

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — GOLF

LUDINGTON HIGH SCHOOL EMMA MCKINLEY

Senior

Emma is a multi sport athlete that epitomizes the definition of a student athlete. She has been tenacious and steadfast in her pursuit to be a great teammate and student. Constantly leading teammates in the right direction. As a multi sport athlete she has managed health and well being by keeping things in perspective. She knows what matters most. She values both hard work and sees the value in recovering properly. She keeps her eye on the prize. I will miss seeing Emma in the wt room, but am thankful for the legacy that she has left. She is a pioneer of sorts reminding us that strength is for everyone. Anxious to see her excel in her next chapter as she represents The University of Detroit as a member of their golf team. ~Richard Kirby

MANDAN HIGH SCHOOL RUBY HEYDT

Senior

Ruby is a senior at Mandan High where she competes in golf. She has been awarded all-state twice, all-conference twice, all-tournament team, all region tournament team, and team mvp. In 2023, she helped Mandan to conference and state championships in Girls Golf. Heydt has been a mainstay in the weight room and has won lifter of the week last summer. Congrats Ruby! ~Zach Morast

MANDAN HIGH SCHOOL JAYCE JOHNSON

Senior

Jayce is a senior at Mandan High where he competes in Golf, Football, Basketball, and Track. In golf, Jayce has been awarded All-Conference twice and All-State. His max bench is 205, Squat 315, and power clean 315. Congrats Jayce! ~Zach Morast