

HIGH SCHOOL — SOCCER

CAPE HENRY COLLEGIATE

TAYLOR ERVIN

Senior

Taylor Ervin has demonstrated the long term commitment to his strength and conditioning development over 5 years, starting to train in the 8th grade. Taylor was a captain and strong contributor to Cape Henry's storied Boy's Soccer team while still earning impressive strength numbers. At the time of submission, Taylor earned a bench press of 215, front squat of 235, and a trap bar deadlift of 400.

~Phil Reichhoff

EASTCHESTER HIGH SCHOOL

DECLAN MCLAUGHLIN

Midfielder

Senior

Declan has been a member of our strength and conditioning program since 8th grade. Since then he has lead the way for his peers in the weight room and in all his off season training. His talent along with dedication and hard work has lead him to a stellar senior year where as captain of the boys varsity soccer team he helped lead them to a section championship. Declan was awarded all region(entire east coast), all section, all league, and league MVP. Declan's senior year stats include an impressive 19 goals and 10 assists. While Declan has not committed yet he will be continuing his student athlete career in college. ~Shane O'Connor

MANDAN HIGH SCHOOL

LUKE EBERLE

Senior

Luke is a senior at Mandan High where he competes in Soccer. He has been awarded most improved player and the hustle award. Luke has been consistent in the weight room and has the deepest squat in the room. Eberle has maxes of 195 on bench, 295 Squat, and 215 power clean. Congrats Luke! ~Zach Morast

MANDAN HIGH SCHOOL

ABBY LANDEIS

Sophomore

Abby is a sophomore at Mandan High where she competes in soccer. She was Mandan Soccer Club MVP and rookie of the year last year. In the weight room, Landeis is a member of the silver Iron Brave Club (Bench, Squat, and Clean over 500). At the Shanley Weightlifting Competition, Abby won 1st place in pound for pound and most weight lifted in her weight class. She has a 145 max bench, 285 squat, and 150 power clean. Congrats Abby!

~Zach Morast

MULLINS PERFORMANCE + FITNESS

CORBAN MULLINS

Midfielder

Senior

Corban is a senior at Edmond North High School in Edmond, OK. Corban has played soccer for his high school all four years and played club soccer for Oklahoma Energy Football Club for seven years. Corban is a member of the National Honor Society and the Oklahoma Honor Society. Corban and his Stellar-Explorers (a STEM program of the Air & Space Forces Association) be competing at Nationals this April. Corban is also a member of the Memorial Road Church of Christ youth group. Corban is a person of high character, is quick to help others, and encourages others to strive for excellence in life. Corban has dedicated time the weight room to improve athletic performance on the soccer field. Corban is looking forward to attending Oklahoma State University in the fall. It is an honor to nominate Corban. Thank you for your consideration.

~Elizabeth Mullins

HIGH SCHOOL — SOCCER

NEW TRIER HS HONOR DOLD

Defense

Junior

Honor is a three-year Varsity starter and returning All-Conference player for a team that is routinely ranked among the top in the state, if not the nation. Her focus, technique, and intensity in the weightroom are an extension of her on-field demeanor. She is committed. Her 255lb back squat is more than 100lbs over her bodyweight - a rare accomplishment for a junior. It did not happen by accident. She is dedicated to improving her game through year-round training and is a role model in the weightroom. That intensity transfers to the field. She is an elite defender on one of the elite defenses in the state. Hall-of-Fame Head Coach Jim Burnside, who has seen countless high level athletes come through his program, says "Honor is one of the best defensive players we've had at New Trier - she is a high character, hard-working, leader-by-example who elevates the play of those around her. It's exciting to think that her best soccer is yet to come." Dold's qualities transfer to the classroom as well. She is one of the school's top performers in DECA (an organization of emerging leaders and entrepreneurs) and recently created a project focused on raising money and awareness for unhoused women in the Breakthrough Women's Center in Chicago. There too she is a strong, confident leader. She consistently demonstrates care for teammates and the community. Her commitment to high performance is exceptional. ~Jim Davis

PROFORCE | MASON HIGH SCHOOL ZACH COCHRAN

Goalkeeper

Senior

Zach is not only an outstanding goalkeeper but also someone with a tremendous work ethic and drive to get better. He finished his high school career with 28 shutouts, which put him one shy of tying the all-time

school record. On top of that, he finished his senior club season by being named to the National League E64 Best XII. His work wasn't finished there, he stayed relentless in his passion and pursuit to play soccer at the next level, which recently culminated into earning himself a walk-on spot for the UC San Diego Men's Soccer team. Holding the majority of our speed records at our facility, the accolades he's won and the things he's gone onto accomplish are of no coincidence. The sky's the limit for him, and I cannot wait to see what he continues to accomplish! ~Connor Hanson

RAYTOWN SOUTH HIGH SCHOOL AMIAH SANTOS

Junior

Amiah, is a 3 sport athlete. She also excels in the classroom. Amiah has a great work ethic in the weight room and upholds the standard for those around her. Amiah is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Amiah! ~Monte Yancey

SHERANDO SOCCER EVAN BURRELL

Defender

Senior

Evan is an athlete that works in silence, and let's his success do the talking. Evan's work ethic is rare and can be seen not only in his sport, but also as a student. Evan has earned academic awards though the National Honor Society and has been a captain on his high school and travel soccer teams. One of my favorite attributes about Evan is his curiosity. He is always asking questions and wanting to learn more about what he's doing and why he's doing it. That combination of curiosity and work ethic will help him achieve whatever he sets his mind to. We are proud of you Evan! ~Christopher Armel

HIGH SCHOOL — SOCCER

SLEEPY HOLLOW HIGH SCHOOL

EMILY ORELLANA

Defense

Senior

Emily is the superstar of our summer strength and conditioning program! For two years now, she's been there like clockwork, rain or shine, inspiring everyone with her commitment. Emily is a total cheerleader for her teammates, pushing them to dig deeper and work harder just with her positive energy. Every workout, she gives it her all, striving to be the best.

Emily listens to her coaches, pushes herself without needing someone to tell her, and always stays positive, even when things get tough. Plus, she's got this amazing drive to be the best, which motivates everyone around her. It's no wonder she's such an asset to our Strength & Conditioning program!

~Enrique Rosario

STRONG ROCK CHRISTIAN SCHOOL

JAKE MCDOUGAL

Midfielder

Senior

Jake is a tremendously hard worker towards his strength & conditioning. He effort in the weight room is unmatched and he does an amazing job of motivating others to be better. He has been a member of the soccer, cross country, track & field, and wrestling teams during his high school career. He earned the highest honor in our Strength & Conditioning program this past fall by earning Elite Patriot in our end of semester testing competition. ~Tobias Jacobi

WINDSOR HIGH SCHOOL

MADDY FOLLMER

Senior

Consistent, competitive, and positive, Maddy provided an excellent example throughout her entire high school career of how one should go about their business as a student-athlete at Windsor. Not only did she start her high school career strong, but she made sure to finish it right, as she was a Team Captain of her Soccer team, maintained a 4.3 cumulative GPA, and held several Strength & Conditioning records. Maddy maintained strong attendance during summer Strength & Conditioning and would come in during lunch or after school to continue improving her training progress. Her diligence in training helped her achieve post-season accolades and put her in a position to continue her soccer career at the college level. Her never-ending smile and laughter made every training session she was a part of better. Her commitment and positivity will be truly missed. I'm happy to nominate Maddy Follmer as an NSCA All-American. ~Ty Van Valkenburg