

HIGH SCHOOL — ICE HOCKEY

MANDAN HIGH SCHOOL MCKENZIE YANTZER

Junior

Mckenzie is a Junior at Mandan High where she competes in Hockey and Softball. “Mac” has been one of the most consistent lifters at Mandan High over the last 5 years. She has helped Mandan Hockey to two strait WDA championships and three straight state appearances. She has a 125 max bench and 165 squat. Congrats Mckenzie! ~Zach Morast

MANDAN HIGH SCHOOL MASON ZANDER

Senior

Mason is a senior at Mandan High where he competes in football and hockey. He has been a four time lifter of the week, Silver Iron Brave Club Member (Bench, Squat, and Clean over 850), and has one of the highest participation percentages for weightlifting in Mandan history. Zander was also awarded the Brave Award which is given to an athlete which most exemplifies what it means to be a brave on and off the field. He has hit a max bench of 275 and a max squat of 405. Congrats Mason! ~Zach Morast

MULLINS PERFORMANCE + FITNESS CARSON JONES

Forward

Junior

Carson Jones is a junior at Memorial High School in Edmond, Oklahoma. His journey began in competitive ice hockey during his freshman year in high school. Carson is an impactful forward on the Nationals-bound Oklahoma Junior Warriors 18U AA team. His speedy improvement can be attributed to his incredible work ethic and dedication to strength training off-ice and individual lessons on the ice. Beyond putting in work in the classroom and the weight room, Carson's humility, positive attitude, excellent sportsmanship, and kindness have influenced his teammates and coaches, alike. Carson Jones is an excellent example of what can be accomplished with work ethics and a positive attitude. Carson goes above and beyond to show respect to others and is quick to highlight another person's success. I am honored to nominate Carson for this award. Thank you for your consideration. ~Elizabeth Mullins