

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — FIGURE SKATING

Epic Charter Schools SAMIGRACE MARSHALL

Junior SamiGrace is junior with Epic Charter Schools in Oklahoma City. SamiGrace is a member the National Honor Society maintaining a 4.029 GPA. She is a 3-time US Figure Skating Gold Medalist, a National Qualifying Series Competitor, a Top 10 National Showcase Finalist at the Senior Level for figure skating. SamiGrace was a soloist at the 2025 Scott Hamilton Sk8 to Elimin8 Cancer in Tulsa, Oklahoma. SamiGrace has been nominated for the Southwest Chamber of Commerce Award in 2025. Along with her academic and skating accomplishments SamiGrace is taking classes at Oklahoma Christian University, coaching figure skating lessons to her students, and volunteering at her church and the Learn To Skate Program at Blazers Ice Center. SamiGrace has been attending group off-ice strength and conditioning sessions for almost two years. She is hardworking, always gives her best, encourages others to do the same. It is an honor to nominate SamiGrace for this award. ~Elizabeth Mullins

Home School Athlete ALLIE EARLS Junior

Allie Earls is in her junior year as a homeschool athlete. Allie works hard to maintain academic excellence. She has a weighted GPA of 4.16 while taking college courses at Evangel University. Allie is a U.S. Figure Skating Gold Medalist in Moves in the Field, will compete as a Novice Lady in the Excel National Series this year. Allie is a U.S. Figure Skating Coach on staff at her rink, she helps with their Learn to Skate Program and enjoys helping her athletes work towards their goals. Allie participates in Teen Bible Quiz, volunteers in her church kitchen and coffee bar, and volunteered in a Serve City a week-long summer program and traveled to Brazil on a mission trip summer of 2024. I have worked with Allie training her virtually since 2018. She has created a gym space in her garage in order to stay consistent with her training. Allie is coachable, thoughtful, supportive of others, kind and has overcome adversity at a young age. I am honored to nominate Allie for this award. ~Elizabeth Mullins



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Mullins Performance + Fitness GERARD MCCORMICK

Junior

Gerard McCormick is a junior who is homeschooled. When he was 4 years old, he began martial arts training in Taekwondo. At U.S.A. Taekwondo Nationals in 2014, Gerard was the National Blue Belt Silver Medalist. He was also a competitor at U.S.A. Taekwondo Nationals in 2015. He is currently a 2nd Dan Black Belt in Taekwondo and a 1st Dan Black Belt in Hapkido. He took up figure skating when he was 8 years old. Gerard was a Southwest Nine States Competitor (2021) and an Oklahoma Open Competitor (2021). He was also a Skate Milwaukee Competitor (2021). Gerard was the Heart of America Invitational Juvenile Boys Gold Medalist (2022) and the Skate Houston Open Juvenile Mens Silver Medalist (2022). Gerard also played basketball with the OKC Storm basketball team. His 14U team won Indiana Homeschool Nationals (2023). He also played on the 16U team that won Indiana Homeschool Nationals (2024) and the Texas Christian Athletic League Championships (2024). Gerard is a member of Oklahoma Premier High School Figure Skating Team, now in its second season. Last year, Oklahoma Premier competed in the 2024 Cyber Challenge placing 7th overall in the nation and receiving the USFS Dorothy Tank Team Spirit Award. Gerard also competed with Oklahoma Premier High School Figure Skating Team at the Midwest Pacific High School Sectional 2024. Gerard is currently a U.S. Figure Skating Intermediate Level Men's Singles skater passing his Free Skate and Skating Skills tests at that level this year. Gerard also takes AP Math, Science and Foreign Language courses, and plays the cello. Beyond these other accomplishments, Gerard has been consistent with his strength and conditioning for almost 2 years. Gerard is kind, helpful, and encouraging to those who are new in the weight room. It is an honor to nominate Gerard for this award. ~Elizabeth Mullins