



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

## HIGH SCHOOL — CROSS COUNTRY

### KEYS HIGH SCHOOL

**Kristina Holmes**

**Runner**

**Senior**

Kristina is a dedicated student-athlete. She maintains a 3.2 G.P.A. and participates in three sports. Kristina comes into the weight room focuses on what she needs to accomplish for that day. Weather we are lifting, running, or working on mobility, she makes sure that she is doing it correctly so that she can perform the best during cross country season. She improved tremendously this season after training all year in the weight room. ~Adam Hass