



# NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## 2020 — HIGH SCHOOL — OLYMPIC WEIGHTLIFTING

### **TOHOPEKALIGA HIGH SCHOOL**

**Liz Marie Santana**

**Olympic Weightlifting**

**Sophomore**

Liz carries a 3.5 GPA and participates in many extra curricular activities. Liz always came into the training hall, with enthusiasm and willingness to get better every practice. Throughout the season, she improved on her lifts by 45 pounds. Competing in her first year in the sport, she placed top 6 at districts and competed at regionals with many seasoned athletes. As a leader, Liz gained the trust from her peers and continues to encourage others and educate fellow lifters on proper technique. ~Katie Benacquisto