

HIGH SCHOOL — BASEBALL

Cape Henry Collegiate

CHRIS MARTINEZ

Infield, Outfield

Senior

Chris has been a 12-month, 7 a.m. Breakfast Club member since the 8th grade. His consistency has produced some of the strongest pound-for-pound strength numbers in program history. At a body weight of 170 pounds, Chris has earned a 455-pound back squat, a 260-pound bench press, and a 595-pound trap bar deadlift. Equally impressive is Chris's belief in a program bigger than himself and his willingness to do what is best for the group.

~Philip Reichhoff

Charlotte Christian School

RUSS BERGER

Pitcher

Senior

When Russ finished his sophomore year, we spoke at length at where his potential laid, but where habits were not yet formed in order to take his game to the next level. From that point forward, Russ flourished in his training, never taking a day off unless prescribed and doing the little things outside the weight room well. His strength numbers began to skyrocket as his body weight matched his frame, and Russ came back as a junior looking like the future athlete we believed him to be. We are very excited to watch Russ go on to compete at Columbia University, a testament to the young man he is, and he will be sorely missed inside the walls of our weight room here on campus. ~Kyle Jacksic

Community School of Naples

NICK RENTERIA

Utility

Sophomore

Nick is one of the highest energy kids in our facility. He is consistently bringing energy, motivation, and leadership when he steps into the weight room or on to the playing field. Nick has one of the highest motors of any kids I have gotten to work with, which has led him to make incredible progress throughout his early career. He has a tremendous impact on the field, in both football and baseball. He has a strong natural desire for competition while possessing incredible instincts. During his Freshman baseball campaign, he earned a 0.312 batting average, accounting for 13 RBIs, and 23 runs. Through the first 3 games of his Sophomore season, he already has a 0.333 batting average, 5 runs, 5 RBIs, and 2 triples. ~Evan Gentry

Fox Chapel Area School District

DREW MOYER

Infield/Pitcher

Junior

Drew Moyer is a remarkably driven and disciplined student-athlete who balances a rigorous 4.1 GPA with a relentless commitment to his physical development. A Scholar-Athlete Award winner and member of the National Honor Society, Drew approaches every training session with a level of focus and intent that sets a high standard for our entire program.

In the weight room, Drew is a natural leader who has earned the respect of his teammates through his actions and his work ethic. He leads by example, consistently putting in the extra work and effort to

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ensure he is the hardest worker in the room. This dedication has resulted in considerable gains in his strength and conditioning, serving as a testament to his persistence and character. He is an exceptional young man whose academic excellence and drive for high achievement make him a cornerstone of our program. ~Brandon Peifer

Inspiration Academy

OAKLEY SHIRK

Catcher

Senior

Oakley has been part of Inspiration Academy's strength and conditioning program since he was in the 5th grade. As not an athlete gifted with great size, he has used dedication to the weight room to create a body that is resilient and physical to be a top notch catcher. His athletic ceiling continues to get higher each year as his dedication to his body and preparedness is high level. As a senior he leads by example and pushes others in training to get the most out of their bodies as well. He is a perfect testament to what a quality high school strength and conditioning can do for an athlete when they go all in. His abilities has earned him a scholarship to Tennessee Wesleyan, a top NAIA program in the country. ~Brian Commerford

Lakeshore High School

LOGAN ARNT

Pitcher & Outfield

Junior

Logan Arnt exemplifies exactly what it means to be an NSCA All-American athlete. Logan is the strongest most athletic athlete in our school, but what truly sets him apart is the dedication,

consistency, and work ethic he brings to the training process every single day.

Logan has fully committed himself to becoming the best athlete he can be. His approach to training is intentional and disciplined, and he consistently pushes himself to improve while maintaining high standards of technique, effort, and accountability. His strength levels are the result of years of focused work in the weight room, and he serves as a clear example of what can be achieved through commitment and consistency.

Beyond his physical abilities, Logan's mindset and work ethic make him stand out among his peers. He leads by example, embraces challenges, and consistently raises the standard for those around him. His dedication to his development reflects the core values of the NSCA and the All-American distinction.

Logan Arnt represents excellence in strength and conditioning through his unmatched work ethic, commitment to improvement, and elite physical development. I give him my highest recommendation for NSCA All-American recognition. ~John Girton

Munster High School

JACK KUNAS

Pitcher

Sophomore

On the field, Jack has established himself as one of the top pitchers in the state in the Class of 2027. He is currently ranked number 30 overall in Indiana, number 9 among right handed pitchers, and number 4 among uncommitted pitchers in the state. He was

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named the 2025 Golden Arm Award winner by his high school team and earned both the 2025 Cy Young Award and MVP honors from his travel team coaches. These awards reflect not only performance, but the respect he has earned from coaches and teammates through his preparation and consistency.

Jack earned a varsity roster spot as a sophomore and was trusted as the starting pitcher in the first sectional game of the 2025 season. He was also selected by our coaching staff to start the Hope At Bat rivalry game against Lake Central, an event dedicated to raising funds for breast cancer awareness. Jack pitched a complete seven inning game, recording seven strikeouts and leading our team to a 5 to 2 victory. The confidence our coaches placed in him in that moment speaks directly to his work ethic and mental toughness.

His exposure at the state and national level further demonstrates his standing among elite athletes. Jack was invited to the Best in the US National Showcase at Chase Field, home of the Arizona Diamondbacks. He has earned multiple invite only selections through Prep Baseball Report, including the Preseason All State Underclass Showcase, the Preseason All State Upperclass Showcase, and two Indiana Fall State Games appearances. He was also invited to the All State Games hosted by Perfect Game and was recently recognized as a Top 50 riser in Indiana's 2027 rankings update. These invitations are performance based and reflect the results of disciplined year round strength and conditioning.

In the classroom, Jack is a two time Scholar Athlete award winner and has been nominated to the

National Honor Society. He understands that being a high level athlete also requires commitment to academic excellence.

Jack's leadership extends well beyond the baseball field. He was selected for the Munster Futures Leadership Program and the Munster Athletic Council. He actively serves the community by helping organize and transport supplies for a homeless dinner at the Hammond Civic Center. He is a member of the Christian Culture Club and has spent the past two summers helping run youth baseball camps, mentoring younger athletes who hope to play at the high school level one day.

What stands out most about Jack is his consistency. He shows up every day ready to train with intent. His development as one of the top pitchers in the state is not accidental. It is the result of disciplined preparation, commitment in the weight room, and a genuine desire to improve.

For these reasons, I strongly believe Jack Kunas is highly deserving of the NSCA All American Strength and Conditioning Athlete of the Year Award.
~Trenna Edgerton

New Trier High School

MASON BLOOM

Outfield

Senior

Mason Bloom's 445 lb squat, 33.5" vertical, 9'3" broad jump, 2.73 20 yd. dash, and 4.35 pro-agility shuttle tell only part of his story. He is a senior baseball player who consistently demonstrates exceptional leadership both on and off the field. As a 3 year starter on varsity, Mason leads by example

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through his work ethic, discipline, and commitment to excellence. He sets the standard at practices and games, encouraging teammates to give their best while holding himself to the same expectations. His positive attitude and steady presence make him someone others naturally look to for guidance and motivation. His leadership-by-example has shifted off-season outcomes for the entire team. ~James Davis

Northrop High School

JOSEPH STRAIGHT

INF

Senior

Joseph Straight has been a pillar in our program over the last few years. A well-rounded student athlete who balances his responsibilities between being an athlete and student maintaining a 4.1GPA and holding a job as well. Joseph doesn't shy away from an opportunity to get better as he's found his way to the weight room twice a day over the last 3 years. Even after adversity, he was right back at it working to maintain a high level of performance. Joseph radiates a positive attitude, high energy, good character, and possesses the ability to elevate his teammates as well. It is a privilege and an honor to nominate Joseph for the All-American Strength and Conditioning Athlete of the Year. ~Tyler Carroll