

## HIGH SCHOOL — LACROSSE

### **CEDARBURG HIGH SCHOOL**

**Zach Busby**

**Attack**

**Senior**

Zach has been a mainstay in the weight room the last 2 years that I have had the opportunity to work with him. Zach's attitude and passion are contagious. He quietly pushes himself and his group to be their best every day. His work ethic led him to be named the Conference Player of the Year as a Sophomore. ~Jon Verdegan

### **PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL**

**Alex Paulin**

**Defenseman**

**Senior**

Alex has been nominated as an NSCA All-American in the sport of Lacrosse. Unfortunately, the Covid-19 pandemic took his junior season from him and an ACL injury that happened in soccer will cause him to miss his senior season of Lacrosse as well. In spite of that, Lacrosse Head Coach Randy Barber agreed that Alex is deserving of this recognition as a Lacrosse player. As a member of PEAK Performance for the last few years, Alex's commitment to Strength & Conditioning has been exemplary. Since his ACL injury, he has attacked his rehab protocol with the same intensity that he previously had. While Coach Barber and I are disappointed in the way his Lacrosse career has turned out, we are proud of Alex for continuing to be a great teammate, a leader in our school and someone to emulate in PEAK Performance. Congratulations, Alex on your All-America status. ~Todd Johnston

### **PENNSBURY HIGH SCHOOL**

**Sophia Curtis**

**Defense**

**Junior**

Sophia is a pleasure to coach. She does not back down from any challenge. Her drive has led her to achieving a 225lb deadlift, a 185lb squat, and a 105lb bench. I believe that she will be in the 600lb Club before she graduates. Outside of training, Sophia is a member of the FCA and regularly gives back to her community by volunteering to coach youth lacrosse and field hockey athletes. To compliment these wonderful accomplishments and attributes, Sophia is also an "A" student that understands the importance and value of being an elite student-athlete for her future, her team, and her family. ~John Kalinowski

### **PENNSBURY HIGH SCHOOL**

**Jack Kalinowski**

**Attack**

**Junior**

Jack has made his strength & conditioning a priority to maximizing his athletic potential. His training has led to a 25lb wt gain, a 415lb deadlift, a 365lb squat, and a 215lb bench. On the field, not only has his training developed significant toughness and resiliency, Jack has consistently led his teams in points and is a proven leader. Off of the field, Jack is involved in a variety of community outreach programs. His main being the Kalinowski Performance Academy Equipment Exchange Program, which collects and provides athletic equipment and gear for those experiencing financial hardship. In the classroom, Jack strives to maintain his 4.0 GPA. He continues to prove that he understands the meaning and value of being a student-athlete, as well as being accountable to himself, his team, and his community. ~John Kalinowski