

HIGH SCHOOL — LACROSSE

Archbishop Moeller High School

NOLAN KITTLE

Defense (Long Pole)

Senior

Nolan Kittle seems to find a different gear each year at Moeller both on and off the field. A former multi sport athlete (FB/Lax) who narrowed his focus to just Lacrosse his senior year as he is committed to play Division 1 lacrosse, is a constant and prominent figure in Moeller's weight room. Kittle is a workhorse who boasts a Trap Bar DL of almost 500lbs, a 385lbs back squat and a barbell bench press of over 250. Nolan is a tremendous young man who continues to make a massive impact at Moeller HS and will continue to do so at Hofstra University in the fall. - Coach Chris Gray ~William Gray

Cape Henry Collegiate

LIZA PRIDGEN

Senior

Liza is an All-Conference and All-State girls lacrosse player who also led multiple tennis teams to Virginia State Championships. Her leadership on the field and court is coupled with her dedication to strength and conditioning. Consistently training before school — sometimes as one of the only female athletes — she pushes herself to be her best. It has been special to watch her lead by example and grow as an athlete. Liza is a big reason why our girls strength and conditioning program has grown, and we are all very thankful for her impact.

~Philip Reichhoff

Cape Henry Collegiate

NATE JOHNSON

Goalie

Senior

Nate is a natural leader, both of others and of himself. He leads by example and through his actions. When Nate first joined our before-school program, he earned the nickname “Cyborg” because of his relentless effort. He has an exceptional attention to detail and leaves no stone unturned. Nate took the same approach when applying to the U.S. Naval Academy, where he will continue his education. Nate has earned a 380-pound back squat, a 230-pound bench press, and a 520-pound trap bar deadlift. ~Philip Reichhoff

Community School of Naples

ISAAC LYON

Faceoff/ Mid

Senior

Isaac Lyon is one of our top leaders in our entire program. He is constantly holds himself and those around him accountable to being the best versions of themselves. Isaac has been dedicated to his training since day 1 and the results speak for themselves. Last season he had an 82% faceoff win rate and scored 12 goals. This earned him US All-American Lacrosse honors, 1st team All-State 2 years in a row, 1st team All-Region 3 years in a row, and 1st team All-Conference 4 years in a row. He is entering his 5th season as a Varsity starter for our Lacrosse program and is currently signed to play at The University of Utah following his senior season. He currently power cleans 245, bench presses 300, and back squats 385. ~Evan Gentry

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Community School of Naples

SOPHIA DAPPER

Goalie

Senior

Sophia Dapper is driven individual that sets the standard for herself and her teammates. She has been fierce competitor that attacks her training and practices with an unmatched energy and effort. She brings a positive, hard working spirit that elevates not only her teammates, but everyone around her. Sophia's hard work has already paid dividends as she is a 3 time All-District 1st team, 3 time All-Region 1st team, and is a returning Team Captain going into her senior year. She is currently signed to play at the University of Louisville following her graduation in May. ~Evan Gentry

Jefferson Forest High School

CONNOR BRITTON

Senior

Connor's work ethic, discipline and performance set the standard for what an elite athlete should be. A committed lacrosse player signed to compete at the Division II level next year, Connor consistently attacks every training session with purpose and intensity. His dedication in the weight room is matched by his relentless effort on the field where he applies his strength, speed and agility to elevate not just his game but also his teammates.

~Sarah Kline

New Trier High School

AVERY ANDERSON

Senior

Avery sets the competitive standard for our weightroom. She is friendly and all smiles, until it's time to train... then she's strictly business. On the

field, that competitive nature has combined with elite talent to earn her All-Conference, All-State, and All-America recognition. In the weightroom, Avery is Top 5 among all female athletes in every category we track. She is number one in broad jump (8'0" and quote;), first in back squat (245lbs), first in 20 yd sprint (3.04), second in vertical jump (23" and quote;), and second in pro agility shuttle (4.54). She is a natural leader and her best is yet come.

~James Davis

New Trier High School

WALKER CHESSEN

Senior

Walker is a worker. Period. He is a mature, kind, and a clear leader. He is a multi-year starter for one of the top lacrosse teams in the region. His work in the weightroom has earned him 3 current New Trier Lacrosse team records - Broad Jump (9'6" and quote;), Squat (335lbs), and Hang Clean (225lbs) - alongside a 4.45lb pro-agility shuttle and 250lb bench press. He efforts, combined with his ability, have made him an intimidating force on the field. ~James Davis

Solon High School

BRAYDEN HUTH

Senior

Over the past four years, Brayden has fully committed himself to the weight room, transforming his body and developing into a dominant force on the field. He consistently sets the tone for those around him and leads by example through his work ethic, discipline, and intensity. Brayden will carry that same mindset and dedication to Lincoln Memorial University next year, and they are fortunate to welcome an athlete of his character and commitment. ~John Dunn

HIGH SCHOOL — LACROSSE

The Peddie School

HAYDEN NIEVES

Long Stick Midfield, Defense

Senior

Hayden was an Iron Falcon (a relative strength program that quantifies the athlete's performance in the Weight Room) only as a Sophomore. Since then, he has continued to work hard and mentor the younger players on the field and in the Weight Room. A couple highlights from Hayden's hard work:

10 yard Broad Jump Triple

19.2 MPH, 10 yard fly (15 yard build up)

4.1 second Pro Agility (5/10/5)

1.53 second 10 yard sprint

354 lbs Back Squat

345 lbs Deadlift

16 Pull Ups

Hayden is a lead by example athlete and will be missed. ~Michael Volkmar