

### NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

### HIGH SCHOOL — SOCCER

# Cape Henry Collegiate TYLER BASS

#### Senior

Tyler Bass has been a consistent participant in our program since his 8th grade year. He is a multi-sport athlete, serving as a standout on basketball and golf as well. His physical development is an example of what consistency can produce. To date Tyler has achieved a front squat of 340, bench press of 255, and a trap bar deadlift of 480. He is a leader and role model in our community. ~Philip Reichhoff

# Edmond North High School ADAM FROEHLICH

### Midfielder/Forward

#### Junior

Adam is a junior at Edmond North High School in Edmond, OK. Adam has been playing soccer since he was 5 years old, starting with Edmond Soccer Club and then playing with Oklahoma Energy Football Club on the ECNL and ECRL teams for 7 years. Adam has played on the Varsity soccer team at Edmond North for 3 years. I have been a supplemental coach for the Edmond North Boys Soccer team for the past two years and have been able to observe Adam's character. Adam leads by example, is quick to highlight players on his team that may not always be noticed. Adam gives his very best each day he steps on the field and encourages others to do the same. Adam is a member of the National Honor Society and has maintained a 4.0 GPA for his entire academic career. He volunteers with TOPSoccer and is on the Varsity Board for Cleats for Kids. Adam participates alongside fellow classmates to raise money for local charities through an annual fundraising campaign called BALTO. Adam was named the Sophomore Prince for raising the most money among the boys in his class. Adam works part time at a local pizza restaurant, attends church, and spends time with friends and family. Adam enjoys hiking, skiing, golfing, playing basketball, and working out. Adam will begin touring colleges soon and plans to study engineering after high school. It is an honor to nominate Adam for this award. ~Elizabeth Mullins

## Ludington High School GAVIN HENION

#### Midfielder

#### Senior

Gavin is a quiet leader that lets his actions speak for themselves. Gavin is the epitome of consistency. He is a great teammate that is willing to work with and encourage everyone, especially in the wt room. He shows up! ~Richard Kirby

## Ludington High School KYLEE JOHNSON

### Midfielder

#### Senior

Kylee is a positive leader that is committed to the process of bettering herself and compelling others to do the same. She is a leader on the field, in the wt room, and academically. She is very involved in student government as well. Kylee is a person made for others. ~Richard Kirby



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# Mandan High School THOMAS CATALANO

#### Senior

Thomas Catalano is a dedicated and multi-talented athlete, excelling in soccer, football, and track. As a captain of his soccer team, he has not only demonstrated leadership but has also earned recognition for his academic achievements, being named to the All-Academic Team for four years. In track, Thomas has made an impact by qualifying for state in multiple relays and sprint events, and he was honored as a Gatorade Athlete at the NDSU Track Camp for his outstanding performance. He is a proud member of the 600 Sanford Score Club and has shown impressive strength with a 225-pound bench press, a 385-pound squat, and a 225-pound power clean. His dedication to both athletics and academics highlights his well-rounded abilities and commitment to excellence. ~Zachairy Morast

## Mandan High School ADRIANNA KAUTZMAN

#### Midfield

#### Sophomore

Adrianna Kautzman is a dedicated and multi-sport athlete known for her relentless work ethic and leadership across various sports. A standout in soccer, hockey, and volleyball, she excels on the field, ice, and court. Adrianna has earned recognition as an All-State player for 19U hockey—an honor she has achieved twice, showcasing her skill, determination, and competitive drive. Adrianna is committed to her strength and conditioning, putting in countless hours in the weight room. Adrianna's drive to constantly improve has also made her a natural leader, stepping up as an underclassman and inspiring her

teammates with her dedication and discipline. ~Zachairy Morast

### Perry High School JORDAN ROWAN

#### **Forward**

#### Senior

Jordan has been training year-round since 5th grade. She has participated in soccer with her high school team, ECNL, and National Selection Team. Jordan was All-Ohio, CVC Conference Player of the Year, and is a top 50 player in our region. She has a 4.3 GPA and will be continuing her education/soccer career at the University of Kansas.

~Michael Crissinger

## Platteview High School MACKENZIE JENSON

#### Defender

#### Senior

Mackenzie has been a constant in our program over the last 5 years. A very talented athlete that will not let anyone outwork her. She is a leader in the hallways, on the soccer pitch and in our program. ~Nicholas Crouse



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# Preston High School KATE ALLRED

#### Junior

Kate is always working hard to better herself, she's a leader in the weightroom and always pushes others to also be better. Kate shows great leadership on and off the field. She's a great example of character and work ethic, a real shining light for younger girls to look up to. Through her hard work, on and off the field, she has made massive strides as a player and is an integral part of our program. ~Jamie Fuse

### Yankton JOSSLYN ELWOOD

#### Wing

#### Sophomore

Josslyn is a multi sport athlete doing soccer, basketball and track. This past season, she was part of the team that was 7th seed in the State Playoffs and had 5 season shutouts. Josslyn scored 6 goals, had 3 assists and has earned her 3rd Varsityy Letter. She also won the Iron Woman Award for missing ZERO training sessions or games. Her squat is 185 lbs, bencehs 135 and has a 20.5 inch vertical. ~Mark Roozen

## Yankton JACK PEDERSEN

#### **Junior**

Jack is a multi sport athlete competing in Soccer, Hockey and Track & Field. He is a member of the National Honor Society as well. In soccer Jack was selected to the All ESD (Conference) Team with 13 games played; 7 goals and 2 assists. In Hockey, Jack had 18 goals and 14 assists in 22 games. He is also a sprinter on the Varsity Track Team. He is a leader in sports and in the weight room as well.

~Mark Roozen