

HIGH SCHOOL — WEIGHTLIFTING

JOPLIN HIGH SCHOOL

ANNA WALLACE

Senior

Anna handles any challenge thrown at her with a infectious positive attitude. She offers no excuses and meets challenges head-on with little guidance. Anna has participated in softball, served as a manager for our football team and competed for our powerlifting team. Anna gives back to our students through her work with Peer Buddies and expects nothing in return. She has excelled in her chosen emphasis of study and will graduate with her CNA. She has set such a high standard in the CNA program, that he serves as an ambassador for our technology school. Anna's best lifts include a 115 lb bench press, 220 lb squat and 125 lb clean. ~Michael Lawrence

PINE CREST SCHOOL

EMMA CHIN

Sophomore

Emma is a first year Weightlifter, but she showed an unparalleled level of dedication to the sport that is not often seen. She consistently demonstrated effort and a desire to learn. She tested her limits and surprised herself nearly every day with how strong she is. She qualified for both Districts and Regionals in her first season and the sky is only the limit for this athlete. ~Chyenne Pump

WINDERMERE PREP SCHOOL

ALEXIS BEAULIEU

Senior

It is with great pleasure to write this letter of recommendation for Alexis Beaulieu. I have been honored to know Alexis for the past five years as her teacher and coach. In my 10 plus years of coaching and teaching it is hard to think of a better person or harder working athlete than Ms. Beaulieu.

Alexis is an extremely hard worker and one of our most dedicated students in the weight room. That coupled with her being a great person, a great teammate and great role model has made my job easy. My younger student-athletes see how hard she works and this has made them 'buy in' to our strength and conditioning program from an early age. Ms. Beaulieu is a natural leader, who leads by example, and her peers gravitate toward her.

Alexis is a three time state finalist for our Weightlifting Team and currently holds the school record for the squat and bench press. During this year's weightlifting season she was a District Champ, Region Champ, Citrus League Champ and placed 2nd overall at the State Championships. Her hard work has helped expand our strength program. She is not only a great person but also a great athlete. Additionally, Alexis serves as an assistant coach for our FASST program, which is for our younger athletes in 4th-8th grade. On top of that Alexis voluntarily participated in a student-athlete leadership program on Monday nights. She organized and hosted our culminating project which was a free community workout in which attendees brought food and gift cards to benefit needy families for Thanksgiving.

Alexis' ability to connect with individuals from all cultural and socio-economic backgrounds, coupled with her knowledge and enthusiasm, will enable her to maximize the potential in any environment she is in.

~MICAH KURTZ