing the demands of both football and basketball, Prince consistently demonstrates elite strength, speed, and power, all cultivated through his unwavering dedication to strength and conditioning. As a highly sought wide receiver, he had over 800 yards last season at a rate of 13.7 yards per catch (versus the national average of 13.3 yards). His leadership in the weight room

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inspires his peers to push beyond their limits, and his athletic performance on the field and court reflects his relentless pursuit of excellence.

~Walter Prater

### **Carrollton School of the Sacred Heart**

#### **MARIA BRACAMONTES**

#### **Beach Volleyball, Volleyball**

#### **Junior**

Maria is currently a Junior at Carrollton where she has competed on the school Varsity Volleyball team and is currently competing on the Varsity Beach Volleyball team. She has shown tremendous determination to improve her strength and agility by attending extra morning and after school weight sessions over the past two years. In that time, she has drastically increased her barbell back squat from 75lb to 135lb, which has led to her increasing her vertical jump height and dominating at the net.

~Kira Butler

### **Charlotte Catholic High School.**

#### **AMANDA LEWIS**

#### **Volleyball, Weight Lifting Classes**

#### **Senior**

Amanda Lewis shows up with consistency and purpose, pushing herself while elevating the performance of those around her.

Her positivity is matched by her strength. She demonstrates that elite performance and a genuinely uplifting presence can go hand in hand.

Beyond what can be measured, Amanda naturally operates as a leader at all times. She encourages teammates, models proper technique, reinforces standards, and holds others accountable. She's the kind of athlete who helps establish and sustain the culture every coach hopes for. ~Michael Hazel

### **Charlotte Christian School**

#### **CAROLINE COLES**

#### **Basketball, Soccer, Track and Field**

#### **Basketball - Guard, Soccer - Midfielder, T&F - Thrower**

#### **Senior**

Caroline is the epitome that we want all of our athletes striving to be, taking care of the little details regarding her training and balance of life as a student-athlete on a daily basis. In an age where there is more single sport specialization earlier than ever, Caroline goes against the grain and sometimes is even competing in multiple sports at the same time. Inside the weight room, she is looked at as a leader, with high levels of performance to match with her high levels of intensity. We look forward to watching her compete at the next level in soccer for Gardner-Webb University next fall. ~Kyle Jacksic

### **Charlotte Christian School**

#### **KATHRYN TAYLOR**

#### **Cross Country, Lacrosse**

#### **Goalie**

#### **Senior**

Kathryn is one of the most detailed oriented athletes that we have ever come across. Her even mannered and respect almost showed us that the weight room would be just a box for her to check, but as soon as the sessions started to roll she showed she could hang with the best of the best. She would continue to surprise our staff with her natural abilities time and time again, and now as a senior she was considered a leader for both of her teams in the weight room, and we cannot think of anyone more deserving for this award than Kathryn.

~Kyle Jacksic

## High School — Football, Track and Field

### Charlotte Christian School

#### PIPER FAIR

**Basketball, Cross Country, Lacrosse  
Guard - Basketball, Defender - Lacrosse  
Senior**

Piper is every strength coach's dream--a born leader with the desire to accomplish more and be the best in every single detail of her life. It is a strong belief that Piper's weight room records will stand near the top of our all-time list for many years to come, all being accomplished by balancing multiple sports at the same time as being a sought after leader in our school community. Piper was able to do everything with ease when asked, while also bringing others alongside of her to show what they could also accomplish with dedication and tenacity. We are very excited to watch Piper go on to compete at Gardner Webb on the lacrosse field after earning this prestigious award. ~Kyle Jacksic

### Cheyenne Mountain

#### TANNER DAMGAARD

**Baseball, Ice Hockey  
Center, Pitcher  
Senior**

Tanner has exemplified hard work, leadership, and discipline throughout his athletic career. He has fully committed to the process of strength and conditioning. From this commitment, he has gained over 40lbs of lean body mass and has seen extensive improvement in all performance metrics pertaining to hockey. Most importantly, Tanner has matured and developed to hold the title of Captain for the Cheyenne Mountain Hated Tailed Hawks. He continues to be committed to developing his athletic abilities and plans to play hockey at the next level.

From Tanner:

“ I have really enjoyed the process of Strength and Conditioning and seeing myself become more disciplined on and off the ice.” ~Blake Brightwell

### Colorado Springs Christian Schools

#### ANDREW HACKER

**Soccer, Volleyball  
Senior**

Drew is a dedicated multi-sport athlete with a long record of commitment and excellence. He has played competitive soccer for 13 years, demonstrating consistency, discipline, and teamwork over more than a decade. Some of his recent strength and conditioning achievements include 14 chin ups, 275lb for 10 reps on deadlift, 425lb hip thrust for 8 reps, 300lb back squat for 3 reps, 80lb single arm dumbbell row for 10 reps, and a 28 inch vertical jump. In addition, he has competed in volleyball for the past three years, earning All-Conference honors his junior year in recognition of his performance and impact on the court. Beyond athletics, Drew is the Principal Tuba player in the band and has been selected to the CSU-Pueblo Honor Band for three consecutive years, reflecting both musical leadership and elite skill. He pairs these accomplishments with exceptional academics, maintaining a 4.6 GPA.

~Kelli Brightwell

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### Community School of Naples

#### JACE JACKSON

##### Football, Track and Field

##### OL/DL, Throws

##### Senior

Jace is the type of kid that good is never good enough. He is constantly in pursuit of bettering himself while mentoring everyone around him. He is often encouraging athletes across multiple disciplines in the weight room while training his hardest. He was a significant contributor to our Football team playing both offensive line and defensive line. Throwing wise, his is one of the best in the state throwing 55 ft in Shot Put, 153 ft in Discus, and 56.1 ft in Weight Throw. In the weight room he benches 335, back squats 525, and power cleans 310. ~Evan Gentry

### Cornerstone Christian Academy

#### JOSH SMUCKER

##### Baseball, Track and Field

##### 300 and 55 meter sprint, 1st base, and pitcher

##### Sophomore

Josh is one of those athletes that not only smiles at the sight of hard work, he makes others around him smile as they are working hard. He is a standout in the weight room, on the field, in the classroom, and has grown into one of the leaders of our school. We are so proud of him and we know it's only the beginning of him unlocking his untapped potential. ~Christopher Armel

### Dacula High School

#### ZOUMANA BAMBA

##### Football, Wrestling

##### Senior

Bamba tore his labrum in his shoulder the spring of his Junior year wrestling. He held off on surgery so that he could play his senior year of football and get some college looks. We had to heavily modify everything in the weight room to keep him strong and healthy. Safety Squat Bars, Swiss-grip Bars for pressing. Lots of fun things. But he held strong and came in on a mission and helped our team to a playoff-berth this year.

Bamba actually test his straight bar Back Squat right before his labral surgery and he hit an 80-lb PR. So we not only kept him strong but helped him get even stronger. But his grit and attitude is what ultimately allowed him to be successful.

He has had a successful labral surgery and is currently rehabbing himself back to 100% before he graduates and continues his playing career. Bamba is a Silver Member of the 1100 lb Club (Sqt, Bench, DL) and a Gold Member of the 1000 lb Club (Clean, Sqt, Bench). ~James Romaniw

### Edwardsville High School

#### ROMAN JANEK

##### Football, Wrestling

##### Football = DEFENSIVE LINE. Wrestling = 215lb

##### Senior

Roman Janek was a three time starter for Edwardsville high school. The school qualified for the playoffs three years in a row while he was a starter. He received all conference two years in a

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row as well as leaving Edwardsville high school as the third highest sack leader in school history he is getting recruited by many .

Roman Janek was a four-time starter for the Edwardsville wrestling team. He earned all conference three years in a row as well as place state in 2025 4th Pl. and in 2026 3rd Pl. he was named the most valuable wrestler in 2025 and a team captain in 2026 he will hold the school record at his weight class for the most times being in a state place winner. He is also part of the team who qualified for state two consecutive years in 2025 and 2026.

Roman Janek is also extremely talented in the weight room. He will leave the high school with the record-breaking squat of 585 as well as a record-breaking squat of 550 as well as a record breaking bench press of 385.

Thank you for the possible nomination ~Chris Janek

### Fort Worth Country Day

#### NATE BLAN

**Basketball, Track and Field, Volleyball**

**Outside Hitter, Guard, Multi**

**Senior**

Nate exemplifies the ideal athlete every strength and conditioning coach wants in their weight room. His willingness to not only push his own limits but also to inspire his teammates has significantly transformed the culture of the sports programs in which he has participated. This year, Nate has increased his squat max by 45 pounds, his bench max by 35 pounds, and his hang power clean max by 10 pounds, all while competing as a three-sport

athlete. It is with great honor that I nominate Nate for this award. ~Matt Segura

### Fox Chapel Area School District

#### SOPHIA TAI

**Rowing, Wrestling**

**Senior**

Sophia Tai is a standout two-sport student-athlete in girls wrestling and rowing at Fox Chapel Area High School who exemplifies a disciplined balance of academic rigor and focused leadership. By maintaining a remarkable 4.22 GPA and active membership in the National Honor Society, she has demonstrated a consistent commitment to excellence in the classroom and athletics. On the water and on the mat, Sophia provides the essential leadership to push her teammates and herself to achieve success; her dedication is most evident in her approach to strength and conditioning, where she models the physical standards required for her teams' collective readiness. ~Brandon Peifer

### Gayville-Volin

#### CARTER BARRON

**Multi Sport**

**Football - Basketball - Track**

**Senior**

Carter is a 3 sport athlete and was a stand out in all three. Planning to continue his football career as a receiver at Mount Marty University in Yankton,SD Carter has used his weight room performance to help build his athletic career. At 5'11" and 170 lbs, carter squats 275, benches 165, has a 4.65 in the 40, a 4.42 in the pro-agility run, a 29 inch vertical. He played point guard in basketball and runs sprints and does the long jump and triple jump in track. ~Mark Roozen

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### Gayville-Volin

#### TAYLOR HOXENG

##### Multi Sport

##### Senior

Taylor is a 4 sport athlete who excels at each sport. In Basketball she is an All-State player, All Conference 5x, five year starter and averages 16 ppg, 4 assists per game, 6 rebounds a bgame and 5 steals a game. In Volleyball, Taylor was All State for 2 years in a row, All Conference 5x, Conference MVP in 2025 had 18 digs per game, 5 digs per set, 60 aces on the year, 95% effective serving percentage and was a 6 year starting in Volleyball. In Track she was a 3x state qualifiter in the 100 and 200, a 4x state qualifer in the long jump. In Rodeo she is a 3x HS State Qualifier in barrel racing, breakaway, pole being, team roping, 10x State 4-H rodeo qualifier, to[ 4 finisher in barrrel racing and pole bending at 4-H finals. She is a leader in the weight room as well with a squat of 250 lbs and a bench press of 175 lbs at a body weight of 120 lbs. ~Mark Roozen

### Greencastle High School

#### MACKENZIE CREVISTON

##### Softball, Volleyball

##### Softball-Center Field & Volleyball-Middle

##### Senior

Mac is 2-time Sectional Champ, Regional Champ, 2-time County Champ, Conference Champ, County Player of the Year, 2-time All Conference Player, and 3-time All County Team. Her senior year, they broke the school record for most wins, most kills, and most blocks in a career. She's committed to play college volleyball next year. She is a tremendous workhorse and leader of her team. She has a 215 Back Squat, 135 Power Clean, 95 Bench Press, and has a 21" Vertical Jump. ~Andrew Tirota

### Greencastle High School

#### SAM GOOCH

##### Baseball, Basketball

##### Basketball-Point Guard & Baseball-Pitcher/Utility Senior

Sam has been training in our program since 8th grade. For basketball, he is a 2-time County Player of the Year and 2-time All Conference Player. In baseball was 1st Team All State, All Conference, County Player of the Year, 2-time Sectional Champ, Regional Champ, and Final 4 his Sophomore Year. As a Junior, he broke 5 school records in a season (batting average, hits, steals, runs, and doubles). He is committed to play baseball in college. He has a 385 Back Squat, 295 Bench Press, 255 Power Clean, runs a 4.46 40-Yard Dash, and a 37" Vertical Jump. Not only is he an outstanding athlete, but is a true vision of what a leader and competitor looks like. ~Andrew Tirota

### Greencastle High School

#### TREVIN LONG

##### Baseball, Basketball, Football

##### Basketball-Guard & Baseball-3rd Base & Football- Wide Receiver/Corner Back

##### Senior

When you think of the ultimate competitive athlete, Trevin is the definition. He does not like to lose and will do everything he can to win (even if he is hurt). He has been a 3-sport athlete for all 4 years of high school and plans to play college football. You couldn't ask for a more dedicated individual to their team. Wherever or whatever you need from him, he will do. His senior year for football, he was top 3 in the state in receiving yards, all conference, and all county. In baseball he has 2 Sectional Championships, Regional Championship, and Final

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4. For baseball he has also been all Conference and All County. His weight room numbers reflect what he has done in all of his sports. He has a 300 Back Squat, 195 Power Clean, and 185 Bench Press (while weighting 165 lbs). He also adds in a 4.6 40-Yard Dash, 31" Vertical, 1.07 Fly 10-Meter, 9'9" Broad Jump, and 4.3 Pro Agility.

~Andrew Tirotta

### **Hahnville High School**

#### **BENNETT NAQUIN**

##### **Baseball, Football**

##### **Wide Receiver and Center Fielder**

##### **Senior**

Bennett has displayed dedication and a strong work ethic from day 1. He came in as a very lean and long athlete and has grown into a dual-sport All District selection and has signed to play collegiately at Southeastern Louisiana University to continue his football career. He sets the precedent of what being a great teammate looks like. He encourages and pushes everyone around him and has shown a character well beyond his age. He is one of the most dynamic leaders on the field, as well as in the classroom, that we have across our campus.

~Taylor Dunn

### **Hamilton Heights High School**

#### **NATHAN FLANDERS**

##### **Football, Track and Field, Wrestling**

##### **RB/LB; middle weight; sprinter**

##### **Senior**

Nathan is the quintessential captain who leads by example. No loud pleas to encourage others, just hard work and embracing the grind. He reinvented himself and added wrestling to his portfolio to develop and maintain his strength during the winter

season. Head Coach J. Kirschner states, " Nate Flanders through his hard work, dedication and commitment to our strength program and the respective sports he played earned him the high levels of success and respect he has found in the weight room, in football, and wrestling." His most impactful moments can be found encouraging the students in our Unified Track and Field Team, where he participates as a peer to those with physical, cognitive, and emotional challenges. ~Janet Clifton-Gaw, DAT

### **Hamilton Heights High School**

#### **REECE BLANTON**

##### **Basketball, Track and Field, Volleyball**

##### **Volleyball- Setter; Basketball-2; Track & Field- hurdles, shot put, discus, sprints**

##### **Junior**

Reece leverages her energy and intensity in her strength training, conditioning and competition to support and bring the best to her teammates, her school and her community at large. She benches and power cleans her body weight, while squatting over 1.5 times this value. Her endless dedication to making herself .1% every time has a profound influence on the energy and effort of her teammates. Always positive even with 6am basketball, honors classes, advanced physical conditioning (where she has been the repeat Lifter of the Week multiple times), and high level practice with Munciana Volleyball, while competing several times a week in two sports. She is humble and kind, leaving all who witness her efforts striving to be a bit more the next time! -Dr. Clifton-Gaw

"I have coached Reece for 3 years. She leads by working hard and always being positive and

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encouraging to her teammates. As a setter, Reece does a great job taking accountability if things don't go well on the court...whether it was her fault or not! She is always instilling confidence in her teammates and has a 'team first' mentality. With all that being said, Reece is an even better person off the court!"- Coach Steve Ward, HHHS Volleyball  
~Janet Clifton-Gaw, DAT

### Heritage Jr Sr High School

#### ALEXA WALTER

#### Track and Field, Volleyball

#### Outside Hitter, Shot Put, Disc

#### Senior

Alexa Walter is the excellent candidate for the National Strength and Conditioning Association (NSCA) All-American award, representing a rare combination of elite physical dominance, academic leadership, and high moral character. Her record-breaking performance in the weight room—holding school records in the bench press, squat, clean, 40-yard dash, and vertical jump—is a testament to her relentless work ethic and explosive power. This foundational strength fueled a remarkable junior season where she became a Sectional Champion in both Shot Put and Discus, a Regional runner-up, and ultimately a State runner-up, earning her a Division I signing to throw for Miami University (Ohio).

Beyond her athletic accolades as a four-year varsity letter winner in both Volleyball and Track, Alexa is a pillar of her school community. As a representative on the High School Leadership Council and the recipient of the prestigious DAR Citizenship Award, she has proven herself to be a leader of the highest integrity. Alexa is not only a phenomenal athlete who has rewritten the record books; she is a “better

human being” whose kindness and citizenship make her a true ambassador for the standards of the NSCA. ~Nicholas Tigulis

### Heritage Jr Sr High School

#### JAXTON LITCHFIELD

#### Football, Wrestling

#### RB, DL

#### Sophomore

Jaxton Litchfield epitomizes the ideal candidate for the National Strength and Conditioning Association (NSCA) All-American award, seamlessly blending elite physical prowess with exceptional character. His dedication to the weight room is evidenced by his remarkable strength-to-weight ratios, boasting a bench press of 1.5 times his body weight, a squat of 2 times his body weight, and a power clean of 1.75 times his body weight. These numbers underscore a level of functional power that translates directly to his dominance on the field and the mat.

As an All-Conference football player and a decorated wrestler—holding titles as a Sectional and Regional Champion and a State qualifier—Jaxton has proven his ability to perform at the highest levels of high school athletics. However, his impact extends far beyond the scoreboard; Jaxton is defined by his integrity and “servant-leader” mentality. He is a deeply committed member of his church, recognized by coaches and peers alike as a kind, considerate, and indefatigable worker. Jaxton doesn't just meet the standards of an All-American; he raises them. ~Nicholas Tigulis

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### Heritage Jr Sr High School

#### LUCAS WEBER

#### Football, Track and Field

#### RB, DB, Sprinter

#### Senior

Lucas Weber is the definitive model of the student-athlete the National Strength and Conditioning Association (NSCA) All-American award seeks to honor, blending elite physical performance with a brilliant academic mind. At a body weight of just 176 lbs, Lucas displays pound-for-pound strength that is nothing short of exceptional, boasting a 250 lb clean, a 225 lb bench press, and a front squat of 235 lbs for 5 repetitions. This raw power fuels his versatility across sports, leading to accolades as an All-Conference, All-Area, and Region 3 All-Star football player, as well as a dominant sprinter who secured All-Conference honors in the 100m dash and 4x100m Relay.

A Sectional Champion and Regional qualifier on the track, Lucas's discipline in the weight room is matched only by his dedication to his studies, where he is currently ranked number two in his class. With aspirations to study neuroscience, he approaches his training with the same analytical precision and work ethic he applies to his academics. Lucas is not just an athlete; he is a scholar-leader whose commitment to excellence in every arena makes him a premier representative of the NSCA standards. ~Nicholas Tigulis

### Holliday High School

#### BRADY JONES

#### Basketball, Football, Track and Field

#### Defensive Back, Receiver, Returner. Guard. Sprinter, Horizontal Jumper

#### Senior

Brady is the type of athlete that both strength and sport coaches build their programs on. He's one of the most consistent and dedicated student athletes I've had the opportunity to coach. His work ethic, thirst for knowledge, natural ability, and relentless competitive desire has had an impact on our program that has taken us to a whole new level and will have lasting effects.

He's a 3 time Academic all-district football player. 2 Time first team all-district corner. 2 time first team all-district receiver. 2025 Red River 22 corner.

2 time Varsity basketball player.

3 time varsity track athlete and a member of the 2025 3a State Champion boys track team.

~Joseph Heron

### Holliday ISD, Holliday, TX

#### KENLI ATWOOD

#### Cross Country, Track and Field

#### Cross Country, 1600m, 800m, 1600m relay

#### Senior

Kenli is the perfect example of what is possible when relentless effort and attention to detail meet up with elite physical ability. Throughout her career with us (6th-12th grades) she has been a consistent presence in the weight room and on the track, breaking school, meet, and state records along the way. She leads by example, and has set the standard high for future Holliday Lady Eagles.

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4A - Regional Runner-up and State Medalist Cross Country 2022

3A - Regional Champion and State Runner up Cross Country 2023, and 2024

3A - Regional Champion and State Champion Cross Country 2025. All 4 years THSCA and TGCA All-State Team

3A - Regional Runner-Up 800m and 1600m and State Runner-Up 1600m - 2023

3A - Regional Champion 800m and 1600m, Regional Runner-up 1600m Relay

State Runner up 800m, 1600m, and 1600m Relay - 2024

3A - Regional Champion 800m, 1600m, and 1600m Relay

State Runner up 800m, 1600m, and 1600m Relay - 2025. All 3 years THSCA and TGCA All-State Team ~Joseph Heron

### **Jackson Christian School**

#### **ELI SMITH**

#### **Baseball, Football**

#### **Quarterback, Catcher**

#### **Senior**

I am proud to nominate Eli Smith of Jackson Christian School for the NSCA All-American Award. Eli represents the complete student-athlete through his excellence in athletics, academics, leadership, service, and dedication to the training process.

Athletically, Eli has distinguished himself as a multi-sport competitor who consistently performs at a high level. In football, he earned All-District honors during his junior year, establishing himself as one of the top players in the area. In baseball, he is a two-time All-District selection and a one-time All-Region

honoree. His impact goes beyond statistics, as evidenced by earning the Spark Plug Award twice. Eli competes with intensity, resilience, and a team-first mindset that embodies the spirit of the NSCA.

In the weight room, Eli is disciplined, focused, and purpose-driven. His commitment to strength and conditioning has directly supported his success across multiple sports. He approaches training intelligently and consistently, understanding that preparation is the foundation of performance. His work ethic and positive attitude make him a leader by example, and he sets the standard for effort and accountability within his program.

Academically, Eli excels at the highest level. He maintains a 4.4 GPA while taking all honors courses and has consistently earned placement on the A and A/B Honor Roll. He is also a member of the National Honor Society, demonstrating both academic achievement and character. His ability to balance elite athletic performance with rigorous academic demands speaks to his discipline and maturity.

Eli's leadership and service further distinguish him. He has completed 133.5 hours of community service, demonstrating a genuine commitment to serving others. He served as a co-chaplain during his junior year and was an active member of Student Council, showing his willingness to lead and positively influence his peers.

The NSCA All-American Award recognizes student-athletes who embody excellence in sport, dedication to strength and conditioning, academic achievement, leadership, and character. Eli Smith exemplifies all of these qualities. He is a disciplined

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competitor, an outstanding student, a committed servant leader, and a young man of integrity who represents his school and community with pride. He is highly deserving of this honor. ~Jonmarc Rasberry

### **Jesuit College Preparatory School of Dallas**

#### **CADE KIRBY**

#### **Basketball, Football**

#### **Wide Receiver and Guard**

#### **Senior**

Cade has been a high level performer for Jesuit's football and basketball teams. He was the FB Team MVP and All-District WR. Part of Cade's success is attributed to his efforts in S&C. Cade cleaned 265, benched 300, squatted 425 and ran a 4.50. More importantly, Cade is the ultimate teammate. Cade has been described as one of the best teammates the basketball program has ever had. His relentless work ethic combined with a contagious positive energy created an environment where his teammates maximized their ability also.

~Ricky Lefebvre

### **Joplin High School**

#### **NEIL BARSTOW**

#### **Football, Track and Field**

#### **Thrower**

#### **Senior**

Neil Barstow continually raises the standard for excellence, both athletically and academically. This season, Neil earned All-Conference and All-District honors in football and demonstrated elite performance in track and field by placing 5th in the state in shot put and 7th in discus. His athletic development is further reflected in the weight room, where his personal bests include a 365 lb bench press, a 535 lb squat, and a 295 lb clean. In

competition, he has recorded outstanding throws of 56 feet in the shot put and 163 feet in the discus. Academically, Neil carries an impressive 3.87 GPA and serves as a leader within our school through his involvement in Student Council. He also makes a meaningful impact on our younger students by providing a positive role model and mentorship to freshmen through his work with Fusion. Neil's commitment, leadership, and drive to improve set an example for those around him and make him an invaluable part of our program and school community. ~Michael Lawrence

### **Killeen High School**

#### **ANTHONY BEVERLY**

#### **Football, Powerlifting, Wrestling**

#### **Linebacker**

#### **Senior**

Anthony Beverly is a leader amongst peers at Killeen High School. His hard work and effort on the field and in the weight room proves why he is successful at any athletic endeavor he pursues. Bev has been an athlete that any strength coach would love to have in their facility. Mr. Beverly is soft spoken but lets his attitude be spoken through his passion for training and sport. Anthony has accomplished many great things during his time at Killeen High including All-District in football and a Regional Qualifier in wrestling and active on the powerlifting team. Off the field Beverly was awarded for his academics with a Academic All District Selection.

Anthony Beverly is apart of the reason that makes Killeen High School great. ~Nathan Carman

## High School — Football, Track and Field

### Little Chute High School

#### ZUZA MOSIENSKA

#### Track and Field, Volleyball

#### Sprinter/Hurdler

#### Senior

I've had the privilege of coaching Zuza since last summer. One of the things that sets Zuza apart is her consistency and attention to detail. She has been at almost every lift from the start of last summer through the winter offseason, always looking to get extra work in. She always displays a positive attitude and is very receptive to feedback. Her efforts this offseason have put her in a great position for another successful year in Track & Field as a sprinter and hurdler. ~Zachary Schroeder

### Longmeadow High School

#### JAMES KAYLOR

#### Football, Track and Field

#### Offensive and Defensive Line

#### Senior

James Kaylor embodies the commitment, leadership, and work ethic this award honors. As a captain who anchored both the offensive and defensive lines, James set the standard through his actions and dedication, consistently training twice a day throughout the summer and pushing himself to improve for his teammates. Equally impactful was the way he led off the field, welcoming new players into the program and fostering an environment built on trust, accountability, and unity. His influence left a lasting mark on the program's culture and helped drive Longmeadow High School Football to its third straight winning season, the program's first such streak since 2018. James continued to excel in indoor track, finishing first in the region in shot put

and helping lead the boys' team to a PVIAC division championship. ~Daniel Szymczyk

### Manatee High School

#### HANNAH BRAENDEL

#### Swimming, Weightlifting

#### 139 class ( weightlifting), breast stroke, relay (swimming)

#### Senior

Weightlifting :

Junior year : County, district, regional medalist, state qualifier

Senior year : County medalist , District Champion, Regional Silver Medalist, 5th Place State Medalist

Swimmer :

Freshmen Year : District and Regional Qualifier

Sophomore : District and Regional Qualifier

Excellent attitude, great student, infectious personality, hard worker, focused and disciplined

~Richard Lansky

### Manatee High School

#### RONIN DANGLER

#### Football, Olympic Weightlifting, Track and Field, Weightlifting

#### Linebacker(FB), Shotput (Track), 219 class High School Weightlifting and USA Weightlifting

#### Senior

Leadership, Attitude, Effort, Consistency, 4.0 GPA, Athletic Excellence

Football - FACA All Star Game Selection, All- Area First Team, Team MVP as senior this year

Shot put - County Top 4, District Top 10, Regional Qualifier as junior

High School FHSAA Weightlifting- Traditional and Olympic County, District and Regional Champion,

## High School — Football, Track and Field

State Silver (Traditional) and Bronze Medalist (Olympic) as junior  
USA Weightlifting- Age Group State Champion, State Record Holder in Snatch as junior  
Earned scholarship for Football Mercer University next year ~Richard Lansky

### **Manatee High School**

#### **SHERRICKIA KING**

**Olympic Weightlifting, Weightlifting**

**Unlimited Wt Class**

**Senior**

Attitude, Effort, Dedication, Discipline, GPA, Athletic Achievement

FHSAA High School Weightlifting :

Sophomore Year - Olympic Category - County, District and Regional Champion, State Silver Medalist

Junior Year - Olympic Category - County, District, Regional, Champion, State Champion

Senior Year- Olympic Category and Traditional Category- County, District, Regional Champion

5th place State Finish Traditional Category

State Champion - Olympic Category (second consecutive title) , State Records in Snatch and Total

~Richard Lansky

### **McAlester Public Schools**

#### **JORDAN CLARK**

**Baseball, Football, Powerlifting, Track and Field**

**Senior**

Jordan Clark is a dedicated multi-sport athlete who competes and trains year-round, constantly pushing himself to improve. Through consistent effort in the weight room and relentless work in the arena, he has developed into a stronger, more complete athlete. Jordan's commitment doesn't stop with

athletics—he is also a 4.0 student who excels in the classroom. His discipline, work ethic, and drive to succeed set him apart both on the field and academically. ~Adam Hass

### **Meade County High School**

#### **WYATT RANEY**

**Football, Track and Field**

**Linebacker, Running Back, 100/200 Open and Relay Senior**

I am writing to recommend Wyatt Raney for consideration as an NSCA All-American Strength and Conditioning Athlete of the Year. I have had the pleasure of coaching Wyatt for five years. Wyatt is one of the best young men I have had the pleasure of working with. His work ethic is second to none. In the five years that I have coached him in the weight room he has never complained or tried to get out of anything. Even on days that he isn't 100% he still finds a way to get better. He has suffered two significant injuries during his time in high school, but has fought his way back each time, including a labrum tear that he played with for half of his senior football season. Because of this work ethic Wyatt has had a very successful high school career both athletically and academically. Wyatt had numerous offers to play football at the collegiate level, and ultimately chose Hanover College to continue his athletic and academic career at. He also plans on majoring in Exercise Science.

I have likewise been impressed with his leadership qualities. He is the guy that is going to hold his teammates accountable and push them to do more than they think they can. Wyatt Raney makes everyone around him better.

~Dylan Joiner

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### **Mitchell High School**

#### **ADDIE SIEMSEN**

#### **Basketball, Track and Field, Volleyball**

**Volleyball: Setter, Basketball: Guard, Track: Sprinter (100,200)**

#### **Senior**

Addie has had an exceptional athletic career during her time at Mitchell High School, excelling as a three-sport athlete in volleyball, basketball, and track. With basketball currently in season and track season still ahead, Addie continues to demonstrate the same elite level of commitment and competitiveness that has defined her high school career. Throughout her tenure, Addie has received numerous accolades, including all-conference, all-state, and all-tournament honors in all three sports, while lettering 4 or more years in each sport.

In Volleyball, Addie amassed the rare milestone of 1000 career assists and ranks top 10 in school history for blocks, assists and aces, earning her the title of Daily Republic Volleyball Player of the Year. In basketball, Addie set the Mitchell High School girls' career three-point record that was set her junior year, further solidifying her place in school history.

That same championship mentality carries beyond the competition and into the weight room. While dedicated to her own improvement, Addie consistently places team success above individual focus, supporting her teammates on the court, field, or in the weight room. As a three-sport athlete, Addie maintains a year-round presence in the weight room, demonstrating consistent dedication to strength, preparation, and performance. Her example sets a standard for what is expected in the

weight room, which is reflected in her work ethic and her ability to motivate, challenge, encourage, and teach her teammates effectively. Addie is quick to help with clean up after workouts without ever being asked, often prompting her teammates to follow her lead. She also confidently assists younger teammates by answering questions and providing guidance when coaches are occupied.

During the summer months, Addie trains through Avera Sports, where she set a new girls' treadmill record at 21mph—an achievement that reflects her dedication and elite athleticism. Addie is committed to Augustana University, where she will continue her basketball career and undoubtedly make a positive impact both on and off the court.

~James Dougherty

### **Munster High School**

#### **ALLYSON COMPTON**

#### **Softball, Volleyball, Wrestling**

**Volleyball (OS), Softball (Pitcher,1B,3B)**

#### **Junior**

Ally Compton represents everything the NSCA All-American Strength and Conditioning Athlete of the Year award is intended to recognize. She is an athlete whose dedication to the weight room has directly translated into elite performance, durability, leadership, and competitive success across multiple sports.

Ally's impact in the strength program is historic. She currently holds the overall school records in the clean, squat, and bench press, having broken these records as both a sophomore and junior. This achievement reflects not only exceptional strength, but consistency, technical mastery, and long-term

## HIGH SCHOOL — MULTI-SPORT ATHLETES

commitment to the training process. She has earned Alpha Female recognition for three semesters and is regarded as the top pound-for-pound strength athlete in the program. Her approach to training is intentional and disciplined, and she consistently sets the standard for effort, focus, and accountability in the weight room.

What separates Ally is how clearly her strength development transfers to competition. In softball, she is one of the most dominant offensive players in the state of Indiana. She is the Munster High School career home run record holder, reaching the milestone during her sophomore season and continuing to extend it. She also holds single-season school records for RBIs, slugging percentage, walks, and OPS. During the 2025 season, she finished ranked second in Indiana for home runs and earned First Team All-State honors, NCC Offensive Player of the Year, multiple First Team All-Conference and All-Area selections, and national recognition as a MaxPreps All-American Underclassman.

Her athletic success has now earned her the opportunity to continue her career at the highest collegiate level. Ally will attend Indiana University on both an athletic and academic scholarship, competing as a Big Ten softball player. This achievement reflects not only her on-field performance, but her discipline, time management, and commitment to excellence in the classroom, further demonstrating the well-rounded impact of her training and leadership.

Ally's athletic versatility further highlights her physical preparedness. In addition to softball, she is an accomplished girls wrestler, earning conference

championships, a regional title, a top five finish at the IHSAA state meet, multiple MVP awards, and recognition for mental attitude. Excelling in both softball and wrestling requires strength, explosiveness, body control, and mental toughness, all of which Ally demonstrates at an elite level. She is also a varsity volleyball athlete and a three-sport scholar athlete, showing year-round durability and the ability to perform across different competitive demands.

Equally important is Ally's leadership. She is a team captain, a three-year member of the Munster Athletic Council, a student government leader, and a Link Crew member who supports incoming students. She consistently embodies the program's values through her work ethic, competitive mindset, and willingness to lead by example. Younger athletes look to Ally as the standard for how to train, how to compete, and how to represent the program.

Ally Compton is not just strong in the weight room. She is an athlete whose strength training has shaped her performance, resilience, and leadership across every arena. Her record-breaking lifts, elite multi-sport achievements, and progression to Big Ten collegiate athletics make her an exceptional and deserving recipient of the NSCA All-American Strength and Conditioning Athlete of the Year award. ~Trenna Edgerton

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### Munster High School

#### ZION RICHARDS

#### Football, Track and Field

#### LB, Thrower

#### Junior

From the beginning of his high school career, Zion has made an impact. As a freshman, he earned a JV football letter and saw time in varsity games, which speaks to his early development and physical readiness. In track, he earned a varsity letter and was named Most Promising Athlete, setting the tone for what would become a dominant athletic career.

By his sophomore year, Zion had established himself as one of the top defensive players in our conference. He led the team in tackles, was named Defensive Player of the Year, earned Second Team All Conference honors, and received his varsity letter. That same year, he stepped into wrestling for the first time, showing his willingness to challenge himself and compete in another demanding sport. In track, he won a sectional championship and helped lead the team to a sectional title, again earning a varsity letter.

As a junior, Zion elevated his performance even further. He once again led the team in tackles with a triple digit total and was one of the leading tacklers in the entire conference. He earned First Team All Conference honors, was named Defensive Player of the Year for the second time, and received the Iron Man Award. These achievements are a direct reflection of his strength, durability, and work ethic in the weight room. His physical preparation has allowed him to play fast, physical, and consistently at a high level every week.

What makes Zion especially deserving of this award is his leadership. As a freshman, he was captain of the freshman football team, served on the football leadership council, and was captain of the track team. That level of respect at such a young age speaks volumes. As a sophomore and junior, he continued to serve as captain of the varsity football and track teams and remained active on the football leadership council. His teammates look to him for consistency and accountability.

Zion's commitment to strength and conditioning is evident in his recognition within our weights program. He earned All American status as a sophomore and followed that with two All American recognitions and Alpha status as a junior. Those honors are not participation based. They are earned through performance standards, effort, and leadership in the weight room.

Beyond athletics, Zion is involved in the Black Culture Club, Link Crew, and the Athletic Council. He invests in his school community and represents our programs with pride and maturity.

Zion Richards is the definition of a complete student athlete. He trains with purpose, competes with intensity, and leads with humility. His success is built on disciplined preparation and a relentless work ethic. For these reasons, I strongly believe Zion is highly deserving of the NSCA All American Strength and Conditioning Athlete of the Year Award.  
~Trenna Edgerton

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### **New Trier High School**

#### **FRANCIS KARP**

##### **Football, Powerlifting**

##### **Senior**

A dominant offensive lineman for a playoff football team, and the incumbent in the 275lb division for one of the State's top powerlifting teams - and a Captain of both teams - Karp has set himself apart with sincere dedication to strength and conditioning. He is one of the only 2-time NSCA All-American nominees in New Trier history. When he deadlifts, the room shakes (with a 500+lb max effort). If we gave him a key, he'd be in the weightroom 7 days per week. He is passionate about possibly pursuing a career in strength and conditioning and is a resource to his peers. "Big Karp" is well-deserving of this recognition. ~James Davis

### **Northrop High School**

#### **ALANNA FRAIN**

##### **Powerlifting, Wrestling**

##### **Senior**

There are not enough words to explain how amazing Alanna is in our program. She transferred in her sophomore year, showing up with a solid foundation which would lead her to be the athlete she is today. Her love and passion for the weightroom is unmatched. Alanna is a true leader for us as she is always willing to jump right in and help others out as well. She currently holds a 25.2 in Vertical as well as a state record deadlift (270Lbs) and Bench Press (137lbs) for the 56kg weight classes in the USPA. Her future in the sport of powerlifting is bright as well as her career in becoming a strength coach. It is my honor to nominate Alanna as an All-

American Strength and Conditioning Athlete of the Year. ~Tyler Carroll

### **Northrop High School**

#### **MARION WYSS**

##### **Basketball, Softball**

##### **Gaurd, In-fielder**

##### **Senior**

Marion Wyss has been phenomenal in our program the last 3 years. However, things really started to come together for her as she entered her senior year and decided that she wanted to play at the next level. Ever since then she has displayed an unwavering commitment to accomplish the goals she has set for herself. Marion embodies everything our program stands for and sets an amazing example for everyone she's around. Her ability to display a high level of performance by staying on the court over 90% of every single game as well as her skills on the field are a testament to the work, she has put in. There is no doubt Marion will be an exceptional athlete at the next level as she is committed to playing softball at the University of Saint Francis. It was an honor to Nominate Marion for the All-American Strength and Conditioning Athlete of the Year! ~Tyler Carroll

### **Notre Dame Academy**

#### **RICHIE FLANIGAN**

##### **Football, Track and Field**

##### **Shot Put, Discus, Offensive Lineman and Defensive Lineman**

##### **Junior**

As a junior in high school, Richie Flanigan has already established himself as a dominant athlete. His hard work and dedication to his training have led

## HIGH SCHOOL — MULTI-SPORT ATHLETES

to broken records in the weight room and helped establish him as one of the best throwers in the state. As a sophomore, Richie earned points at the state track meet, helping the team win a state championship. In football, Richie was a main contributor to both a state championship and a state runner-up team and was named the state lineman of the year. The example Richie provides in the weight room raises the standard for his teammates and is a big reason he has experienced both personal and team success. The standard that Richie has set in the weight will be our standard for many years to come. There are many big things ahead for Richie, and his daily habits will be a big contributor to his continued success.

~Anthony Giovanetti

### **Oklahoma Christian Academy**

#### **BLAIR ROWLETT**

#### **Soccer, Basketball, Cross Country**

#### **Senior**

Blair is a hardworking, kind-hearted student-athlete. She has been a member of the National Honor Society Leadership Team and Headmaster's Honor Roll all four years of High School. She has maintained a 4.0 and above GPA all of high school. Blair has been named defensive player of the year 2023, soccer all-district soccer player 2022, 2023, 2024, and 2025, second team all conference for basketball 2023, 2024, and 2025, servant leader of the year for cross country 2024. Blair has been on a mission trips and served in many capacities by giving back in her community. Blair desire to be the best she can be and has consistently put in work in the weight room to stay strong and healthy through the years. Blair is an encourager to all and a leader in

life. It is an honor to nominate Blair for this award!  
~Elizabeth Mullins

### **Prince of Peace Christian School**

#### **ALAINA CHURCHILL**

#### **Softball, Volleyball**

#### **Shortstop**

#### **Senior**

Alaina Churchill is a senior varsity softball player at Prince of Peace Christian School in Carrollton, TX. Her accolades are numerous. 2022-2023 UIL 8-6A Academic All-District and First Team All-District. 2023-2024 TAPPS D-III First Team All-District and District Defensive Player of the Year. 2023-2024 Prince of Peace Christian School Female Athlete of the Year. 2024-2025 TAPPS D-III First Team All-District, Offensive Player of the Year, and First Team All-State.

Alaina also plays A-level travel softball for Texas Elite, where she is a starting middle infielder. She is a positive role player on the Prince of Peace Christian School varsity volleyball team. She is serious about weightlifting, and her efforts here have translated into her athletic performance. Alaina maintains a 3.8 GPA in her studies. Alaina's peers admire her as a caring and supportive leader and mentor. Alaina Churchill deserves to be honored as a National Strength and Conditioning Association All-American Athlete. ~Phillip Tran

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### Rock Creek High School

#### ERIC TIMM

##### Multi Sport Athlete

##### Junior

Eric has been and continues to be committed to improving himself both as a multi sport athlete but also as a person. He has used his dedication to become a well rounded student-athlete in our school as well as our community. ~Mark Oberkrom

### Solon High School

#### CAMRYN CAYNE

##### Cross Country, Soccer, Track and Field

##### Senior

Camryn Cayne is a dedicated multi-sport athlete who competes in track and field, cross country, and soccer, consistently demonstrating exceptional leadership and commitment. Balancing the demands of soccer and cross country within the same season requires outstanding time management, discipline, and resilience. As a captain of both the track and cross country teams, Camryn leads by example and sets a high standard for those around her. Her work ethic extends into the weight room, where she continually pushes herself and her teammates to improve. Camryn will continue her academic and athletic career at Ohio State University next year, and they are gaining a driven, disciplined, and team-oriented competitor who will make an immediate impact. ~John Dunn

### St. Albans School

#### KENECHI EMUWA

##### Soccer, Track and Field

##### Senior

Kenechi Emuwa is one of the most physically gifted athletes I have had the privilege of coaching during

my time at St. Albans. His natural ability, combined with his unwavering commitment to the strength and conditioning program and his drive to be the very best he can be, has allowed him to excel as a multi-sport athlete in both soccer and track & field. Kenechi's dedication in the weight room directly translates to his performance in competition. He is a proud member of our 1,200-Pound Club, achieving a combined total of 1,200+ pounds across his squat, bench press, and deadlift repetition maximums — a testament to his strength, discipline, and year-round commitment to physical development.

Equally important is the example he sets for his peers. His work ethic, consistency, and positive attitude do not go unnoticed. His classmates look to him as a standard-bearer for what it means to fully commit to training and team success.

It is an honor to nominate Kenechi for this award. He exemplifies the dedication, performance, and leadership that define the NSCA All-American Strength & Conditioning Athlete Award. ~Christopher Tarullo

### The Brook Hill School

#### AMARA OPARA

##### Soccer, Track and Field

##### Middle Defense

##### Senior

Amara's work ethic is truly exceptional. She approaches every training session with purpose, intensity, and focus. She does not cut corners, and she does not look for shortcuts. Every repetition, every sprint, every lift is executed with excellence and attention to detail. She understands that greatness is built in the small, consistent habits performed daily — and she lives that out.

## HIGH SCHOOL — MULTI-SPORT ATHLETES

What separates Amara is her mindset. She never makes excuses. Whether she is facing fatigue, adversity, or high expectations, she shows up ready to work. She takes ownership of her development and embraces challenges rather than avoiding them. Her determination is remarkable, and it shows in the steady progression of her strength, performance, and leadership.

Amara sets the standard for those around her. Her consistency, discipline, and competitive spirit elevate her teammates and strengthen the culture of our program. She leads by example through effort, attitude, and execution. ~Todd Cofer

### **The Peddie School**

#### **ANNA TREESE**

#### **Field Hockey, Lacrosse**

#### **Attack**

#### **Senior**

“Anna’s super power is her consistency. She started working in her 8th grade year and never stopped. She has a natural affinity for the weight room, however speed and agility is where she had to work relentlessly.

As a result of her belief in the program and hard work, she has dropped three tenths (0.3) of a second of her 10 yard sprint (Acceleration) and added over 1.5 MPH to her Flying 10 (Max Velocity).

I am really excited to see her dominate the Washington and Lee University weight room”

1. Barbell Back Squat = 203 lbs
2. Barbell Deadlift = 208 lbs
3. Barbell Front Squat = 147 lbs
4. Barbell Shoulder Press = 81 lbs

5. Push Up = 20 reps
6. Barbell Split Squat = 152 lbs
7. BONUS#1) 2-sport varsity athlete
8. BONUS #2) 3 years of TeamBuildr data.
9. Flying 10 = 16.7 mph
10. 10 yard sprint = 1.67 seconds

- Coach Volkmar

### **Travelers Rest High School**

#### **JACKSON MCLEES**

#### **Baseball, Football, Wrestling**

#### **Catcher / DB & OLB / 144lb Wrestler Junior**

I am proud to nominate Jackson McLees, three-sport athlete (Baseball, Football, and 144-pound State Champion Wrestler) for National Strength and Conditioning Association All-American recognition.

As a 144-pound State Champion in wrestling, he has demonstrated elite levels of strength, power, discipline, and mental toughness. His success reflects a year-round commitment to structured strength and conditioning and the ability to peak when it matters most.

In football and baseball, he applies his physical development across multiple performance demands — showcasing explosiveness, durability, rotational power, and high-level athleticism. Excelling in three varsity sports highlights his versatility, work ethic, and consistency in the weight room.

Beyond performance, he leads by example through his dedication to training, attention to detail, and commitment to continuous improvement. He

## HIGH SCHOOL — MULTI-SPORT ATHLETES

embodies the mission of the NSCA by using strength and conditioning to enhance both athletic performance and character.

For his achievements, leadership, and multi-sport excellence, he is highly deserving of NSCA All-American recognition. ~Mason Dadian

### **Travelers Rest High School**

#### **RILEY BRODERICK**

**Baseball, Football, Wrestling**

**WR & DB / 165LB Wrestler**

**Junior**

I am honored to nominate Riley Broderick, three-sport athlete — Baseball, Football Team MVP, and 165-pound State Finalist in wrestling — for National Strength and Conditioning Association All-American recognition.

As the Football Team MVP, he demonstrated leadership, toughness, and consistent high-level performance throughout the season. His physical preparation in the weight room directly translated to success on the field, where his strength, speed, and durability set him apart.

In wrestling, earning a State Finalist finish at 165 pounds reflects elite strength-to-weight ratio, conditioning, and mental resilience. Competing at that level requires discipline and a year-round commitment to structured training.

On the baseball field, he showcases athletic versatility, coordination, and power — further highlighting his ability to apply strength and conditioning across multiple sport demands.

His dedication to training, competitive consistency, and leadership presence embody the mission of the NSCA. For his multi-sport excellence and commitment to athletic development, he is highly deserving of NSCA All-American recognition. ~Mason Dadian

### **Tuckahoe High School**

#### **ROCCO BRIANTE**

**Basketball/Baseball**

**Senior**

Rocco Briante is a two-sport athlete in basketball and baseball who leads with energy, consistency, and an elite work ethic. He is an emotional leader on both teams and sets the standard in the weight room.

His attendance is outstanding, including consistent participation in summer workouts. Rocco brings high energy to every off-season session, and his work ethic is contagious among his teammates. He leads by example, pushes those around him, and is always striving to get better.

For his leadership, commitment, and relentless effort, Rocco Briante is a deserving nominee for Strength Athlete of the Year. ~Enrique Rosario

### **Watkins Memorial High School**

#### **PATRICK SHROYER**

**Baseball, Football, Track and Field**

**Junior**

Patrick has earned this honor for his consistent dedication to becoming the best athlete possible! Despite dealing with setbacks during previous athletic seasons, his optimism towards making major comebacks is something everyone who steps

## HIGH SCHOOL — MULTI-SPORT ATHLETES

in the weight room can and should admire. He is persistent in his goal to become better every day and brings the type of energy you'd wish for every athlete to bring to a weight room environment. His efforts have him in the Top 5 of all Power, and Strength Testing Categories at Watkins with impressive numbers such as, a 9'11" Broad Jump, 32.3" Vertical Jump, and a 405 Back Squat that he just hit after coming off a knee injury the previous football season. For these reasons, Patrick is more than deserving of being an NSCA All American Athlete of the Year. ~Seth Dunaway

### **William J. Palmer High School**

#### **JESSE CALVIN**

#### **Baseball, Football**

**Football - Center/Linebacker      Baseball - Center/Left Field**

#### **Senior**

I've been working with Jesse since he was a Freshman and in these four years he has not only developed into one of the best athletes at Palmer High School but a truly impressive leader both on the field and in the weight room. His work ethic is unmatched as he has also taken on a leadership role without my prompting. Jesse will jump in and help other younger athletes in all workouts with not only their form, but their discipline as well, also challenging them to go beyond what they think they can do. He also maintains a 3.2 GPA and has accepted an Art scholarship Concordia University in Nebraska to also play football for them. Being a two time High School Strength Coach of the Year nominee, I very much hope you will consider Jesse for this award. Thank you. ~Marc Kipp

### **Windermere Preparatory School**

#### **AZRA FARID**

#### **Olympic Weightlifting, Tennis Freshman**

Azra has been both consistent and has improved at a drastic rate. She constantly pushes herself and her teammates to improve in one area each session, she has been awesome to coach this year and I look forward to her future success. ~Vincent Martins

### **Windermere Preparatory School**

#### **KYLIE KONSTAND**

#### **Olympic Weightlifting, Softball Catcher**

#### **Freshman**

Kylie has been one of our most improved athletes in the weight room. She obsesses over the details and improves every single session. It has been a pleasure to coach her so far and I am continuing to look forward to coaching her. ~Vincent Martins

### **Windermere Preparatory School**

#### **ORLY BREGMAN**

#### **Golf, Olympic Weightlifting Freshman**

Orly has aimed to improve her golf game by being consistent and continually hard working. She has improved in her olympic lifting and qualified for the state weightlifting championship in her first year of doing weightlifting. ~Vincent Martins

## HIGH SCHOOL — MULTI-SPORT ATHLETES

### Windermere Preparatory School

#### PEYTON HOLLERN

##### Baseball, Football

##### Runningback/linebacker, short stop

##### Senior

Peyton not only excels on the field, but he also excels in the classroom and with his leadership capabilities. Student's look up to him and constantly strive and push themselves to emulate Peyton. ~Vincent Martins

### Windsor C-1 High School

#### BRANDON RAPP

##### Cross Country, Track and Field

##### Senior

Few have cared more about their training than Brandon Rapp. Year after year, Brandon put in endless extra work, coming in during lunch and after school to improve his strengths and address his weaknesses. His name is littered throughout the Windsor Male Strength & Conditioning Record board for Cross Country. His dedication to training and sport is an example all should follow. It's my pleasure to nominate Brandon Rapp as an NSCA All-American. ~Ty Van Valkenburg

### Windsor C-1 High School

#### TOMMY BRODERICK

##### Football, Track and Field, Wrestling

##### Senior

Tommy has been a leader in the weight room since he first stepped into it as a 6th grader. Every year he not only continued to make physical improvements but also grew as a coach and mentor to other teammates in the weight room. He meticulously built himself into a two-way varsity starter on the football team and was a three-sport athlete,

competing in wrestling and track and field as well. His maturity, intelligence, and work ethic in training will surely be missed as he made everyone around him and Windsor Strength & Conditioning better. I'm happy to nominate Tommy as an NSCA All-American. ~Ty Van Valkenburg

### Yankton

#### EDEN WOLFGRAM

##### Multi-Sport

##### Soccer - Basketball

##### Junior

Eden has excelled in all the sports she participates in. In Soccer, she was First Team All-State, First Team All-Conference, had 13 goals and 7 assists. She was Female Athlete of the Year of the school. In her Sophomore year in Basketball, Eden was All-Conference and All-State Honorable Mention and was also Athlete of the Year that year as well. She looks to gain other honors and awards at the end of this basketball season. In the weight room, Eden is a leader by example and pushes her teammates to be the best they can - and is a leader by actions, not just words. ~Mark Roozen