

HIGH SCHOOL — BASEBALL

BEAR RIVER HIGH SCHOOL

GEHRIG MARBLE

1B/P

Senior

Gehrig put in the time in effort in the off season to progress and improve his athletic ability. His preseason tests were incredible. He measured a 41 inch vertical and 118 inch broad jump at 6'5". He hit a 255 lbs front squat and a 185 lbs press. He put on muscle and improved his power and quickness numbers by leaps and bounds. He was a leader in the weight room and locker room.
~Reggie Shaw

CAPE HENRY COLLEGIATE

TANNER SCHAEDEL

Senior

Tanner is one of the most decorated baseball players in the history of Cape Henry Collegiate. In addition to his impact on the baseball field, Tanner is also a leader on the volleyball and indoor track teams. A year round participant in the strength and conditioning program, Tanner is consistently the first one in and the last one to leave. At time of submission, he earned a bench press of 245, front squat of 330, trap bar deadlift of 570 and a 39" vertical jump. ~Phil Reichhoff

CREIGHTON PREP

MICHAEL SALL

Pitcher

Senior

Michael is a great example of utilizing Strength & Conditioning to enhance on field performance and returning from season-ending injury to achieve future success. He leads through his actions and words each practice and training session. Through his hard work he has achieved much success on the field and the ability to continue his baseball career playing collegiately at the University of Nebraska Omaha. ~Trenton Clausen

FORGED IRON ATHLETIC PERFORMANCE AT THE JAMERSON FAMILY YMCA

CONNOR LANE

Pitcher

Senior

Connor has been a consistent 4 year strength athlete balancing his training with multiple sports. Connor brings a contagious energy to every class, pushing his peers to get better. Because of his year around strength and conditioning training, Connor has been able to reach all his in-season athletic goal. ~Sarah Kline

GEORGETOWN PREPARATORY SCHOOL

SAMUEL WEINSTEIN

Catcher

Senior

Sam has become the model of consistency for our baseball program. His ability to embrace coaching and push himself out of his own comfort zone has been nothing short of incredible. Over his four years at Prep he has excelled at making the "work" his passion. He has thrived both on the field and in the classroom and I would expect nothing less to continue throughout his collegiate years. ~Eamon O'Liddy

GREER HIGH SCHOOL

COLE BELLINGER

C, UTIL

Senior

Cole is an outstanding young man and hard working student-athlete that has seen his strength, power and speed all increase because of his commitment to our program. He is intense on the field and in the weight room. He is an excellent student-athlete and always pushes himself to get better in every aspect.
~Matt Landreth

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INSPIRATION ACADEMY

SHIMONTE BAINM

Infield, Catcher

Senior

Coming off a knee injury last year, Shimmy has been an absolute "dog" in the weight room this year. His work ethic in our training sessions have enabled him to create a faster and more resilient self that has elevated his ability on the baseball field. He resilience in the weight room has inspired others as he is always giving it 100%, and thus helps bring others to give the same. Shimmy is a great example on how weight and speed training and help raise an athlete's ceiling and improve overall sports production. ~Brian Commerford

KAMEHAMEHA SCHOOLS - KAPALAMA

GREYSON OSBUN

Pitcher

Junior

Greyson Osbun is an exceptional baseball player who has shown unwavering commitment and dedication since day one. From the moment he walked through the doors, Greyson has been a relentless worker, showing up nearly every day and putting in the work with zero excuses. Last season, as a sophomore, he showcased his talent on the field, throwing 37.5 innings with 37 strikeouts and an impressive 1.12 ERA. With an undefeated record of 4-0 and one save, Greyson proved himself to be a valuable asset to the team, we look forward to seeing him continue to excel in the seasons to come.

~Skyler Yamamoto

LAKE CENTRAL H.S.

DREW ARNOLD

Catcher

Senior

Drew is an outstanding young man with a terrific work ethic. He excels in the classroom as well as the weight room. He has shown great leadership by helping to make sure that he and other team members are performing up to the standards set for them. ~Thomas Halterman

LAKESHORE HIGH SCHOOL

ALEC WOJAHN

Catcher

Senior

It has been such a pleasure to coach Alec the last few years. He is an all around All American. He is always working hard in classroom, in the weight room and on the field. His leadership has been invaluable this last year as he set the standard and is always a positive influence on others to do the same. He help lead the Lakeshore Baseball & Football team to regional finals appearance. Alec's dedication has earned him the opportunity to play both football and baseball at the college level. Beyond athletics, Alec is an outstanding student and leader of the school community. He is truly an amazing young man that has a very bright future ahead of him. ~John Girton

LOGANVILLE HIGH SCHOOL

BRODY HANNAH

Catcher, QB

Sophomore

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

~Brad Palmer

HIGH SCHOOL — BASEBALL

MANDAN HIGH SCHOOL

GAGE MILLER

Senior

Gage is a senior at Mandan High where he competes in baseball and Basketball. Last year he threw a no-hitter, and has helped Mandan to a WDA Championship. He has a 225 max bench, 300 Squat, and 190 power clean. Congrats Gage! ~Zach Morast

NEW TRIER HS

MAX KAPLAN

Pitcher

Senior

Max is a 3-year varsity player, returning All-Conference pitcher, and Captain of one of the top teams in Illinois. As a junior he had a 7-2 record as a starter with an elite 2.12 ERA. His passion for baseball was made obvious by year-round, thoughtful training. His coaches note that he is the hardest working pitcher they've ever had in the weight room. A high character, hard-working athlete, Max is committed to play college baseball at University of South Carolina Upstate ~Jim Davis

RAYTOWN SOUTH HIGH SCHOOL

LOGAN LANEAR

1B/C

Senior

Logan, is a standout in two varsity sports, baseball and football. He also excels in the classroom. Logan has a great work ethic in the weight room and upholds the standard for those around him. Logan is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Logan!

~Monte Yancey

ST. ALBANS SCHOOL

DEREK DESMARAIS

SS/Pitcher

Senior

Derek's commitment to the strength and conditioning program has aided him in becoming one of our best student-athletes at St. Albans School and achieve many accomplishments on the baseball field. He led the program in 2023 in ERA (0.87) and saves. He is currently the only member of our baseball program in the "309 Club", having thrown a baseball from home plate over the left field fence, 309 feet away. Derek also hit a clutch RBI triple that helped lead Bulldogs to first championship since 2016 last year. Derek's is a fantastic leader and a relentless work ethic which has earned him to be captain of our 2024 baseball team. Derek is one our seniors, that has played a major role in shaping and shifting success and culture of our strength and conditioning program.

~Christopher Tarullo