



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

## HIGH SCHOOL — SWIMMING

**The Peddie School**

**HANNAH BATEMAN**

**Sprinter**

**Senior**

Hannah is an amazing example of consistent hard work. Over her four years she never missed an opportunity for extra work. She can be found running laps on the Track during a free period. She can be found in the Weight Room or the Pool before school. She earned a 175 lbs Back Squat, 220 lbs Deadlift, and a 235 Hex Bar Deadlift. In the pool, her best times are:

50 Back- 25.52

100 Back- 54.77

200 Back- 1:59.65

200 Individual Medley- 2:04.50

She will proudly swim at the Naval Academy next season.

~Michael Volkm