

HIGH SCHOOL — CROSS COUNTRY

ALL SAINTS EPISCOPAL SCHOOL

AUDREY RIEPE

Sophomore

Audrey Riepe has greatly improved her overall athletic abilities through her continued dedication to her sports performance training here at the Christus Human Performance Center. ~Taylor Nox

GAYVILLE-VOLIN HIGH SCHOOL

WILL PIRAK

Distance

Junior

Will has used the weight room to not only improve as a runner, but become a starter on the varsity basketball team as well. He is the top runner for the school and was a top finisher in the State Cross Country meet this past fall. He also made the game winning shot in basketball to send the team to the regional playoffs the first time in team history. Squatting 285 lbs and benching 195 lbs. Will has taken his performance to new levels.

~Mark Roozen

MANDAN HIGH SCHOOL

MICHAEL PFLIGER

Senior

Michael is a senior at Mandan High where he competes in cross country and track. He has been nominated as lifter of the week, WDA Academic All-Conference multiple year, and helped the Cross-Country team to highest place at state in ten years. This year Pfliger hit a max squat at 225. Congrats Michael!

~Zach Morast