

## HIGH SCHOOL — WEIGHTLIFTING

### **BISMARCK PUBLIC SCHOOLS**

#### **SYDNEY KIEFER**

##### **Junior**

Syd is an incredibly hard worker! She brings a great attitude and is a leader to those around her. She is #1 all time in BHS history in squat 305lb, bench 175lb and #2 in power clean 165lb weighing under 120lbs. ~Koopers Kelly

### **BROOKINGS HIGH SCHOOL**

#### **SPENCER BACHER**

##### **Linebacker, Power lifting, leader**

##### **Senior**

Spencer is a lead by example kind of athlete. He is quiet, keeps to himself, yet is looked up to by all. Spencer never really saw the field as a football player, but in the weight room is where he shined. Spencer set several pound for pound records while in the lifting program and competed in a few powerlifting meets. During his senior year, he had an incredible meet at SDSU. Weighing in at 144 pounds, he recorded a squat of 355, bench of 220, and deadlift of 415. In the weightroom, Spencer has hit a clean of 215 and Snatch of 175. He is honestly the strongest pound for pound athlete I have ever worked with. ~Kerry Brown

### **MANDAN HIGH SCHOOL**

#### **ELLIE LANDEIS**

##### **Senior**

Ellie is a senior at Mandan High where she competes in weightlifting. She was the first female at Mandan to reach the Gold Iron Brave Club (Bench Squat and Clean over 600lbs). She also was nominated the Sanford Power athlete of the month and has won multiple lifter of the week awards. Landeis has maxes of 170 on bench, 285 Squat, and 170 power clean. Congrats Ellie!  
~Zach Morast

### **MANDAN HIGH SCHOOL**

#### **NOLAN MARTEL**

##### **Senior**

Nolan is a senior at Mandan High where he competes in weightlifting. He won four metals at the Shanley High School Lifting Meet. Martel took first in his weight class in both pound for pound and most weight lifted. He also took 2nd in pound for pound in all classes and 3rd most weight lifted in all classes. He has maxes of 335 on bench, 525 Squat, and 205 power clean. Congrats Nolan!

~Zach Morast

### **RAYTOWN SOUTH HIGH SCHOOL**

#### **EMILY MANCERA**

##### **Junior**

Emily, is a standout in multiple varsity sports. She also excels in the classroom. Emily has a great work ethic in the weight room and upholds the standard for those around her. Emily is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Emily! ~Monte Yancey