



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — HIGH SCHOOL — HOCKEY

NOTRE DAME ACADEMY

Jacob Conrad

Defense

Senior

Jacob is a leader who quickly earned the respect of both his teammates and coaches. He earned his respect through consistent hard work done with a positive attitude both on the ice and off. These characteristics and many more are on display in the weight room every day that Jacob is in there. Not only does he push himself to get better everyday, he holds his teammates to that standard which is one characteristic that makes Jacob a great captain. Jacob's dedication to his off ice training is one of many reasons he is experiencing success on the ice as he is widely regarded as one of the best hockey players in the state. ~A.J. Giovanetti

VIKING PERFORMANCE TRAINING

Daniel Arthurs

Junior

A true leader on the ice, Daniel brings exactly what every hockey team wants - toughness, talent, grit, persistence, a relentless attitude, and the ability to lead from the front. As a junior with 3 years of Strength & Conditioning under his belt, Dan has seen how it's impacted his game, and he harnesses it like the tool of self development it is. Daniel's commitment to being the best player he can culminated this year in a 2-goal, MVP performance leading his team to their second consecutive state championship. ~Jerry Handley