



Canutillo High School

Alexander Maximus Briggs

Position: Shortstop, Pitcher, Catcher

Senior

Alexander is a 2018 Under Armour Preseason All-American in baseball and played in the UA Tournament in Mesa, Arizona in January 2018. He squats 385 lbs., benches 275 lbs., deadlifts 401 lbs., power cleans 225 lbs and runs a 6.85, 60-yard dash and does a 4.31 pro-agility. He is 6' tall and weighs 175 lbs.

He trains hard, is focused, disciplined and understands the connection between strength & conditioning and sports performance. He will continue to excel in sports in college and be an asset to Cal Lutheran in baseball. He has a bright future ahead of him. ~Douglas Briggs

Charlotte Country Day School

John Hosmer

Position: Catcher

Senior

John has a bulldog mentality that is evident by his teammates and his coaches. He is a relentless worker that really understands his leadership role as a teammate. John put an extreme amount of effort into his weight training and it has paid off for him on the field and in his overall confidence as a young man. Through his 3 years on varsity football and 4 years on varsity baseball he has grown tremendously as a young man and an athlete. I know his leadership qualities and work ethic will carry over to the next level where he pours all his efforts into the game of baseball. John will play baseball next year at Davidson College. ~Drew Witman

Atlantic County Institute of Technology

Philip Santa Maria

Position: First Base/Pitcher

Senior

Phil is a 3 year Varsity Letter winner and looks to conclude his final season by achieving his fourth. He has a tremendous work ethic and leads his team by example. Phil is a regular fixture in the weight room and is a role model for his team mates. Phil's best lifts are: BP-215lbs, DL- 450lbs, Squat-300lbs, Hang Clean 215lbs. Academically, Phil applies his work ethic in the classroom as well and is an A/B student. He plans to pursue his athletic endeavors at a 2 or 4 year college after graduating in the spring. ~Rob Wagner



Hamilton Heights High School

Isaac Peterson

Position: Pitcher

Senior

Isaac Peterson is a timeless young man of character. Playing varsity football for three years and baseball for four years, it is difficult to find a moment when Ike missed even one workout. So dedicated to improving himself and being a role model of consistency for others, he will choose to come to school a hour and one half early to get his weight lifting completed year round. Some mornings are tough for all athletes to find the motivation to push themselves, but Ike will manage his farm duties, head into the weight room, excel in the classroom and then head to his current sport, followed by multiple other activities to improve the lives of others in our community.

Two years ago, Ike had been participating in baseball about 8 months out of the year and developed an arm issue. To salvage his pitching career and to be able to also help the team as a utility player when not on the mound, he quickly learned multiple activities to improve scapular positioning and torso control. Quickly mastering these advanced techniques, he would often help others learn and challenge themselves to improve strength and function because 'the team will benefit if we are all stronger.' This master of periodization has also been able to balance high school sports and travel baseball, while find appropriate loads depending on the overlap of activities. As the Spring 2018 begins, Ike has positioned himself through his work ethic in the weight room, on the field, and in life, to elevate the level of play for all those sharing his moment. ~Jan Clifton-Gaw

Kenowa Hills High School

Ben Gloe

Position: First Baseman

Senior

Ben is a longtime member of our PEAK Performance class beginning in his Middle School years. He has been shown faithful approach to his training for the last 5 years. He is also active as a volunteer coach with Special Olympics Basketball and will play baseball at Aquinas College in Grand Rapids, Michigan. ~Todd Johnston

Mountain View High School

Chase Chaney

Position: Short Stop/3rd Base

Senior

Chase has been a starting varsity baseball player since his sophomore year, competing in the largest classification in GA and arguably one of the most competitive regions in the state. Chase is a leader both on the field and off and is a tremendous asset to our school and athletic program. He has been an all-region player twice as well as all-county. He is an honor grad and a leading member of our school community. His tremendous work ethic in our strength and conditioning program since the beginning of his freshman year has made him truly one of the best athletes I have ever had the privilege to work with. He currently back squats 385, deadlifts 450, power cleans 285, and bench presses 245...all at a bodyweight between 182-187. Chase has never stopped working to be the best version of himself on and off the field, and that is one of the main reasons why he will have the opportunity to play baseball at the collegiate level next year. ~Bradley Palmer

North Royalton High School

Brandon Bielak

Position: Infield

Junior

Brandon is a hard worker, in the classroom, on the field of play, and in the gym. He never misses a workout, and strives to improve himself, every day. His positive attitude and work ethic serve as a great example for others. ~Brian Lebo



St. Mary's High School

Aidan Crowe

Position: First Base

Senior

Aidan's presence in the weight room never went unnoticed. Yet, he wasn't loud, boisterous, or made a scene when he trained. Through quiet consistency, Aidan transformed himself into one of the strongest and most powerful student-athletes in the school by his senior year. During training, you would catch other student-athletes pause in admiration of Aidan's unrelenting effort to improve every afternoon. Although he worked multiple part-time jobs, maintained a high GPA with his rigorous academic schedule of primarily Honors & College Credit classes, he never let any of that be an excuse for being inconsistent with his training. The Strength & Conditioning records that Aidan holds act as simply tangible evidence for the intangible qualities of integrity, humility, honor, and valor that he possesses. Aidan will certainly be missed by all at St. Mary's. I'm proud to nominate Aidan Crowe for NSCA All-American. ~Ty Van Valkenburg

The Weber School

Jason Seagraves

Position: Pitcher and First Base

Freshman

Jason is a high school baseball freshman with a great deal of potential. This is Jason's first year participating in a strength and conditioning program in conjunction with baseball and it has only propelled his athletic career. Jason comes to training with a smile and excitement. He works extremely hard and his pride can be seen all over his face when he completes his workout.

Jason is a hard worker on and off the field. He is always in a positive mood and inspires his classmates. He is a natural born leader who also works hard and strives for perfection through consistency. He is truly dedicated to strength and conditioning and has earned the nomination for All-American Athlete. ~Jessica LaGala

TopSpeed Strength & Conditioning

Carter Putz

Position: Infield

Senior

Carter, a back-to-back Gatorade Player of the Year award winner in 2017 and 2018, has signed to play baseball for Notre Dame.

In three years as Bishop Miege's starting quarterback, Putz led the Stags to a 37-2 record and 3 straight state championships. He completed his senior campaign atop the lists for most touchdown passes (124) and most passing yards (9,295) in a career and most touchdown passes (50, in 2016) in a single season.

In addition to Gatorade honors, Putz was the Eastern Kansas League offensive player of the year, a first-team All-State selection, the Frank Fontana Award winner and an All-Simone team pick.

On the baseball field he is a 3-time Perfect Game Pre-season All-American, a member of the Kansas City Royals Scout Team, and potential MLB draft selection in the 2018 MLB Draft ~Joseph Potts

Viking Performance Training - University High

Ross Mulhall

Position: First Base

Senior

Ross is the classic exemplary, blue collar athlete - a quiet work ethic which lets action speak louder than words, embracing challenges the harder they are, and trusting in the process that hard work will lead him to success.

Seeing Ross's work ethic lead to constant improvement and international opportunities has been an honor, knowing that he as much more within him still. Looking forward to a few more months of training before he moves on to college ball! ~Jerry Handley