



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — GYMNASTICS

GREER HIGH SCHOOL

TAYLOR CATES

Sophomore

Taylor 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 mat and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect.

~Matt Landreth

UNIVERSITY HIGH SCHOOL

SOPHIA RICE

Senior

Sophia works extremely hard and has an appreciation of how the weight room can help her skills have paid off. She has been consistently been training at our gym for years and has recently sign to WVU for gymnastics.

~Jerry Handley