

## 2020 — HIGH SCHOOL — FOOTBALL

### **ATHENS ACADEMY**

**Kurt Knisely**

**DB; RB**

**Senior**

Kurt demonstrates the gold standard for Athens Academy's Strength and Conditioning program. His dedication to consistent training, servant leadership, drive and competitive nature contribute to his success on and off the field. As one of the strongest pound for pound athletes to come through our program, Kurt's athletic ability is extremely impressive, but it's his attitude, character and effort that have enhanced his talent and allowed him to develop into the well respected student athlete he is today. Our program's goal is to maximize each student's genetic potential; Kurt has made our job easy in this endeavor, and I am forever grateful for the opportunity to coach this Spartan. Kurt will continue his football career at the University of Georgia. ~Bryan Pulliam

### **BRIDGTON ACADEMY**

**Wellington Pereria**

**LB**

**Senior**

An athlete and teammate that leads without words. Wellington's actions speak volumes for his prowess in the weight room and on the field. In addition to his character, his hard work in the realm of strength and conditioning has earned him many advancements in his own personal fitness. I have no doubt that with his work ethic (and choice of weight room music) he will be cheshired as an individual and teammate as he continues onto his collegiate career. Bridgton Academy feels fortunate to have had Wellington Pereria move through our doors! ~Sam Sahl

### **BROOKINGS HIGH SCHOOL**

**Caden McKeown**

**Linebacker, Special teams**

**Senior**

Caden is a young man that lives his life to the fullest, both on and off the field. He leads by example, always puts his best foot forward, and is dedicated to helping those around him become a better version of themselves. Caden's heart was a big piece of our state runner up football team this last fall ~Kerry Brown

### **CATE SCHOOL**

**Will Bouma**

**Quarterback**

**Sophomore**

In my experience as a high school strength coach, humility is one of the most impactful traits in a teenage boys' training regime because of the unfortunate (false) social messaging they receive that their identity as "men" is in some way dependent their athletic performance. This makes the weight room space tricky because more likely than not, they over-estimate their abilities and take instruction as a criticism of their masculinity which often spirals downward into a fixed mindset, crippling their potential to grow and learn and perform better. However, Will has managed to overcome that process entirely with his humility. Even in the moments, I can tell it's frustrating for him to go down in weight in order to master form, he's able to regather himself, accurately categorize the instruction as instruction (not criticism) and move towards bettering himself as an athlete. He is on a great trajectory and has developed into a role model in the weight room. ~Erik Hansen

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### **CEDARBURG HIGH SCHOOL**

**John McFadden**

**Defensive Line**

**Junior**

John is the definition of hard work; his passion to succeed is unmatched. With his work ethic and attention to detail in the weight room, on the field and in the classroom, he has proven himself to be a leader amongst his teammates. John is extremely committed and dedicated to his pursuit of excellence. Through his hard work, John was named 1st Team North Shore Conference Defensive Line this past fall and has continued his pursuit of excellence this offseason in the weight room.

~Jon Verdegan

### **COACH ROZY PERFORMANCE**

**Kyle Hirsch**

**Running Back - Corner Back**

**Sophomore**

Kyle is a three sport athlete competing in Football, Basketball and Track. As a sophomore this year, and over the last 2 years playing varsity football, Kyle has an average of over 5.8 yards per carry, 10 TD's, and over 2,000 all purpose yards. On defense, he has recorded 66 tackles, 6 for loss, 4 interceptions, 2 forced fumbles and 3 fumble recoveries. On the basketball court, Kyle, this season, has gotten 103 rebounds as a point guard along with his 44 steals in 18 games with a 11 point per game average. He is a sprinter on the track team. In the weight room, Kyle improved his squat from 280 to 350 lbs in the summer off-season, dropped his pro-agility from a 4.63 to a 4.3, his 40 sprint from a 4.98 to a 4.78 and improved his vertical jump from a 25 to a 28.5 inch vertical, at a body weight of 160 lbs. ~Mark Roozen

### **DOBYNS-BENNETT HIGH SCHOOL**

**Jet Harris**

**Linebacker / Fullback**

**Senior**

Jet is one of the most hard working, dedicated individuals I have ever coached. His leadership was monumental towards the success of our program this year. Jet is commissioned to the Air Force and I am thankful to know that young men like him are willing to serve and protect our country. ~Zack Fleming

### **GREENWICH HIGH SCHOOL**

**Edward Iuteri**

**Defensive Line**

**Senior**

Two time CT All State and Walter Camp Foundation recipient as one of the top 26 players in CT from the coaches association.

Ed/s 1090lbs included 275 hang clean, 400lb Bench Press, 405lb Front Squat along with 23 Dips and 11 Pullups. His 4.94 40 yard dash and 4.65 Pro Agility made him the top point getter on the team. Academic 4.2 GPA put him in the top of his class. Ed's attitude and work ethic was second to none as a role model and team Captain. Ed was an integral part of the undefeated 13-0 CT State Championship Football team that placed 30th in the nation. As a finalist as the County player of the year and currently looking forward to attending and playing at TUFTS University. ~Patrick Mediate

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### HOLY INNOCENTS' EPISCOPAL SCHOOL

#### Hunter Hawk

##### Linebacker

##### Senior

Hunter has a 4.05 GPA and a member of the National Honor Society and Headmasters list Junior and Senior year. He was 1st team All State, All Region Defensive Player of the Year, Georgia Athletic Coaches Association All State Linebacker, All Metro and North Fulton 1st Team Selection. 2 Year Captain. Our team went undefeated this season and made it to the Final Four for the first time in school history. He finished as the all time single season record holder for tackles and all time career record for tackles. His Effort in the weight room is second to none. He has always been the athlete that everyone on the team looks to for leadership and energy. At 5' 9" and 195 lbs, he has a 500 lb 1rm, and 465 3rm Back Squat, 300 lb 1rm Bench, and 265 1rm Clean. We capped him at 500 lb on his Deadlift. His vertical jump is 32.3 and his 40 is 4.61. He will continue his football career at Washington and Lee. He is a great man, student and athlete. ~Peter Tongren

### JOPLIN HIGH SCHOOL

#### Parker Erickson

##### Defensive End

##### Senior

Parker played a key role in Joplin's run to the State Championship game and runner-up finish. A coach's dream regarding his preparation, Parker was nominated as 2nd Team All-Conference, 1st Team All-Area, and 1st Team All-District. Parker's personal bests include a 275 lb. bench press, 425 lb. squat, and 225 lb. power clean. Parker exemplifies integrity as he consistently prepares to the best of his ability, even when no one is watching. Parker's commitment to our community is also evidenced in the fact, that he voluntarily gives his time to mentor the Joplin youth football teams.

~Michael Lawrence

### LUDINGTON AREA SCHOOLS

#### Parker LaCombe

##### Wide Receiver , Defensive End

##### Senior

Parker is a great role model demonstrating what happens when you work hard and consistently. He has transformed himself into a strong explosive athlete that aided in his football team making the playoffs the last two seasons of his junior and senior years. More importantly is Parkers humble and hungry attitude towards being a great teammate. Despite several post season honors and accolades, when asked of his proudest/memorable sports moment, Parker states, "Being able to play Varsity Basketball with my brother." Parker is a member of the National Honor Society as well. Parker is a compelled athlete. ~Rich Kirby

### NOTRE DAME ACADEMY

#### Ben Smet

##### Wide Receiver / Defensive Back

##### Senior

Ben has been a constant in the weight room over his four year career. Ben's effort and dedication all year round made him an easy choice for captain of the football team. Ben carries himself with the utmost character and serves as a positive role model to his teammates and others in the school. He's competitive and always pushing himself and his teammates to get better. ~A.J. Giovanetti

### POPE JOHN XXIII HIGH SCHOOL

#### Michael Maglio

##### Offensive Line

##### Senior

Michael Dedicated himself to transforming his body physically between his sophomore and his Senior year. His weight room numbers went up and his body changed. He made himself into a good offensive lineman in a very tough league and his teammates looked up to him as a leader for his hard work and dedication. ~Joe Lopez

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### ROCK CREEK HIGH SCHOOL

**Charlie Killingsworth**

**Quarterback**

**Junior**

Charlie exemplifies what this award stands for as well as our strength and conditioning program. Not only is he an All-State Quarterback he is a leader within our school, community and our sports programs. ~Mark Oberkrom

### SEATTLE PREPARATORY SCHOOL

**Nathan Smith**

**Offensive Line/Defensive Line**

**Senior**

Nathan Smith is one of the most dedicated athletes I had to the opportunity to work with during my career as a strength and conditioning coach. Nathan has dedicated himself during the past four years to improve in every area of his athletic ability for football. The commitment that Nathan has demonstrated during his high school career has allowed him to become a great leader on and off the field.

Nathan has a true passion for the game of football. That passion carries over to his preparation to play the game as well. His relentless work ethic and countless hours of dedication to training have made Nathan a true “lead by example athlete”. Through consistent dedication Nathan has achieved a 245 lb hang clean, 410 lb back squat, a 240 lb bench press, a 4.63 pro agility shuttle run, a 4.95 electronic timed 40 yd dash and a 27.9-inch vertical jump at a bodyweight of 210 lbs.

As I look to the future I am confident that Nathan’s continued growth will make all of us who have had the privilege of working with him proud and honored to have been a part of his development as a young man.

I cannot think of anyone more deserving of the honor of All American Strength and Conditioning Athlete than Nathan Smith. ~Mike Durand

### SOUTHSIDE CHARTER HIGH SCHOOL

**Alex Palmer**

**Running Back/ MLB**

**Senior**

Alex has been a leader for our entire school district in football and our S&C program. He has maximized his athletic potential through his hard work and determination. ~Deerick Smith

### THE PEDDIE SCHOOL

**Jack Barnes**

**Linebacker**

**Junior**

Only in his second year in the program, Jack has transformed his body, mobility, and strength. Jack is very coachable. He quickly recognized his weaknesses and has worked tirelessly to improve them. He is a technician in the weight room paying attention to the smallest details. His strongest lifts are a 305 lbs Bench Press for 1 rep, 515 lbs Squat for 1 rep, and a 500 lbs Trap Bar Deadlift for 5 reps. Jack was 1st Team All-MAPL Linebacker in the fall. He also a strong student in the classroom.

~Mike Volkmar

### TITUS SPORTS ACADEMY

**Willie Taggart, Jr.**

**Senior**

Florida State High School State Championship Runner-Up, Tallahassee Quarterback Club Player of the Year

~Ron Miller, Jr.

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### VIKING PERFORMANCE TRAINING

#### Marshall Whipkey

#### Quarterback

#### Senior

A true leader, Marshall has commanded his team to impressive seasons in a tough conference. Marshall loves to work, and the more classic the training style - such as squats, deadlifts, bench press, and tire flips - the more he loves to push himself on them and find out how they will help him grow as an athlete, and as a leader from the front lines. ~Jerry Handley

### WINDSOR HIGH SCHOOL

#### Kyle Stallings

#### Tight End

#### Senior

Ralph Waldo Emerson's words could well have been in regards to Kyle Stallings; "to map out a course of action and follow it to an end requires courage." Kyle took the potential he had and meticulously followed his training to maximize every ounce of it. Unwavering consistency and commitment resulted in Kyle becoming one of the fastest athletes at Windsor, as he currently holds the football team's 20 yard dash record. His teammates recognized his diligence and hard work by electing Kyle as a captain of the football team as well as selecting him the winner of the Owl Award, which is the highest honor a football player can receive at Windsor. Kyle's work ethic was not limited to his athletic endeavors alone, as he also earned Academic All-Conference honors. While he may not have been the best athlete in the school, he was certainly the best at doing his best day after day, week after week, month after month, and year after year. It is for this reason that Kyle Stallings is an NSCA All-American. ~Ty Van Valkenburg

### WINONA STATE UNIVERSITY

#### Aaron Witt

#### DE/OLB

#### Senior

Aaron is an EXTREMELY coach-able athlete who has received a full athletic scholarship from the University of Wisconsin to play football. I have worked with Aaron since he was in 6th grade where he came in to start learning how to train. He has been consistent with his training ever since and truly models what it means to be a leader and great teammate. Aaron is planning to become a strength and conditioning coach for a career. I coach collegiate athletes along with high school athletes in the Winona area and Aaron stands out above them all. I hope Aaron can be highly considered for this award.

~Eric Weigel