

HIGH SCHOOL — TRACK & FIELD

BERRIEN SPRINGS HIGH SCHOOL

JAKE MACHINIAK

Sprinter

Senior

Jake was on our state champion track and field team his sophomore year of high school. He put a ton of work in the weight room and worked on his sprint mechanics in the off season. Half way through his junior season, his hard work paid off, as Jake broke the school record in the 100m with a time of 10.73. Not to be satisfied, Jake then broke his own school record at the state finals, winning the 100m with a time of 10.53. Jake was also on our state champion 200 and 400 relay teams. He is working hard to defend his state title his senior season. Jake plans on running track in college and studying engineering.

~Bob Taylor

BIG WALNUT HIGH SCHOOL

ZANDER STEPSIS

Head Strength and Fitness Coach

Senior

Zander is an outstanding Track and Field athlete and extremely hard worker in the weightroom. He has won our weightlifting monthly award numerous months.

~Anthony Glass

CAPE HENRY COLLEGIATE

ELENA GRANADOS

Senior

Elena is a multi sport athlete who leads by example. A school record holder in multiple track and field events, Elana consistently attended before school workouts in order to keep making progress. Her accomplishments in the weight room and willingness to help others has led to the growth of our overall fitness & performance program.. She currently holds the female school record in the bench press and front squat. ~Phil Reichhoff

CAPE HENRY COLLEGIATE

NATE JENSEN

Senior

As a senior leader of the indoor track team, Nate is a multisport athlete who takes his training very seriously. This focused approach has paid off in and out of the weight room. He currently has a bench press of 270, front squat of 415, trap bar deadlift of 710, and a vertical leap of 36.9". Nate leads by example and has helped to create a culture of year-round strength training. He is a standout on the Boys Volleyball and Baseball team.

~Phil Reichhoff

CHRISTUS HUMAN PERFORMANCE CENTER

BADEN BRINK

400m Sprints

Senior

Baden Brink is a home school athlete who runs for the Tyler Heat and trains at the CHRISTUS Human Performance Center. Baden has been training at the HPC for over 2 years and has made tremendous progress with his performance in the weight room and out on the track. Baden is one of the hardest working athletes I have had the pleasure of training in my career and that hard work has paid off recently as Baden will be running track in college. ~Ryan Dupre

CHRISTUS HUMAN PERFORMANCE CENTER

WILL BUTTS

Sophomore

Will Butts is an extraordinary athlete who embodies determination and heart. Will came to us after an injury and did not shy away from hard work when he entered the CHRISTUS Human Performance Center. Through is training, Will has broken several personal records and even TWO National ParaSport records (in the long jump and 100 meter sprint). ~Ryan Dupre

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CHRISTUS HUMAN PERFORMANCE CENTER

ALYSSA STRICKLAND

Sprints and Triple Jump

Senior

Alyssa is a home school athlete who runs for the Tyler HEAT and trains at the CHRISTUS Human Performance Center. Alyssa has been training at the HPC for almost 3 years now and we have seen outstanding growth (physically, mentally, and spiritually) from her in that time. Her hard work and dedication in the weight room has helped her achieve her dream of receiving a college scholarship in track & field. ~Ryan Dupre

GAYVILLE-VOLIN HIGH SCHOOL

HUNTER WUEBBEN

Sprinter/Jumper

Sophomore

A multisport athlete, playing football, basketball, and doing track and field, Hunter is one of the top athletes in the school. At 5'10" at 160 lbs, Hunter runs a 4.59 40 yd dash, has benched 185, and squats 285. As a freshman, Hunter long jumped 19;6: to place 9th at the State Meet, high jumped 6'0", and ran on multiply relay teams, getting 3rd on the Sprint Medley relay at regionals and placing 6 in the open 200 meters at the conference.

~Mark Roozen

GREER HIGH SCHOOL

JEWEL BRANTLEY

100, 4x1

Sophomore

Jewel is an outstanding young woman and hard working student-athlete that has seen her strength, power and speed all increase because of her commitment to our program. She is a hard worker on the track and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect.

~Matt Landreth

GREER HIGH SCHOOL

JULIAN PEARSALL

Hurdles

Senior

Julian 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 a hard worker on the track and loves the weight room. He is an excellent athlete and always pushes himself to get better in every aspect.

~Matt Landreth

JOPLIN HIGH SCHOOL

ABIGAIL ECKERT

4 x 100, 4 x 200

Senior

Abigail exemplifies the definition of student-athlete. She has won our Breakout Athlete of the Year award in Track and Field in addition to the NICO Leadership award. Abigail also earned Academic All-State honors in volleyball and posted personal bests of 125 lbs. in the bench press, 250 lbs. in the squat, and 135 lbs. in the clean while competing for our powerlifting team. Abigail has been able to balance her athletic accomplishments while serving as our Student Body President and as the student advisor to our school board. Abigail will graduate Summa Cum Laude and attend Southwestern College in Winfield, Kansas to continue her track career while majoring in the medical field. ~Michael Lawrence

HIGH SCHOOL — TRACK & FIELD

LAKESHORE HIGH SCHOOL

AALIYAH ALBERT

Sprinter

Junior

Aaliyah has done such an amazing job committing herself this year to be the best athlete she can be. Aaliyah has been the most consistent hardest working female athlete at Lakeshore. She comes in everyday ready to work and make herself better. Her positive attitude, work ethic, and grounded perspective has been infectious to everyone around her. More importantly she is such an amazing young woman! She has become a leader and role model for others in the weight room always helping others to be better. It's been a privilege to coach Aaliyah and looking forward to seeing her future success.

~John Girton

LOGANVILLE HIGH SCHOOL

KARSTON TORBERT

Safety, 100m, 200m

Sophomore

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

~Brad Palmer

MANDAN HIGH SCHOOL

HUNTER CORBIN

Senior

Hunter is a senior at Mandan High where he competes in Football and Track. In football, he was second team all-state in football his junior year and 1st team his senior year. In track he placed 4th in WDA. At the Shanley Weightlifting Competition, he took 3rd place in both pound for pound and total weight in his weight class. During the meet Corbin hit a bench of 295, Squat of 405, and Power Clean of 265. Congrats Hunter! ~Zach Morast

MANDAN HIGH SCHOOL

MAGDALENA KLEINKNECHT

Senior

Magdalena is a senior at Mandan High where she competes in Track. She has placed top ten in state and top 20 at the Howard Wood Invitational. Kleinknecht has placed in every track meet she has competed in for either shot or disk. She has been very consistent in the weight room, including putting in a lot of work in the summers. Magdalena has a max bench of 130, 230 on squat, and 135 on power clean. Congrats Maggie! ~Zach Morast

PERRY HIGH SCHOOL

BRADYEN RICHARDS

Decathlon

Senior

Brayden is an exceptional athlete who outworks his competition. He is a true multi-sport athlete and will be continuing his track and field career in college.

~Mike Crissinger

SCOTLAND HIGH SCHOOL

TRINITY BLIETZ

Throws

Junior

Trinity is a 3 sport athlete who plays basketball, and volleyball and throws the shot in track and field. She was the Class B State Shot Put Champion last year as a sophomore. Trinity has used her time in the weight room to achieve her high levels of success. ~Mark Roosen

HIGH SCHOOL — TRACK & FIELD

SLEEPY HOLLOW HIGH SCHOOL

RONALDY LIZARDO

Sprinter/Jumper

Senior

Ronaldy is dedicated to enhancing both his skills and those of his teammates. He has successfully utilized our Strength & Conditioning program to transform into an exceptionally competitive track athlete. Leading by example in the weight room, he motivates his peers through his dedication and perseverance. Ronaldy has significantly enhanced his performance, shaving seconds off his sprints and achieving impressive distances in the Long Jump. Throughout the season, his commitment has been rewarded with medals at numerous meets. Beyond his athletic achievements, he stands out as a leader among his peers and excels academically. Ronaldy has achieved notable accomplishments, receiving All-league honors and attaining the prestigious title of the 200M Section Champ in 2023. ~Enrique Rosario

THE PEDDIE SCHOOL

ERIC CHO

Junior

“Coachable, Hard Working, Dedicated, Driven, and a "Yes Sir, No Sir" type kid are how I would describe Eric.”

As a multi-sport athlete (Football, Winter Track, and Spring Track), he continues to show great time management getting into the Weight Room during Off Periods, after practice, and on the Weekends. Eric is constantly closing the Weight Room each night with me. Eric has put on 30 lbs of muscle since Freshman. Now standing a muscular 170 lbs, he continues to improve his relative strength. Eric has earned a 354 lbs Back Squat, 255 lbs Front Squat, 219 lbs Hang Clean, 461 lbs Hex Bar Deadlift and 15 Pull ups. He also can boast a 30.8” Vertical Jump.

Eric shows other athletes (leadership) it is possible to get Strong AND play 3 Varsity sports. ~Mike Volkmar