

HIGH SCHOOL — FOOTBALL

ASHEVILLE SCHOOL

REED CASEY

Offensive line, defensive line

Senior

Reed Casey was a three-year letter winner and senior captain in both football and track & field. The Chicagoan broke numerous class and school records in the weight room, boasting personal bests of 315 pounds for power clean and 34.5 inches for vertical jump. Reed's 50' 5" shot put earned him second place in the 2023 NCISAA state championship. On the gridiron, Reed was a two-way starter in 30 appearances for the Blues. Following his senior season, he was voted First Team All-State, Second Team All-Western North Carolina, and All-Conference as an offensive lineman. On the opposite side of the ball, Reed recorded 143 career tackles - 34 for loss. He was a major factor in the football program's back-to-back state titles in 2022 and 2023. Through leadership, poise, and hard work, Reed brought the Blues strength and conditioning program to new levels, blazing a path for others to follow. ~Douglas Harger

ATHENS ACADEMY

NOAH PRIOR

TE/DL & Special Teams

Senior

Noah is a joy to coach and stands as a servant leader in our school community. He is a talented and versatile football player receiving All-Region and All-State honors over his High School career. Additionally, he is an outstanding young man setting a positive example for our K3-12th grade student body. Noah is extremely coachable, has a strong work ethic on the field, in the weight room and classroom. He is a great teammate who is quick to serve and to encourage others around him, always conducting himself in a respectful and positive manner. As a wonderful testament to his character and athletic ability, Noah will continue his football career and service to others at the United States Military Academy at West Point. I am grateful for the privilege to coach

him and look forward to the positive impact he will have serving our country. ~Bryan Pulliam

BARBOUR PHILIP HIGH SCHOOL

KADEN HUMPHREYS

Quarterback

Senior

Kaden maxed out leadership qualities in the weight room, on the field, and in the classroom, culminating in the best record in school history. ~Jerry Handley

BEAR RIVER HIGH SCHOOL

BRODY MILLER

LB/RB

Senior

Brody put in work during his entire career and improved his strength, speed and quickness. He was a key contributor on the field. ~Reggie Shaw

BERRIEN SPRINGS HS

OWEN KERLIKOWSKE

Linebacker, Guard

Senior

Owen is a truly gifted athlete, both on and off the field. He leads by example and has earned the respect of his fellow teammates, having been named a team captain twice, All Conference three times and a two time Program Leadership Award winner. His teams were district qualifiers each of the four seasons he played, making the district finals three times. Off the field, Owen boasts a 3.77 GPA and volunteers his time with the Greater Berrien Springs Rec Department and has worked with special needs children from Blossomland Learning Center. In the weight room, Owen has a max squat of 500#, deadlift of 525#, bench press of 270#, clean 245# at a weight of 227#. He also has a 31" vertical, and runs a 4.73 40. Owen will continue to play football in college at Taylor University in Upland, IN and study to be a strength and conditioning coach. ~Bob Taylor

HIGH SCHOOL — FOOTBALL

BIG WALNUT HIGH SCHOOL

NATE SEVERS

Head Strength and Fitness Coach

Senior

Nate is an outstanding athlete and role model. He was All Conference and All State back-to-back years. He Power Cleans 255, Squats 415, Benches 335 and Trap Bar Deadlifts 535. ~Anthony Glass

BISMARCK HIGH SCHOOL

SAM LARSON

OL

Junior

Sam is a really hard worker. He is extremely coachable and a great leader! Sam's testing numbers Squat 495 Bench 345 Clean 245 ~Kooper Kelly

BISMARCK PUBLIC SCHOOLS

JACK SCHAFFER

OL/DL

Junior

Jack has grown a lot over the last year. He has completely transformed body, while increasing his strength. He has developed into a leader for this program! Squat 510 (All time school record) Bench 315 Clean 280. ~Kooper Kelly

BISMARCK PUBLIC SCHOOLS

AYDEN TINCHER

RB

Junior

Ayden is a extremely hard worker. He is very coachable and wants to succeed. He had an incredible increase in his total and became the lightest boy in school history to join the 1000 club at 175lb. Squat 485, Bench 315, Clean 245 ~Kooper Kelly

BROOKINGS HIGH SCHOOL

JOEY FITZPATRICK

Offensive Guard, Defensive Tackle

Senior

Joey was a bright spot on our football team. He was a team captain and leader throughout a very challenging season. He was a rack leader in the weight room, set many PRs during his time on the team, and certainly led by example. Joey was a starter as a senior, while only playing football for a little over a season and a half.

Joey also was a state placer on the wrestling team and competes as a thrower on the track team ~Kerry Brown

CREIGHTON PREP

JEFFREY PEPRAH

Wide Receiver

Senior

Jeffrey exemplified work ethic that is second to none during each Strength & Conditioning session. He worked his way to being a varsity football contributor at wide receiver and on special teams. His dedication gave him the skill and confidence to be a varsity letterwinner. Jeffrey set a great example for teammates of setting a goal, working towards it each day and receiving great results. ~Trenton Clausen

HIGH SCHOOL — FOOTBALL

EASTCHESTER HIGH SCHOOL

SEAN MANNION

Defensive End, Offensive Tackle

Senior

Sean holds the schools current 1RM Bench press Record and has top performances in our annual combine, placing first in both the chin up and bench press rep out as well as top 3 in 40 yard dash and other events. Sean as one of our captains helped lead the team to the semifinals after and an overall winning season with a 7-3 record. Sean was awarded for the 2023 season- 4th team all state and all section. Defensively he had 37 solo tackles and 5 sacks and helped assist our team into giving up only 11.6 ppg. As the anchor our or offensive line he helped lead our team to over 3,200 yards for the season. Overall, Sean shows extreme leadership on and off the field and his dedication to his off season was evident on the field. ~Shane O'Connor

FAIRMONT SENIOR HIGH SCHOOL

DYLAN OURS

Running Back

Senior

Dylan is one of the hardest workers I've ever seen and the toughest. Willled the team to a state championship victory with a 6-touchdown performance. ~Jerry Handley

FREDERICK DOUGLASS HIGH SCHOOL

AUSTIN HARMON

Offensive Line

Senior

Austin Harmon is a dedicated, hardworking team first player with good leadership skills. He carries a 4.0 GPA with a weighted 4.5 GPA, he speaks 3 languages and plays the violin in the school Orchestra. Outside of school Austin participates in martial arts and is currently a 4th degree black belt in Taekwondo and a blue belt in Jujitsu. On the football field he was a member of the 2022 State Championship Football Team. He is a two year starter and was voted to All-City Team and voted

Most Valuable Offensive Lineman. In the weight room he leads by example, gives relentless effort and keeps his teammates accountable. Austin's consistent hard work in the weight room is a key contributor to his success on the field and in life. His 1,100 lb. total in PC, SQT & BP and his Strength Power Index at 4.20 has him among the top Lineman we have ever had in our program. Austin's goal is to attend one of our great Military Academies.

~Ed Towle

GAYVILLE-VOLIN RAIDERS

PRESTON KARSTENS

Offensive Line & Defensive Line

Sophomore

Preston has started on varsity since 8th grade. This year being a 2-way starter on the offensive and defensive line for his team that made it 2 rounds deep into the State playoffs. On the Grid Iron, on D-Line, Preston averaged 5 tackles per game, 3 assisted tackles per game, and had 9 sacks on the 8-game regular season. On the offensive, he was on a line that help to accumulate 3,119 yards passing, and 1382 yards rushing scoring on average 26 points per game. Preston also starts on the Varsity basketball team, does track and throws for the varsity team, and plays on the HS Baseball team as a catcher, pitcher, and first baseman. In the weight room, Preston was a leader, and his hard work paid off as he improved his bench by 40 lbs and his squat by 65 lbs and improved his vertical jump by 3 inches, and dropped his 40-yard dash time down by 2 tenths of a second. At 6'3' and 280 lbs, Preston is a top-level recruit in the State and surrounding area. ~Mark Roozen

HIGH SCHOOL — FOOTBALL

GREENWICH HIGH SCHOOL

PETER VOMVOLAKIS

OFFENSIVE LINEMAN

Senior

Peter Vomvolakis is a role model for our high school athletic program. His commitment to making himself a better athlete through hard work and positive attitude has made him a leader and Captain of the Varsity football team. Peter has broken all school records in the weight room and has received All American, All State and County first team recognition along with national recruiting offers at the Collegiate level and the military academies at West Point (Army) and Annapolis (Navy).

~Patrick Mediate

GREER HIGH SCHOOL

BROCK DIGGINS

WR/DB

Junior

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

~Matt Landreth

GREER HIGH SCHOOL

HUNTER FREE

LB

Senior

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

~Matt Landreth

GREER HIGH SCHOOL

DARIUS JOHNSON

MLB

Senior

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

~Matt Landreth

HEREFORD HIGH SCHOOL

ALIJAH CISNEROS

Outside Linebacker

Sophomore

Alijah started on our Varsity football team this year as a sophomore. He is a leader on the field, and in the weight room and cannot be outworked. Alijah was the first skill player to make the record board with a 250 lb power clean and will soon be up there for bench press and squat. His hard work drives his teammates to be better and his workout group has made major gains this offseason

~Sarah Baulch

HIGH SCHOOL — FOOTBALL

JOPLIN HIGH SCHOOL JONATHAN WILLIAMS

Linebacker
Senior

Jonathan Williams has provided our student-athletes with a positive role model through his work ethic and commitment. Jonathan was nominated by his peers for our Hard Hat Award given to the teammate willing to make the sacrifices necessary for the betterment of the squad. Jonathan earned Second Team All-State honors in football as well as First Team All-Area, All-District and All-Conference awards. Jonathan earned Academic All-State honors in addition to his on the field accomplishments. Jonathan also earned three letters while competing for our wrestling team. Jonathan will graduate with a 3.7 GPA and has signed to continue his career at William Jewell College in Liberty, MO.

~Michael Lawrence

LAKESHORE HIGH SCHOOL MATT VAUGHN

QB
Senior

Matt embodies what a Strength & Conditioning All American is. He has an amazing dedication to the weight room and has developed into one of the best athletes in the region. In addition to his athletic work ethic Matt has developed into a fantastic leader on and off the field. He has raised the standard for all athletes at Lakeshore. Matt has to be one of the best young men I've ever had the privilege to coach in 20 years as a strength and conditioning coach. Matt's dedication, work ethic, leadership, and character, are exactly what we try to instill into our athletes. He is truly an All American in every aspect! ~John Girton

LOGANVILLE HIGH SCHOOL HENRY SIMPSON

Center
Junior

Henry is the perfect representation of our strength & conditioning program. Our program values integrity, hard work, resiliency, leadership, respect, and physical and mental toughness. Henry exhibits those characteristics and then some, on a daily basis.

~Brad Palmer

LUDINGTON HIGH SCHOOL GAGE JONES

Wide Receiver, Safety
Senior

Gage Jones is a fierce competitor that knows how to show up and find a way to win. Gage is a 3 sport athlete that leads by demonstrating great effort and competitive spirit. His willingness to find a way to train is unparalleled. Whether it be in the strength class, zero hour, or 545 am workouts in the summer, Gage found a way. Besides displaying great numbers in all of his key performance indicators, Gage will be extending his football career at Calvin University. ~Richard Kirby

MANDAN HIGH SCHOOL PAXTON OHLHAUSER

Senior

Paxton is a senior at Mandan High where he competes in Football. He is in the Silver Iron Brave Club (Bench Squat and Clean over 850lbs) and has been awarded lifter of the month. In football, Ohlhauser has been awarded all WDA as a WR, DB, and Returner. At the Shanley weightlifting meet, he took 3rd in total weight and 2nd in pound for pound in his weight class. He also took 3rd place in pound of pound for seniors. Pax has maxes of 275 on bench, 385 Squat, and 260 power clean. Congrats Paxton! ~Zach Morast

HIGH SCHOOL — FOOTBALL

MIDDLETOWN NORTH HIGH SCHOOL

BRIAN DUNLEAVY

WR

Senior

Brian epitomizes the resilience and heart of a true athlete, making him an exemplary nominee for the All-American Strength and Conditioning Athlete of the Year. Despite facing a daunting setback from a severe injury that sidelined him for most of his senior season, Brian's determined spirit and unwavering dedication propelled him to make a triumphant return to the field in record time. His significant contributions to his team, fueled by his hard work, determination, and commitment, have been nothing short of inspirational. Throughout his four years in high school, Brian has not only been a powerhouse in the weight room, leading by example, but he has also been a mentor and a helping hand to his peers. His relentless pursuit of excellence and his readiness to support others underscore his outstanding character and make him a deserving candidate for this prestigious accolade. ~Marc Rosamilia

MORGANTOWN HIGH SCHOOL

ANDREW PHARES

Wide Receiver

Senior

Andrew has a phenomenal work ethic and appreciation for technique in the weight room, and it shows in his results. Along with being one of the strongest and most hard working athletes in the gym, he has one of the top 5 vertical jumps in gym history ~Jerry Handley

PERRY HIGH SCHOOL

JAYDEN STUDIO

LB/RB

Senior

Jayden's athletic accomplishments are a direct reflection of his efforts in the weight room. Jayden was a leader for the Perry High School athletic program and a leader in the classroom. ~Mike Crissinger

PHILIP BARBOUR

NATHANIEL HULVER

Running Back

Senior

Nathaniel is a spark for the best team in school history with speed and toughness. ~Jerry Handley

PHILIP BARBOUR

KEATON MCDERMOTT

Lineman

Senior

Keaton is a workhorse leader of the team who worked his way onto first team selections for his senior year, leading the offensive and defensive lines for the best team in school history. ~Jerry Handley

PINE TREE HIGH SCHOOL

RAIMONE FLOURNOY

OLB

Senior

Flo is a classic overachiever who has reached his full potential as an athlete through hard work and determination. Every single day he competed at the highest level in the weight room, football, track, and powerlifting. He is one of our most respected athletes because of his hard work and determination! ~Ellis Cody

ROCK CREEK HIGH SCHOOL

PAYTON MCCARN

Senior

Payton exemplifies what our Strength Program is all about. ~Mark Oberkrom

HIGH SCHOOL — FOOTBALL

SAINT FRANCIS HIGH SCHOOL

JOSEPH PAUL PAYER

WR/DB

Senior

JPP is the definition of using the weight room to better himself on the playing field. His work ethic and commitment to strength & conditioning is why he deserves this award. ~Jake Siebert

ST. ALBANS SCHOOL

JACK ZAMER

TB/WR/DB

Senior

Jack has been a valuable member to our football program these last few years playing multiple positions, on both sides of the football. He is one of our best overall student-athletes at St. Albans School which is no surprise due to his relentless work ethic and effort he has put in. He has earned All-conference honors in football, being named All-IAC and earning many offers to bring his talents to the next level and compete. Jack is also a tremendous leader and captain of our football program. He always encourages his teammates whether it's being vocal or leading by example. Jack has made a huge impact on the culture of our strength and conditioning program. His presence and commitment have helped the program reach new heights. ~Christopher Tarullo

SYOSSET HIGH SCHOOL

JAKE COHEN

Linebacker

Senior

Throughout his 4 years at Syosset High School, Jake has been a standout in our weight room. His work ethic has led to him becoming one of the strongest students in the school. He was a 3-year starter on the gridiron, and as a senior was named All-County and All-State. Jake's physical strength and speed made him a force on the field, which helped his team on the way to being Nassau County Runners-Up. ~Christopher Gagstetter

WASHINGTON COMMUNITY HIGH SCHOOL

ELIJAH PAPIS

Linebacker

Senior

Eli Papis is the ultimate comeback story. Midway through his junior year football season while making a tackle, Eli broke his ankle, which required surgery that included inserting a plate. An injury that would set many back, Eli chose to make an opportunity to get better. He got in the weight room almost every day 2x a day for 6 months, including summer 6 am workouts. He put on weight while becoming faster. He chose to pick up lacrosse, a sport he never played, as a way to build up his conditioning and physicality. These efforts of resiliency and determination earned him a spot as team captain for his senior year. His hard work also made him pound for pound one of the strongest and explosive athletes on the team. With numbers in clean, bench press, squat and deadlift, all 2x his bodyweight and also being in the top 5 of all agility and speed testing, he became an on-field terror for opponents, leading the area in TFL, sacks and scoring twice as a linebacker. Through this intense commitment to rehab and return to play protocols in weight room he went on to become a first team All-Conference and All-Area Linebacker and help lead the team to semi-final appearance in state playoffs. Staggering numbers and results for Eli after having reconstructed ankle. ~Josie Jay

YANKTON HIGH SCHOOL

SHAYLOR PLATT

Running Back - Linebacker

Senior

Shaylor was one of the hardest working players; both on and off the field. at 6'0" and 205 lbs. He was named to the 2023 11AA All-State Football team as fullback and was a key member of the team that helped them make it to the State Championship game. He will play college football at Mount Marty University in Yankton, SD. ~Mark Roozen