

HIGH SCHOOL — BASKETBALL

BEAR RIVER HIGH SCHOOL

MASON SORENSON

C/F

Senior

Mason put in 4 years of hard work and they paid dividends in his senior year. During our preseason testing, he measured a 41 inch vertical leap, 114 inch broad jump and 235 lbs front squat. He added muscle, quickness and increased his power numbers immensely over the past year. He has been a leader in the weight room and a leader on the team. ~Tommy Nelson

BIG WALNUT HIGH SCHOOL

LAUREN HALEY

Head Strength and Fitness Coach

Junior

Lauren is a talented Basketball player and Golfer. She is also one my hardest working athletes in the weightroom. Her strongest attributes are her leadership qualities and work ethic. She is a true leader in all activities she participates in. ~Anthony Glass

CAPE HENRY COLLEGIATE

CHASE PROTO

Senior

Chase Proto is a true testament to the long term benefits of consistent strength training, coupled with skill development. Chase worked consistently in the weight room with the goal of gaining weight. Even when results were not immediate, Chase stayed the course and kept his faith. This was also his approach on the court. His investment paid off in his senior season where he was a starter and a hugely impactful player. ~Phil Reichhoff

CHRISUS HUMAN PERFORMANCE CENTER

JACOB WESTBROOK

Junior

Jacob has been an absolute pleasure to train. Coming off an injury in his previous basketball season, Jacob has trusted the process, worked extremely hard, and now is back on the court better than ever. He has given up

Saturdays to get his training in at the HPC but is has paid off. We cannot wait to see the continued growth and development from Jacob as he continues to train with us. ~Ryan Dupre

CREIGHTON PREP

DILLON CLAUSSEN

Forward/Center

Senior

Dillon has used Strength & Conditioning to elevate his level of play through his hard work and dedication. He pushes himself and his teammates each training session to achieve great results. During his senior season, he averaged more than 16 points, 9 rebounds and 2 blocks per game. He has set a great example of how hard work and sacrifice can lead to great results. Dillon will continue his basketball career playing collegiately at Washburn University. ~Trenton Clausen

EZELL-HARDING CHRISTIAN SCHOOL

BLAKE DEAN

Point Guard/Shooting Guard

Senior

Blake Dean, a seasoned senior combo guard (point guard/shooting guard), has carved an impressive path as a four-year varsity starter, earning the distinction of a two-time all-district player and standing out as one of the state's leading scorers with a remarkable 21 points per game average. Beyond his offensive prowess, Blake consistently takes on the challenging role of guarding the opposing team's best player every night, showcasing his defensive skills. What truly distinguishes Blake is not just his on-court abilities but his exceptional character. A dedicated teammate and individual, he approaches his daily workouts in the weight room with a commitment that goes beyond the norm, embodying the motto of giving 111%. Always driven to enhance his skills and evolve into the best version of himself, Blake Dean is not only a standout player but also a shining example of dedication and personal growth. ~Justin Loudon

HIGH SCHOOL — BASKETBALL

FORGED IRON ATHLETIC PERFORMANCE AT THE JAMERSON FAMILY YMCA

ETHAN KLINE

Point Guard

Senior

Ethan goes above and beyond in his weight room training. Ethan does the correctives necessary to stay healthy and the lifts needed to be strong and agile. Ethan has been a consistent 5 year strength and conditioning athlete and will continue his training as he begins his college basketball career at Sewanee- The University of the South. ~Sarah Kline

GAYVILLE VOLIN RAIDERS

NATE SELCHERT

Center

Sophomore

Nate has started on the varsity basketball team as a Freshman and now as a Sophomore. At 6'4" and 260 lbs, with improvement in the weight room in off-season, pushing his bench up to 250 lbs, his squat up 50 lbs to 290 lbs and improving his vertical 2.5 inches, Nate was able to help the team make it to regional play for the first time ever in school history. Nate averaged 6 points per game and 8 rebounds per game. Also a football player, on the track team and playing baseball, Nate is a 4-sport athlete. Helping on the line to get the football team 2 rounds deep into the play-offs, throwing the shot 37.8 feet and discus 110 feet as a freshman. He also has started on the Varsity baseball team and batted .500 this past summer. He is also on the honor roll, a member of FCA and works as a mentor to the younger kids in school. ~Mark Roozen

GREER HIGH SCHOOL

KEIANNA PARKS

Forward

Junior

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

LOGANVILLE HIGH SCHOOL

NINO NESBITT

Guard

Junior

Nino is the perfect representation of our strength & conditioning program. Our program values integrity, hard work, resiliency, leadership, respect, and physical and mental toughness. Nino exhibits those characteristics and then some, on a daily basis. ~Brad Palmer

MANDAN HIGH SCHOOL

HAILEY MARKEL

Senior

Hailey is a senior at Mandan High where she competes in Basketball and Track. She has been a Mandan Athlete of the Month, PSP MVP, Rookie of the year, and a two time team captain for basketball. Markel is also a 4 time qualifier for state track and field. She has really dedicated herself to the weightroom her senior year. While working through a knee injury Hailey has hit a max on bench of 125 and clean of 115. Congrats Hailey! ~Zach Morast

HIGH SCHOOL — BASKETBALL

MANDAN HIGH SCHOOL

WYATT PIEHL

Senior

Wyatt is a senior at Mandan High where he competes in Football, Basketball and Track. He has been a two-time lifter of the week, Silver Iron Brave Club Member (Bench, Squat, and Clean over 850), was 2 time all WDA and 2 time all-state in football, and a basketball team captain. Piehl has worked hard in the weight room recording maxes of 255 on bench, 385 on Squat, and 245 on clean. Congrats Wyatt! ~Zach Morast

NEW TRIER HS

LOGAN FELLER

Guard

Senior

Logan is a leader in the weightroom and on the court. He embodies what it means to be a New Trier basketball player and is recognized as one of the hardest working and toughest players in the state. His focus, attendance, effort, and toughness are undeniable. Logan is a Captain for one of the top teams in the state. On the court, he has been recognized as a 2-time All-Conference player, has made multiple all-tournament teams (including 1st team All-Tournament at the Loyola-New Trier Thanksgiving Tournament and 1st team All-Tournament at the Saguro Arizona Holiday Tournament. Last year, he was a key player for a team that finished 3rd in State; this year, he is making big moves throughout the State playoffs; next year he will continue his basketball career at Johns Hopkins University. Coach Fricke says, "statistics don't begin to describe Logan's impact on a game. He is our primary ballhandler. He gets the toughest defensive assignments. He is truly a coach on the floor." ~Jim Davis

RAYTOWN SOUTH HIGH SCHOOL

CORDELL HOLLEY

PF

Junior

Cordell, plays basketball. He excels in the weight room and classroom. Cordell has a great work ethic in the weight room and upholds the standard for those around him. Cordell is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Cordell! ~Monte Yancey

THE PEDDIE SCHOOL

MING WANG

Guard

Senior

Ming completely transformed his body during his 4 years at The Peddie School. He truly loves the process and asks all the correct questions with a desire to learn every day. His results speak for themselves. At 155 lbs body weight, he earned a 342 lbs Back Squat, 266 lbs Bench Press, 335 lbs Deadlift, 208 lbs Front Squat, 186 lbs Hang Clean, 304 lbs RDL, 259 lbs Bulgarian Squat, 25 Pull ups, 32.8" Vertical Jump, and a 1.7 second 10 yard Sprint. ~Mike Volkmar

YANKTON BUCKS

LONDON POTTS

Guard

Senior

Landon was a senior on the Yankton Bucks Basketball team and used his off-season work to propel him into a starting position on the varsity and the team's leader for the season. On the court, as a point guard, Landon averaged 17 ppg, had 4 rebounds per game, 2.6 assists per game and 1 steal per game. In the weight room for off-season and pre-season, Landon was a leader and improved in all areas; with an increase of 40 lbs in his bench from 155 lbs to 195 lbs, a 65 lbs increase in his squat; from 235 lbs to 300 lbs, and an increase in his vertical by 3.5 inches. ~Mark Roozen