

HIGH SCHOOL — POWERLIFTING

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY

VICTORIA ROBERTS

Powerlifter

Senior

Victoria has been a huge surprise and inspiration at ACIT. I first met her in my S&C class last year and was shocked at how naturally strong she was. She started training for powerlifting, and eventually basketball and soccer as well. Her powerlifting performances were not to be taken lightly though. She would go on to dominate our leaderboards in the Squat and Deadlift setting the All-Time Records, and by the end of the year she is on pace to be over 100lbs over the next closest lifter, as well as break the All-Time Bench Press record. It has been an honor seeing Victoria stay humble, but be such a huge inspiration and role model for other lifters at our school. ~Vincent Mahoney

BEAR RIVER HIGH SCHOOL

BRIDGER BARFUSS

Powerlifting

Guard

Senior

Bridger improved his power and athleticism by leaps and bounds this year. He was able to improve his front squat to 225, while improving his vertical to 35 inches and his broad jump to 104 inches. He's been a great example to younger lifters. ~Reggie Shaw

GREER HIGH SCHOOL

SONNY LE

Powerlifting

Junior

Sonny is an outstanding young man and hard working student-athlete that has seen his strength and power increase because of his commitment to our program. He is and intense competitor in the weight room, an excellent athlete and always pushes himself to get better in every aspect. ~Matt Landreth

PINE TREE HIGH SCHOOL

ALEX BRACE

Powerlifting

Lifter

Senior

Alex has been an amazing student-athlete for us in Football and Powerlifting. He had some injuries that he had to rehab back from and never gave up. He committed to strength & conditioning and came back and made Regionals this year for Powerlifting. He is one that my 6 year old son looks up to and we consider him family. My wife has also taught him in Health Science classes and he is a great student as well. ~Ellis Cody

WINDSOR HIGH SCHOOL

JAYDEN TORNABENE

Powerlifting

Senior

Jayden Tornabene's love for training and the process of self-improvement is second to none. By his senior year, he turned himself into one of the strongest pound-for-pound student-athletes and became one of just six student-athletes to have earned their Elite Athlete Classification at Windsor High School. His impressive transformation from Freshman year to Senior year was the result of hours of meticulous planning and fierce execution of training, as he regularly trained 2 to 3 times per day in Strength & Conditioning Class, during the lunch hour and after school. I have met few people who have been as committed to their personal growth and training as Jayden. I can tell he will be a lifelong member of the physical culture. His passion for training and learning will be sorely missed. I'm proud to nominate Jayden as an NSCA All-American. ~Ty Van Valkenburg

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WINDSOR HIGH SCHOOL

SOPHIA WILLIFORD

Powerlifting

Senior

What Sophia is capable of today compared to what she was capable of when I first met her is staggering. She went from quiet and unsure of herself to becoming one of the most dedicated and fittest female student-athletes currently at Windsor. Her intelligence and diligence were consistently on display as she persistently overcame obstacles in training. It is obvious that Strength & Conditioning is important to her, and there is no doubt that Sophia will be a lifelong member of the physical culture. She has had an overwhelmingly positive impact on the culture of Strength & Conditioning at Windsor High School, and she will be missed. It's my pleasure to nominate Sophia Williford as an NSCA All-American.

~Ty Van Valkenburg

YANKTON HIGH SCHOOL

CONNOR SLABA

Powerlifting

Junior

Connor is a state level powerlifter, but is a state level athlete; doing football, powerlifting and track. In track, he has long jumped 19'6", has been on the 4x100 relay team and the 4x200 relay team. In football with his 4.3 40 speed and 34 inch vertical, and was on the team that made it to the State Championship Game. He place 2nd in the state at 140 lbs, benching 225 lbs, squatting 325 lbs and deadlifting 365 lbs. ~Mark Roozen