

HIGH SCHOOL — WRESTLING

Manatee High School

ANGEL OJEDA

150 Lb class

Senior

110 plus career wins to date

District and county champion

4 year starter

3.7 gpa

Excellent leadership and competitive spirit

~Richard Lansky

Creighton Preparatory School

CRUZER DOMINGUEZ

120

Sophomore

Cruzer works to improve himself in the weight room each training session. He leads by example of putting in hard work each training session to elevate his success on the wrestling mat. Cruz was named to the All-Tournament Team at The Clash this past winter by winning by tech fall or pin in every match, along with winning numerous meets during the winter season. He is a two time conference champion and is on pace to win his second state tournament this winter season. ~Trenton Clausen

Castle View High School

EVELYN LILO

Freshman

Evelyn is a freshman wrestling at the varisty level and also a 3rd place finisher for the USAW National Championships. As a freshman she has helped the girls wrestling team achieve their first ever league championships. She holds school records for her weightclass in the backsquat at 275lbs, the clean at 85kgs, and the clean and jerk at 76kgs. She is a part

of school government and leadership positions and involved in many other clubs as well. Evelyn is a leader in all that she does! ~Jordan Boriack

Colorado Springs Christian School

FORREST CRADDOCK

Senior

Forrest Craddock shows exceptional commitment to strength and conditioning, academic achievement, and wrestling performance. Throughout high school, Forrest trained year-round in both his school and private club programs. He began each day with early-morning strength and conditioning sessions at the YMCA before participating in additional training under his Certified Strength and Conditioning Specialist (CSCS) Physical Education teacher. He actively sought guidance on proper training, nutrition, conditioning, and safe weight management practices.

During his senior season, Forrest disciplined himself to lose 24 pounds to compete at 138 pounds. He also prioritized recovery, incorporating weekly chiropractic care, hyperbaric therapy, and massage therapy to optimize performance and durability.

While maintaining honor roll status, Forrest demonstrated discipline and a science-based guidance from to ultimately become the COLORADO STATE CHAMPION in the 138lb weight class in wrestling.

Other senior accomplishments include: Regional Champion, 3rd Place – Northern Colorado Christmas Classic, Team Captain, 100th Career Win, 50–4 Season Record. ~Kelli Brightwell

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Brookings High School

MASON MATHIS

Senior

Mason is the definition of a self made athlete. He possesses a certain level of athleticism naturally, but the time he put into the off season training, whether it be in the weight room or the field, mat, etc. is what developed him into what he is today. Mason is the type of athlete that coaches look forward to having. He is the first one to arrive, leads by example, takes care of the space like its his own, and is the last to leave. He has been one of the best nose to the ground athletes I have had in my time at BHS. His level of work has been unmatched and is always looking to improve. In addition, Mason is an athlete that has taken several younger athletes under his wing and helped get the best out of them in the weight room. This is invaluable for our upcoming athletes and their development will be that much further ahead by who they train with in the room. ~Kerry Brown

Cape Henry Collegiate

MAX SALOMONSKY

Senior

Max has been a consistent member of the workout program since the 8th grade. He began training in The Breakfast Club, Cape Henry's before-school workout group, as an 8th grader. Max quietly progressed through our multiple levels, advancing from Level 1 to Level 3, our highest-level program. At the time of submission, Max has earned a 370-pound squat, a 220-pound bench press, and a 420-pound deadlift. ~Philip Reichhoff

Berrien Springs High School

NELLIE PATSIKA

Senior

Nellie is the epitome of how an athlete can transform through work in the weight room. She took her first weightlifting class as a sophomore and then again as a junior, increasing her strength and athleticism exponentially. She also decided to try wrestling her junior year. In her senior year, Nellie was the Regional runner up and became the first female wrestler in school history to qualify for the state finals. ~Robert Taylor

Yankton

SHAYCE PLATT

138 lb wt class

Senior

Shayce has used strength and conditioning to be a stand out athlete at his school. Shayce is a leader on the Wrestling team, plays football and also does Freestyle Greco Wrestling. with a season record of 29-7 this year, a 3x State Qualifer and placed 8th last year, he is 3rd this year going into the last month of the season. He has over 100 wins in his career; with a 128-54 record so far. Shayce has seen huge improvement in his weight room number; benching 225 and squatting 350 to help him achieve his success this year. ~Mark Roozen