

HIGH SCHOOL — CROSS COUNTRY

Bexley High School

EVERETT LYNCH

Senior

I am proud to recommend Everett Lynch for the NSCA Strength and Conditioning All-American Award. He has demonstrated remarkable academic commitment, earning the Scholar Athlete Award in New York three times during high school and the All-Ohio Academic Award, and he continues to excel with an impressive 4.1 GPA. In the weight room, he is a model of consistency and effort, bringing focus and discipline to every training session. His dedication has led to significant performance improvements over the past year, including a 95-pound increase in his squat max and a 50-pound increase in his bench press. His blend of academic excellence, work ethic, and athletic development make him a strong and deserving candidate for this honor. ~Jesse Padgett

C. E. Ellison High School

LUCIANE BERMUDEZ IRIZARRY

Distance Runner

Junior

Luciane Bermudez Irizarry exemplifies the value of strength training in endurance sports, combining mental toughness with physical preparation to achieve outstanding results in cross country. The remarkable aspect of Lucy's story is that she began as a basketball player and track & field sprinter and was only using cross country to stay in shape but soon fell in love with distance running. Her commitment to improving core stability, mobility, and overall strength has enhanced her running efficiency and endurance. Luciane's consistency and discipline has led to personal records (PR's) in the 1.6 mile, 3-mile and 5k – all in the top 5 of the team

– which established her as a role model for her teammates. ~Walter Prater

Gayville-Volin

PHILLIP DIBLEY

Junior

Phillip has been a stand out in the weight room and leader for other runners on the cross-country team and track team. He is a three time All-State Cross Country Qualifier and was part of the Region Cross Country Championship Team. He is on the Varsity Track team and has lettered the last three year. Phillip also plays basketball and very involved in the school; an All-State Corus Member, a Regional Qualifier for Oral Interpretation, and member of the FCA and qualified for two years and was International Champion this past year in the Space Settlement Design Competition. ~Mark Roozen