

## HIGH SCHOOL — BASEBALL

### Cape Henry Collegiate

#### RYAN DOBRINSKY

##### Senior

Ryan's consistency and belief in development separates him from his peers. A member of our before school, Breakfast Club, workout group Ryan is a leader and role model for teammates and younger students. To date Ryan has earned a back squat of 405, a bench press of 205, a trap bar deadlift of 520, and a vertical jump of 33.7".

~Philip Reichhoff

### Creighton Preparatory School

#### LOGAN BURCHFIEL

##### Infield

##### Senior

Logan has achieved success on the baseball field by elevating his ability through Strength & Conditioning. Logan is a leader amongst his teammates and is a great example of striving to always improve. Logan finished the 2024 summer season with a .363 batting average with 5 doubles, 5 triples, 1 HR, 23 RBI's and 26 stolen bases.

~Trenton Clausen

### Eastchester High School

#### JOSEPH DELJEVIC

##### Pitcher

##### Senior

I have had the pleasure of knowing Joseph Deljevic since he was in second grade, and throughout his athletic career, he has been unrelenting in his strength and conditioning training. Whether at Eastchester Strength or VeloU, Joseph puts in passionate hard work, making every rep count. His attention to detail, discipline, and consistency set him apart—he never misses a session and always strives for excellence. His dedication behind the scenes has been instrumental in his development, allowing him to reach the Division 1 level. Even after facing a difficult injury and surgery, he remained steadfast in his goals, never wavering in his commitment to improvement. Joseph's resilience, work ethic, and passion make him a deserving candidate for this prestigious honor.

~Shane O'Connor

### IMG Academy

#### SEAN GAMBLE

##### IF/OF

##### Senior

Sean is not only an amazing athlete, but more importantly an amazing human being. As much national attention he gets for his play on the field, the most impressive attribute he showcases is his character. He deserves to be recognized not only for what he does on the diamond, but also the impact he has off the diamond. As a cherry on top, he's getting it done in the classroom with a 4.54 GPA in preparation to attend Vanderbilt University as a student athlete. ~Brian Walker

## HIGH SCHOOL — BASEBALL

### Jackson Christian School

#### ZACH CREASY

Infielder, 3rd Base

Senior

Zach's relentless efforts to become the best athlete doesn't go unnoticed. Not only in the weight room but also in his studies and leadership opportunities, it is clear he has a high expectation for himself. I am proud that I had the opportunity to coach Zach and see his improvements from Day 1 to now.

~Jonmarc Rasberry

### Lake Central High School

#### JACOB FIGG

Outfield

Senior

Jake is a tireless worker. He leads by example and is willing to put in extra work to better himself and his teammates. He is always willing to help out when asked. Jake is highly respected by his peers and the staff at Lake Central. ~Thomas Halterman

### Lake Central High School

#### DREW KOSTEBA

Outfield

Senior

Drew has dedicated himself to becoming the best athlete that he can. He has an excellent work ethic and constantly challenges himself to be better.

~Thomas Halterman

### Ludington High School

#### THOMAS WEINERT

Multiple

Senior

Thomas Weinert is a quiet and humble leader who is hungry to grow and improve. His efforts have allowed him to transform himself physically and improve several key performance indicators in the wt room to aid in his athletic success. Best of all he is a kind come with me kind of person and teammate. ~Richard Kirby

### Mandan High School

#### JENSEN SCHULZ

Catcher

Senior

Jensen Schulz is a dynamic athlete known for his leadership on the baseball team, particularly in the weight room, where he sets a strong example for his teammates. As a catcher in baseball, Jensen combines skill with determination, motivating others to push their limits. On the football field, he earned First-Team All-State honors as a wide receiver, showcasing his exceptional athleticism and playmaking ability. As a Gold Iron Brave member, Jensen has achieved a combined bench press, squat, and power clean total of over 1,000 lbs, further demonstrating his commitment to strength and excellence. His impressive individual lifts include a 295-pound bench press, a 450-pound squat, and a 275-pound power clean. ~Zachary Morast

## HIGH SCHOOL — BASEBALL

### **New Trier**

#### **TREY MEYERS**

##### **Senior**

Trey's commitment to the weightroom is exceptional. At 6'6" he boasts a 500lb. back squat with elite technique to compliment team leading scores in broad jump (127.5") and 20 yd. dash (2.63). Trey has started on Varsity since his sophomore year. He was named All-Conference, All-Area, and was voted team MVP of a 33-4 team who finished the season ranked #6 in the state of Illinois. Trey's leadership continues to evolve and mature - he is a leader by example, and hold his teammates accountable to the standards of one of Illinois' top baseball programs. Trey was instrumental in helping organize his teammates to participate in our annual "Make a Difference Day". He is committed to play baseball on a scholarship at Indiana. ~James Davis

### **St. Albans School**

#### **PRESTON BENNER**

##### **Pitcher; First Base**

##### **Senior**

Preston's athletic journey is a testament to his grit and determination, demonstrating significant progress over time. He has shown remarkable consistency in his training, both in the weight room and on the mound, which has led to impressive gains in his throwing velocity and strength, surpassing a combined total of 1,000 pounds across our three major lifts. This dedication has not only helped him grow as an athlete but also established him as a leader and key contributor to the baseball program. I am incredibly proud of the person Preston has become during the four years I've had the privilege of working with him. He is the perfect

example of someone who truly deserves such an award. ~Christopher Tarullo

### **Strong Rock Christian School**

#### **BROOKS BIBBY**

##### **Pitcher**

##### **Senior**

Brooks is the epitome of what this award stands for, his hard work and dedication to Strength & Conditioning has helped him become one of the best athletes ever at our school and has garnered him several baseball opportunities to play at the next level. He has been a multiple-time winner of our Lifter of the Week Award, along with earning our Elite Patriot Award which is the highest honor one can earn in our Strength & Conditioning program. He was named 1st Team All-Region & 1st Team All-State. His leadership & passion have been contagious for our baseball & basketball programs, helping us earn a Final 4 birth one season and a State Championship during another season. He has laid a legacy of excellence & hard work which will benefit our program for years to come. He very deserving of this honor and it is my privilege to nominate him for NSCA Strength & Conditioning All-American.

~Emily Mayer

## HIGH SCHOOL — BASEBALL

### **Strong Rock Christian School**

#### **BLAKE BURGHARDT**

##### **Pitcher**

##### **Senior**

Blake Burghardt is one of the hardest working athletes that has ever competed at Strong Rock Christian School. He has been a member of the baseball & basketball teams during his high school career. Blake has earned 1st Team All Region & 1ST Team All State honors in baseball during his high school career, he was a key cog in our 2023 Baseball State Championship. Blake's commitment to his strength & conditioning has helped him achieve all these successes, while his leadership does an amazing job motivating others. His work ethic has paid off by earning a baseball scholarship to Young Harris University. He is very deserving of the NSCA All-American honor & would represent it well.

~Tobias Jacobi

### **The Brook Hill School**

#### **GABE TATUM**

##### **Third base and Pitcher**

##### **Junior**

Gabe is one of the most dedicated and hardworking student-athletes I have had the privilege of working with. His unwavering commitment to improvement is evident through his exceptional discipline and relentless work ethic in the weight room. He leads by example, demonstrating a remarkable level of integrity in everything he does. Gabe consistently seeks opportunities for growth, frequently asking, \*"Coach, what else can I do to get better?"\* Beyond his athletic excellence, he is an outstanding student who approaches academics with the same determination and focus. Most importantly, Gabe is an exceptional young man whose character and leadership set him apart. ~Todd Cofer