



AHSTW

R.J. Harris

Position: SF

Senior

2017 2nd Team All-State
4x WIC All-Conference
2x All-Western Iowa Team
4 year starter
1,349 Career Points
157 Career Three-pointers
Career FT% 75.7% (256 /338)
Career 3pt % 36% (157/436)
Career FG% 43.4% (468/1078)
500 Career Rebounds
offensive (193) defensive (307)
235 Career Assists
170 Career Steals
2x All-State Speech
2017 All-State Football, Academic All-State
2x All-State Speech
1st Team All-Conference in 3 sports, FB, BB and BsB
~Grant Harris

Asheville Christian Academy

Max Spurling

Position: Guard

Senior

Max carries a 4.8 weighted GPA and is a member of National Honors Society. Max is the vice president of the Habitat for Humanity club and a small group leader for the high school. Max was selected as the Ingles Grocery Athlete of the week this year and a 2 year selection for All-Conference. Max has been a spoken leader on the basketball team as well as a leader in the classroom. Max plans on attending Wake Forest University in the fall. ~Nick Ficker

Asheville Christian Academy

Braylen Whiteside

Position: Guard

Senior

Braylen carries a 4.29 GPA and has been a leader in the classroom as well as the court. She is a member of Mu Alpha Theta and was an all conference selection this year. Braylen has scored over 1,000 pts in her high school career. Braylen has embraced the process with strength & conditioning and it has shown in her play on the court. ~Nick Ficker

Cate School

Marko Pliso

Position: Guard

Junior

It's not easy to adjust to a new program as a Senior. But Marko did when not a lot of his classmates did. New standards and procedures can feel arbitrary at his age but he resisted the temptation to let momentary frustration keep him from year's worth of gains. I was especially impressed with the way he made sure he put in the extra work to prevent an old ankle injury from coming back in-season. Those types of exercises are often the most boring but also the most valuable as they enable the work from the primary movements to be expressed in games.
~Erik Hansen

Cate School

Sarah Polowczak

Position: Guard

Junior

Sarah's focus and intensity in the weight room is nearly unrivaled. Regardless of what her game schedule is like, she finds the time. Whether she considers herself "good" at a lift or not, she puts in the effort - probably more so if she thinks she needs to improve. She demonstrates to our female student body that they do not have to be afraid of being strong and she motivates the male student body of what is possible if they're willing to put in the work. Her efforts have contributed to a stronger community and, I think, will continue to do so even after she graduates. ~Erik Hansen



Coach Rozy Performance

Matt Mors

Position: Forward/Center

Freshman

Awards/honors/recognitions:

2017 All ESD Conference Team as an 8th Grader.
2017 South Dakota Class AA All-State Team as an 8th Grader. First ever 8th Grade Boy to be selected to the SD Class AA All-State team. 2017 Yankton High School Basketball Team MVP as an 8th Grader. Division 1 Basketball Scholarship Offer from Creighton as a Freshman.

Career highlights/records:

Two time Elks Hoopshoot National Finalist. Two time Minnesota Vikings Punt, Pass & Kick Regional Champion. Two time Minnesota Twins Pitch, Hit & Run Regional Champion. 2016 Yankton Middle School 7th Grade High Jump Record Holder (5'6"). 2017 Yankton Middle School 8th Grade High Jump Record Holder (5'11"). Played Legion Baseball as an 8th Grader. Tied Yankton High School's Single Game Scoring Record as an 8th Grader (41 Points). Broke Yankton High School's Single Game Scoring Record as a Freshman (42 Points). Set Yankton High School's Career 3 Pointers Made Record as a Freshman (110 & counting). Scored his 1000th Career Point as a Freshman. 3rd All-Time leading scorer in Yankton High School History as a Freshman (1000 & Counting)

In each of his three years in Middle School, Matthew won the most prestigious and distinguished award given out to any student for academic excellence, positive leadership, integrity, honor and being a person of great character.

As a middle school student council member, he was heavily involved with many service projects including serving meals, spending time interacting with the elderly, collecting school supplies and coats for needy children and helping with multiple food drives.

In his three years as a Varsity Basketball Player so far (7th, 8th & 9th Grade) he has been a volunteer coach for our Young Bucks Basketball program for Elementary Aged Students.

At church, he helped prepare and serve breakfast for members of the church.

He is a straight A Student. ~Mark Roozen

Dobyns-Bennett High School

Britney Griffith

Position: Guard

Senior

Height: 5'7"

Squat: 185 lbs.

Clean: 100 lbs.

GPA: 3.80

Weight: 116 lbs.

Bench: 75 lbs.

Strength Index: 3.10

Britney sets the tone for the Basketball team with her toughness and intensity on the court, weight room, and classroom. Coming off an ACL injury prior to her junior. season, she dedicated herself to improving daily and has become an incredible leader for our program. Her leadership has been contagious and she has elevated everyone around her. On the Track, she was a member of the State 7th place 4x800 relay as a freshman and a member of the 8th place State 4x400 relay as a junior. She earned all-conference sprinter honors as a junior. It has truly been an honor to coach Britney. ~Tilden Fleming

Hamilton Heights High School

Lexi Branham

Position: Point guard

Senior

Tenacity like a Dauchsaund- caring and protective of her teammates, fierce competitor that never quits before anyone else, includes everyone while staying hyper-focused on the task at hand, undersized powerhouse who performs as if she is the largest person in the room. Lexi Branham makes everyone-her teammates, the entire athletic program, all of the coaching staff, the fans- better because of her 'never quit trying to get the most out of yourself attitude.' We all witnessed her systematic rebuild of her own strength, conditioning, and agility- twice-following two major surgeries. Through her own sheer will power, she raised the bar for all the HHHS athletes to step up every day and perform in and out of the weight room and classroom. Lexi proved her leadership not only as the student body president, but through elevating the expectations for every athlete involved in our school. Applying the body weight to max lift totals formula, she is by far the strongest athlete in at least a decade at HHHS, male or female. ~Jan Clifton-Gaw



Mullen High School

Ellie Bixenman

Position: Guard/Forward

Sophomore

Ellie is only a sophomore at Mullen, and competes with the Girls Basketball teams. She is the strongest female athlete at Mullen, with a front squat of 135 pounds at 5 repetitions. She continues to improve and has attended 98% of both off-season and in-season strength and conditioning workouts.

~Grant Stewart

Notre Dame Academy

Elizabeth Opichka

Position: Forward

Senior

Lizzie is a leader in every sense of the word. She is a leader in the weight room as she always gives great effort and pushes her teammates to do the same. She is a leader on the court as she has been a varsity captain for two years. She is a leader in the classroom as she is earning a 3.97 GPA while taking accelerated courses. She is a leader in the community as she has given many services hours to it. Simply put, Lizzie makes everyone around her better. Her dedication to the weight room and her daily effort has allowed her to earn all-conference honors as a sophomore and junior and is well on her way to more post season awards this year. It is no coincidence that each of her three years on varsity; our team has gone deep in the postseason tournament. Choosing to nominate Lizzie to be an NSCA All-American was an easy decision.

~Anthony Giovanetti, CSCS

Oak Hill Academy

Keldon Johnson

Position: Guard

Senior

Keldon currently leads the undefeated and current #2 basketball team in the country Oak Hill Academy in scoring. He is averaging 21.4 ppg, 6.8 rebounds and 3.9 assists for the Warriors who are currently 36-0.

He was recently honored as a McDonald's All-American and will play in the annual game March 28th.

On top of those accomplishments, he is one of our hardest workers and strongest athlete. He recorded Oak Hill's top Lane Agility time of 2.90 seconds at the annual Oak Hill NBA Combine test. He also recorded scores of: 39.5" max vertical jump and a 3.25 3/4 court sprint.

That coupled with him being a great leader, great person and great athlete makes him the ideal student athlete. Our younger athletes see how hard Keldon works and that helps them 'buy in' to our strength and conditioning program. ~Micah Kurtz

Payson High School

Raegan Ashby

Position: Center

Junior

Raegan is a 3 year Letter winner in both volleyball and in Basketball. She is a leader both on the court and in the weight room. Her commitment to the weight room is what has set her apart from her competition. She constantly has a great attitude and works extremely hard to be dominant in 2 sports. As a Junior she is a 3 year varsity letter-winner and was selected 1st team all region as well as Offensive Player of the Year. She was also all region in volleyball her Sophomore and Junior year while maintaining a 3.83 GPA. ~Bryan Burke



Reedsburg Area High School

Tyson Tully

Position: Guard

Senior

Tyson is a 3 year Varsity starter and Senior Captain of the Reedsburg Boys Basketball team. He excels on the court, averaging 21.9 PPG, 6.5 RPG, and 3.2 APG. He is also on pace to eclipse the 1,000 point scoring mark before the end of this season. Tyson is also an excellent student, maintaining a 3.4 GPA. For the last 3 years as his strength and conditioning coach, I have no doubt that his commitment to improving himself in the offseason has helped lead to his success on the basketball floor. As a Junior, he was voted Second Team All Conference, as well as Team MVP. It has been a privilege working with Tyson during his high school career, and I am honored to nominate him for this award. ~Jason Noble

Solon High School

Katherine Ditto

Position: Guard

Senior

Ditto is always looking to get some extra work! She puts her head down and goes to work every day and does it with a smile on her face. She is a good athlete, but an even better person. It has been my pleasure to work with Ditto over the past couple of years and she will be missed around our community. ~Aaron Short

St. Mary's High School

Yahuza Rasas

Position: Center

Senior

I have never seen Yahuza skip a rep in a workout. Yahuza's indestructible desire to improve as a student-athlete on the court, in the weight room, in the classroom, and in the community is what has fueled his tremendous amount of success in each of these realms. Through his determination, Yahuza found himself on the Iron Dragon wall back-to-back school years as a junior and senior student-athlete, a feat which was previously achieved by only one other Dragon athlete. Yahuza took complete ownership over his training and development. This was on full display when he would make sure to do post-activation potentiation training before all home basketball games his senior year. He was a true competitor, playing three varsity sports: Football, Basketball, and Volleyball, and earning All-Conference and All-State honors. When it came to self-improvement, Yahuza left no stone unturned. Underlying this insatiable work-ethic is a young man who possesses humility and character. It is this combination of qualities that made Yahuza a role-model for student-athletes at St. Mary's and an NSCA All-American. ~Ty Van Valkenburg