



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — BEACH VOLLEYBALL

Forged Iron Athletic Performance

GIANNA EARLY

Senior

Gianna Early has been a FIAP athlete for 4 years. She has an intense passion for her sport. Gianna works hard in the weight room and it has paid dividends on the sand. Gianna is explosive and strong, when injuries arise she does the corrective exercises necessary to get better and back to competition. In the fall Gianna will be attending and playing beach volleyball at Wingate University, a Division 2 school in North Carolina. It has been an honor to coach Gianna Early. ~Sarah Kline