



## **AC Flora High School**

**Alif Kiiza**

**Position: Offensive Line**

**Senior**

After transferring to AC Flora his sophomore year, Alif has been one of our hardest workers on the field and in the weight room. He has an internal motivation that has allowed him to become one of our football teams strongest athletes. He is a natural leader and his work ethic has allowed him the opportunity to continue playing football in college. -Micah Kurtz

## **Athens Academy**

**Jackson Reynolds**

**Position: FB, DT**

**Senior**

Among the many impressive qualities that he possesses, Jackson is one of the best servant leaders that I have had the privilege to coach. His presence inspires positive change, and he is one of the most gracious young men that I know. As a student athlete, he excels in the weight room, on the football field, the baseball diamond and in the classroom. During his senior year, Jackson's toughness, dedication, diligence and athletic ability helped him lead our football team to Athens Academy's best football season in school history. Jackson always seeks to improve himself as an athlete and as a person. By always going above and beyond what is asked of him, his pursuit to maximize his potential sets a standard for a Spartan student athlete. He is proof that consistent, smart, hard work over time pays a great return. -Bryan Pulliam

## **Batavia High School**

**Jared Martin**

**Position: Wide Receiver/Defensive Back**

**Senior**

Jared Martin is one of the best student-athlete leaders in our school. He is trustworthy, and he has high values. I highly respect him as a student-athlete. Other athletes look up to him.

I had Jared Martin as a student first semester 2017 in my Accelerated PE class, which is our strength, conditioning, and nutrition program for our athletes. Jared was enrolled in the class because he is a member of our football team. Our football team won the Class 7A state championship this season with Jared out on the field. Jared is not one of our biggest players in terms of size. He is also not a scholarship-level football player. But, the work Jared has put in the weight room in the past year has allowed him to become a much bigger player and better athlete than he had been, and it allowed him to pass others up and become a key piece of our championship football team. In class, it did not bother Jared to work hard when others wanted to use the time for socializing or not pushing themselves to the limit. He was there to train and work on excelling in his sports. Jared not only worked hard, but also pushed others in his group to stay focused and avoid socializing.

Once football season was over and Jared was no longer in my class, he continued to stay dedicated to his strength training for baseball and came in on his own after school to workout. He is a key player on our varsity baseball team, as he will finish his baseball career as a 3-year varsity starter.

Jared also supports our student-athletes in other sports. He will even drive to away games/competitions in order to support his fellow peers. He has great sportsmanship and he is always well-behaved.

I have been teaching and coaching at Batavia High School for thirty-two years. I have been very fortunate to teach and coach some outstanding student-athletes. Jared is one of the top student-athletes I have ever worked with, as he leads by example, and I would compare his character and leadership not only with the top student-athletes in our school, but also with those in the state of Illinois. -Lori Trippi-Payne



## Bishop O'Dowd High School

### Jevon Holland

**Position: Defensive Back / Wide Receiver**

**Senior**

squat: 365x1                      clean: 245x1  
deadlift: 425x1                      bench: 225x5

- 1st team all-league Defensive Back
- 1st Team all- Metro Defensive Back
- 1st team all-Bay Area Defensive Back
- 1st team all-state(medium schools) Defensive Back
- Defensive player of the year(WAC)
- NCS CO-Defensive Player of the year
- ~Jay Beito

## Calvert High School

### Leon Campbell

**Position: Running Back and Linebacker**

**Junior**

Leon is a special young man to our program and more importantly to me. Leon has overcome so much and has used his previous circumstances to catapult himself into excellence. He has come from humble beginnings where he has lived in two homes that have been destroyed by house fires, only to be evicted from others. He has been awakened in the middle of the night to the sound of flashbangs and doors being kicked in because area SWAT teams were called to perform drug raids on his home. Leon, being the youngest of four children and watching a drug ridden lifestyle could have doomed him to destitute and failure. This would be very understandable, but not for this young man. He is so much bigger than that and he realizes his purpose, even at the young age of seventeen.

As Leon's coach through football and our strength and conditioning program, I have watched him thrive and grow beyond possible life limitations. And as his newly appointed guardian for the past eight months, I have witnessed so much more. We hold our players in our program to a very high standard. This includes evaluating their efforts in academics, community citizenship, and athletics. Prior to this summer when Leon came to live with us, he would show up to school and work extremely hard. As a result, he maintained a 3.30 GPA through his sophomore year, volunteered countless hours and played football and basketball for the school. During that time, he earned many team awards, such as being named most improved as well as team mate of the year. He made the honor roll and had perfect attendance. He is an outstanding young man and a remarkable role model.

When learning about Leon's history and seeing what he has become despite of it, people are inspired. The

opportunity for him to move into a more stable situation only brought Leon's remarkable potential to the surface. He has shared his vision of going to college and becoming a teacher then moving into administration. His dream is to be an administrator in an underserved school community. Everything he does directs him towards his goals. The past two quarters of school he has earned a 3.72 GPA while playing varsity football and working hard in the off-season training program. He takes rigorous AP courses and is also taking Teacher Academy classes which requires him to create and present lessons to students. He is a leader of the Future Educators of America program, our MAC scholars (Minority Achievement Committee) program and a member of our Student Equity Club, Leadership Council, and Fellowship of Christian Athletes. Leon takes mentoring at our summer football camps to another level. He embraces the opportunity to grow the character of young men through the game of football. His performances in such events has earned him opportunities to be a counselor at several other sport camps. Like many of our young men, Leon has volunteered with Farming 4 Hunger, but his time with the inmates has become that much more favorable as it helps him hold on to hope that people who fall into addiction and drugs can, in fact, find their way to a better life. Leon's smile brings joy to the Veterans at the VA home and his new-found faith and regular attendance to church has allowed him the opportunity to not only enjoy worship but also a chance to help in children's church and serve the homeless on safe nights. The time he spends serving others is beyond measure, and he will increase his commitments by becoming a member of the National Honor Society this spring.

Going into the next football season Leon was not only voted on by his peers to be one of our team captains, but he received the greatest number of votes. Along with eight other teammates he has drafted a team of players that he is responsible for and will mentor them into excellence. As part of Leon's mentoring responsibilities, each player has shared his gradebook login information, which allows him to regularly check their grades. He runs a study hall for them and has created monthly calendars for them to follow. He comes to every volunteering event and each work out and takes attendance. Even though Leon is only a junior, he has found a way to reach all levels of human beings. What's more impressive is that once he reaches them, he helps them become a much better version of themselves. ~Richard W Sneade



## **Cate School**

### **Luke Beckmen**

**Position: Back**

**Junior**

Luke's progress in the weight room can be attributed to his consistency. He's a great example of how no program, no matter how special or cutting edge, is useless unless one puts in consistent effort. That's exactly what Luke has done, his efforts have been inspiring to his classmates and the fruits of his labor are obvious. -Erik Hansen

## **Charlotte Christian School**

### **Justus Woods**

**Position: Running Back**

**Senior**

Justus was a one man reeking crew as a Senior at Charlotte Christian. With over 1200 rushing yards and 20 rushing touchdowns he anchored the state champion Knights offense. He added to that over 300 receiving yards and another 4 receiving touchdowns. Injuries had slowed him down in the past, but Justus showed maturity and understanding of how to take care of his body to reduce his risk of injury again. He is an excellent student, heading to Stamford in the fall on a full ride.

-Matthew Korman

## **Charlotte Country Day School**

### **Broadus Roberson**

**Position: WR/DB**

**Senior**

Broadus is one of the overall best athletes here at Country Day yet he is just as humble and passionate for his school and teammates. Broadus is a phenomenal young man on and off the field with his leadership and strong work ethic. He uses his quite personality to show his teammates how to be a self-motivator. In a high school setting it is hard to find young men with as much self motivation and determination as him. This goes a long way as a leader and will pay off for the himself at the next level as well as those who have benefited from him as an upper class-man. Coaches and teachers here at Country Day look forward to watching this wonderful young man flourish at the next level where he will concentrate his efforts on the game of baseball at University of North Carolina at Wilmington.

-Drew Witman

## **Clearwater Academy International**

### **Lucas Buenzos**

**Position: WR/RB**

**Junior**

Lucas possesses outstanding drive on the field and in the weight room; a great teammate and coachable young man, Lucas has a competitive edge during games and power factor competitions. His positive attitude creates excellent leadership skills especially in the weight room and while completing academic achievements of scholastic aptitude and community service. -George Wade

## **Collinsville High School**

### **Adam Carney**

**Position: NG / G**

**Junior**

Most importantly, Adam is a athlete of great character! He is a great kid who has dedicated himself to the Strength and Conditioning program. As a Junior he played in all Varsity football games as a staple of the defense. In the off-season he still trains, and throws shot-put for the track team. I believe his success in both arenas is directly related to his efforts in training and his great character. He attacks every single day with a purpose, and eagerness to get better. Adam truly is an All-American! -Adam Hass

## **Copperas Cove High School**

### **Juan Jimenez**

**Position: Defensive Line**

**Senior**

Juan competed as a two-sport athlete at the 6A level, competing in football and track & field. At 6'2" 270 lbs. Juan displayed outstanding work ethic in the weight room, on the practice field and in the classroom. Juan's dedication to training and attention to detail helped him to excel on the field of play. He tied and then surpassed our school record Power Clean that held for eighteen years. Juan finished with a Power Clean best of 320 which ranks him second on our all-time record board. He had the following bests: Bench Press-290, Squat-475, Vertical Jump-27", 40 yard dash- 4.91. -Reb Brock



### Cummings High School

**Devon Whitehead**

**Position: DL/RB**

**Senior**

Devon excels both in the weight room and on the field. He has bench pressed 345 pounds, squatted 535, hang cleaned 335 and broad jumped over 9 feet. On the field, Devon has been named to the Mid State 2A All Conference team since his sophomore year and was named to the Times News All Region team his junior and senior year. -Brian Bosman

### Daniel Boone High School

**Mason Mounger**

**Position: Running Back**

**Senior**

194 Carries                      701 Yards  
6 Touch Downs                3.61 YPC

2x Body Weight Squat

Squat - 390                      Bench Press - 225  
Deadlift - 475                 40 Yard Dash - 4.75  
Vertical Jump - 29.9

GPA 4.0333

2nd Team All Conference  
-Charles Conner

### Dassel-Cokato High School

**Caden Webb**

**Position: Linebacker**

**Senior**

Caden has demonstrated incredible work ethic and a consistent drive for improvement in the weight room. His dedication has paid off tremendously and benefited him as a three sport athlete.

In football Caden was a 2-time letter winner, Captain, All-Conference Honorable Mention, and one of only 16 athletes to receive the Class AAAA Academic All-State Award.

In the Strength and Conditioning Program, Caden has been a 3 year letter winner and holds numerous school lifting records. His perseverance and commitment to hard work will take him far in life.

-Amanda Berg

### Dobyns-Bennett High School

**Dawson Pierson**

**Position: Offensive Line / Defensive End**

**Senior**

Height: 6'3"                      Weight: 253 lbs.  
Squat: 445 lbs.                 Bench: 265 lbs.  
Clean: 295 lbs.                 Strength Index: 3.97  
GPA: 3.787

Dawson is undoubtedly one of the hardest workers to ever step foot into Dobyns-Bennett. He is tenacious in his efforts to improve daily and push those around him to improve. During his sophomore season, he broke his ankle. Instead of pouting, he used that as a stepping stone to become an even better athlete and teammate. Dawson was a member of the 2017 Big East Championship team and was voted Team MVP. He received All-Conference Offensive Lineman and All-Conference Defensive Lineman honors and was voted the Big East Lineman of the Year. Dawson was also a member of the All-State football team and represented the East in the TACA East-West All-Star game. Dawson is a member of the National Honor Society and Beta Club. Dawson will continue his playing career at East Tennessee State University in the fall. I cannot wait to see the great things this young man will accomplish in his life. I am grateful to have coached him. -Tilden Fleming

### Dutchtown High School

**Brandon Davies**

**Position: Tight End**

**Senior**

Brandon is an extremely hard worker in the classroom and on the field. His dedication to the weight room and ability to embrace a new coaching staff leading into his senior year allowed him to experience huge gains in the weight room which led to tremendous on field performance. He is a humble young man, but he possesses a great amount of talent. He is versatile on the field where he excels as a tight end, h back, and slot receiver. He gave defenses match-up problems with his size, physicality, and athleticism. His talent and hard work earned him a 1st team all-district honor in one of the toughest 5A districts in Louisiana. Brandon is also a leader in the classroom. He has maintained a 3.88 GPA and scored a 25 on his ACT. It was truly an honor to coach Brandon and an honor for him to be considered an All American. -Keragan McCready





## East Syracuse Minoa High School

**Elijah (EJ) Buck**

**Position: Lineman**

**Junior**

EJ Buck is a leader in our school both on and off the field. Academically, EJ's GPA is in the 90's in AP and Honors Level courses. As a member of the Varsity Football team EJ has been a 2-time All League selection, an All-CNY Selection, and a 5th team All-State Selection. EJ finished in 2nd place in the Section III Indoor Track championships in both the shotput and the 25# weight throw. EJ is a dedicated weight lifter, with personal bests of; 280 bench, 500 squat and 575 Deadlift. EJ competes in Powerlifting competitions for ESM. He is also a member of the Varsity Baseball Team. In addition to his athletic accomplishments, EJ participates in ESM's Unified Sports Bowling team. This combines both typical and special needs students on a varsity-level sport. EJ is also a member of the school's marching band, which won a state title in his freshman year.

~Mark Powell

## Elbert County Comprehensive High School

**Daniel Lavender**

**Position: TE/DE**

**Junior**

Daniel is one of the hardest working Student-Athletes I have ever coached. He has A++ character and has earned All State honors in both football and baseball. He has a 3.6 GPA; 1000 SAT; Squat (365 4RM), Clean (305 1RM), and Bench (210 4RM). The sky is the limit for this young man.

~J David Robertson

## Farmington High School

**Zac Conrad**

**Position: QB/DB**

**Senior**

Zac has been an outstanding athlete on both sides of the ball for our football team. He has been a leader on and off the field. His work ethic in the weight room is something to be admired. He has always committed himself to becoming a better student-athlete. ~Jay Mendoza

## Fox Valley Lutheran High School

**Zayne Rodencal**

**Position: Running Back**

**Senior**

Zayne is senior at Fox Valley Lutheran High School in Appleton, Wisconsin. Zayne is an exceptional athlete with outstanding work ethic and dedication to the weight room. In 10 games last season he rushed for 2180 yards on 246 carries and 30 touchdowns. This earned him several post season honors including 1st team all-conference running back, conference offensive player of the year, unanimous 1st team all region, honorable mention all state, and was selected to play in the WFCA North-South All-Star Game. ~John OConnor

## Frederick Douglass High School

**Jonathan Lott**

**Position: Defensive Back**

**Junior**

A team first guy who is both accountable and loyal. Always brings a great attitude and gives his best effort daily. A leader by example in the classroom, weight room and of the field. His character and hard work not only earned him a starting spot on our defense but he also beat out a returning starter a DI offer and helped our program to a 10-3 record. ~Ed Towle



# FOOTBALL

## Greenwich High School

### Tysen Comizio

**Position: Running Back**

**Junior**

Tysen Comizio is the hardest working football player on the team. It's no secret as to why he was the most successful football player on the field for us in 2017. Because of his success in the weight room, he has taken a leadership role as well. He continues to impress our coaching staff every single day with his relentless pursuit of perfection for his team. (John Marinelli, Head Football coach)

Tysen embraces the culture of the weight room and the Olympic lifts. During my 40 year tenure, I have seen this boy develop into the most fundamentally sound lifter and athlete I have ever coached. His skill level and strength will only improve as he approaches his senior year.

Tysen is a great role model. His passion for lifting has led him to become a team captain, an All State running back, on the USA Today team and a recipient of the prestigious Walter Camp foundation award in 2017. Tysen attributes his success on the field as a direct result of his effort in the Weight room.

His position coach, describes him in this way, "Tysen is the most focused, determined and detailed oriented player I have ever coached, whether in the weight room, football field or classroom, he always strives for perfection". (Wayne Gioffre, back coach)

Tysen Comizio is a wonderful addition to the Cardinal Strength program and an inspiration to us all.

5'11"	188 lbs.	Age 16
Testing		
Clean 275 lbs.		Front Squat 300 lbs.
Bench Press 255 lbs.		Dips 48
Pull ups 39		40 yard dash 4.5

Stats:  
23 TD's  
1660 all-purpose yards  
6.5 yards per carry  
~Patrick Mediate

## Harker Heights High School

### Jack Middleton

**Position: Tight End**

**Junior**

Jack has been the definition of "consistency" throughout his high school career. He started as a 150 pound freshman and worked himself into a 225 pound junior. He has been leading the way for his teammates making it a point to get in extra work before and after school, and making a commitment to showing up over the summer and during breaks. A great example of how doing the little things all the time adds up to big things later on. ~Wayne Skelton

## Joplin High School

### Ethan Vang

**Position: Defensive Line**

**Senior**

Ethan is a two year starter on the defensive line capturing first team all-district honors in 2017. Ethan accomplishments include a third place finish in the Missouri High School State Powerlifting Meet. Ethan's personal bests include: a 385 lb bench press, 525 lb squat and 315 lb power clean. Ethan has a contagious positive attitude and has been instrumental in the success of Joplin High School's football and powerlifting programs.

~Michael Lawrence

## Kenowa Hills High School

### Dylan Mackey

**Position: Defensive Back**

**Senior**

5'11, 156  
 Power Clean 1Rm - 185  
 Back Squat 1RM - 365  
 Vertical Leap - 34.8  
 Broad Jump - 9'7"  
 Bench Press 1RM - 205

Football, Basketball, Baseball

~Todd Johnston



## La Sierra High School

**Diego Padilla**

**Position: LB/RB**

**Senior**

Leading in the weight room as a lifter and holding our other players accountable. New all of the lifts and was able to help implement the program our younger players. Diego exemplified everything you want as a student-athlete on and off field. He has worked his way up from a JV back up as a sophomore to a captain SR varsity linebacker while leading the team in tackles. ~Pui Lok Choi

## Lincoln High School

**Mason Sullivan**

**Position: Center**

**Senior**

Mason has taken Weight Training every year in high school and has been in Advance Weight Training Class since he was a sophomore. He has played Football all 4 years, Baseball for 2 years and has been on the Powerlifting Team for 2 years. Mason is also a member of Athlete 2 Athlete where he has been selected to be a Mentor for younger athletes and help guide them through their high school careers. He has a 3.0 GPA and has committed to Northwest Missouri State to play football for his collegiate career. ~Stewart Venable

## Mater Dei High School

**Tommy Brown**

**Position: Offensive Tackle**

**Senior**

Tommy Brown is a self starter by every definition. Tommy was a three year varsity starter on the offensive line. During his tenure he helped guide his team to a Trinity League Championship, a CIF Southern Section Championship, A California State Title, and National Championship.

Dedicated in the classroom and a proven leader, Tommy utilized strength and conditioning to help master his craft. Due to his dedication and relentless work ethic, Tommy was able to will himself into becoming one of the top high school football prospects in the country.

That is why it is a great honor that I am able to nominate Tommy Brown for the NSCA All-American Award. ~Greg Vandermade

## Mountain View High School

**Riley Sinema**

**Position: Wide Receiver and Defensive Back**

**Senior**

Riley is a three sport scholar-athlete. He maintains a 3.98 GPA. He is a leader in each of his sports of football, wrestling, and baseball. Riley takes his diet and strength & conditioning very seriously. This last year he spent many hours outside of practice running extra sprints and doing extra lifts. I know his hard work paid off because he was one of only two athletes on our football team to run a sub 5 FAT 40 yard dash. He was also one of the strongest members of our team for all positions. He is an example of hard work, dedication, and integrity. I know he will be successful in whatever he does.

~Jordan Blanchard

## Mullen High School

**Dominic Dipozzol**

**Position: Quarterback**

**Junior**

Dominic has been a 2 year letterwinner for Mullen High School football class 5A. He as overcome an ACL injury his sophomore season to become the starter this past season leading Mullen to a 5A playoff birth in a highly competitive football state. He has completed a 95% attendance effort for both off-season and in-season football strength and conditioning. ~Grant Stewart

## New Richmond High School

**Blake Kretoivics**

**Position: TE**

**Senior**

3-Time All-Conference, 2-Time All-Region football athlete; multi-sport athlete participating in hockey and baseball, and has been an All-Conference player in both. 3.75 GPA student-athlete. Division II baseball commit. Unwavering commitment to Tiger Strength and Conditioning over his high school career. Blake's commitment to improving himself as an athlete through strength & conditioning have allowed him to compete at a very high level.

~Keith Badger





## **Notre Dame Academy**

**Jack Allen**

**Position: DB**

**Senior**

Jack has been a leader for our football team as he sets the example for his teammates on the football field, in the weight room, and in the classroom and has a reputation for always doing things the correct way. Whether it is game day, practice, or early morning workouts, Jack brings tremendous effort to all that he does. In the weight room he competes with his teammates making everyone better. His hard work and dedication has led to great success for himself and his teammates. Jack's three seasons as a member of our varsity football team includes a sectional runner up, state runner up and a state championship finish. Jack has earned many post season awards to compliment the team accomplishments that he has greatly contributed to. It is an honor to nominate Jack Allen to be an NSCA All-American. ~Anthony Giovanetti

## **Notre Dame Prep**

**Joe DePillo**

**Position: Lineman**

**Senior**

A multi-sport athlete (football, basketball, baseball), Joe consistently trains to improve his abilities for his sports all-year round. His work ethic is second to none. He is the example student-athlete that uses strength & conditioning to better himself on the playing field. His most recent numbers are a power clean of 245lbs, a front squat of 300lbs, and vertical jump for 24.5 inches. ~JAKE SIEBERT

## **Payson High School**

**Jason "Sammy" Bland**

**Position: Middle Linebacker**

**Senior**

Sammy has dedicated himself to be the very best football player he can be. He is a true example of what total buy-in looks like. Sammy has established himself for years as the hardest worker in the room and it elevated his teammates effort as well. This year Sammy's hard work paid off by being named 1st team all region at linebacker. He also has a 3.22 GPA and is a state qualifier and in wrestling as well. ~Bryan Burke

## **Pennsbury High School**

**William "Billy" Turk**

**Position: TE/H**

**Senior**

Billy Turk has dedicated the last 4yrs of his life making himself the best high school student-athlete(football player)that he can be. He has a 3.5 GPA and a 1310 SAT. In 4yrs, he has put on 50lbs of quality mass and significantly improved his strength, power, and speed making him a force on the edge. In addition, he is a leader, team player, and always presents himself with character. ~John Kalinowski

## **Pope John XXIII High School**

**Ryan Greenhagen**

**Position: Linebacker**

**Senior**

Ryan was a senior leader on the Pope John Lion football team in 2017. He demonstrated a passion for strength and conditioning by his hard work in the weight room and during team conditioning. He also is enrolled in exercise science class and has demonstrated a proclivity for the subject. Ryan received several college football offers for next year and has committed to play at Fordham University. Ryan was a 1200 pound club member for his squat, deadlift, and bench press. ~Joe Lopez

## **Robert E. Lee High School**

**Devon Nguyen**

**Position: Defensive Line**

**Senior**

Devon has been a true pleasure to coach. He has dedicated himself to the weight room for the last 3 years putting in more training time than any other athlete I've had. His passion and perseverance has led him to become one of the strongest athletes at Lee. His consistency, work ethic, and humility, has elevated him as a leader to all other students and athletes. Even with all his time training he still manages to hold a 3.78 GPA while taking all advanced classes. ~John Girton





## Snohomish High School

### Ben Kloes

**Position: Outside Linebacker**

**Senior**

Ben has been an outstanding example of a student athlete all four years at SHS. On the field as well his time on the mat he showed consistent improvement year over year, all while maintaining quality work in the class room. Academically, Ben has an accumulative GPA of 3.3.

My interactions with Ben came in the weight room, on the field, and at practices during the season. Ben earned himself first team all-conference honors through consistent hard work on the field as well as in every off season preparation period. He has earned at least as high of praise from his wrestling coaches where he has earned multiple trips to state and leads as team captain. The kid has character which makes him easily coachable. I wouldn't have traded him in the weight room or on the field for any other. ~Tom Bomar

## Solon High School

### Nate Leskovec

**Position: Defensive End**

**Junior**

Nate is someone whom is an extremely determined individual that will stop once they set out to accomplish a goal. He has been a captain and leads by example with a commitment to the weight room that goes unmatched. Last season, he received 1st Team All Ohio awards from his accomplishments on the field. In addition to that, he has steadily put on 20+ pounds since the season's end. It has been a pleasure going on this journey with Nate. ~Aaron Short

## Solon High School

### Ryan McCurry

**Position: Defensive Back**

**Senior**

Ryan is a young man with a desire to get better. He has a competitive edge inside of him that keeps him going. He has been committed to the weight room throughout his high school years and has shown a continuous growth and ability to adapt over time. Ryan is committed to play baseball at Indiana University. He is an accomplished person in the classroom, on his field of play, and amongst his classmates. ~Aaron Short

## South Johnston High School

### Cale Matthews

**Position: Wide Receiver**

**Senior**

A 3-sport athlete, Cale came into his senior football season following a fracture in his ankle in the early summer. Cale showed dedication in his efforts in the weight room by continuing to improve himself for the season by completing adapted workouts in the weight room as he recovered. This work ethic allowed Cale to lead his peers and help provide positive leadership in the weight room. In spite of the injury, Cale was able to improve his squat and bench maxes in preparation for his senior year. He finished the season with over 20 catches and averaged over 14 yards per reception. Cale continues to work hard in the weight room as he prepares himself to play football on the college level. ~Matthew Bishop

## St. Mary's High School

### Zach Morelli

**Position: Offensive Lineman**

**Senior**

Zach truly enjoyed training. I know he will continue to train and be a lifetime member of the physical culture. He thoroughly enjoyed the process of getting better, of pushing past his limits and turning himself into the type of athlete he needed to become. Through dedication to nutrition, training, and recovery, Zach transformed himself into a two-year All-Conference Lineman. He currently holds several all-school Strength & Conditioning records and exhausted himself to reach the Iron Dragon Board his senior year. Through resilient consistency and passion Zach has earned the honor to be called a NSCA All-American. ~Ty Van Valkenburg



## Strong Rock Christian School

**Trey Donaldson**

**Position: WR / DB**

**Junior**

Trey Donaldson's commitment to strength & conditioning has had a significant impact not only on himself but also on multiple athletics programs here at Strong Rock Christian School in his 3 years as a varsity athlete. He is a 3-sport athlete that competes in football, basketball, and soccer along with maintaining over a 4.0 grade point average. His physical development helped him earn 2nd Team All-Region Safety while helping lead our football program to the playoffs for the first time in school history, while being named a Team Captain. Trey's effort in the weight room has lead him to being ranked in the Top 4 in our testing categories in 7 out of 8 areas, while also most recently earning Elite Patriot which is the highest honor an athlete can earn within our strength & conditioning program. Trey is truly deserving of the NSCA Strength & Conditioning All-American Athlete award.

-Tobias Jacobi

## The Peddie School

**Tyler Tedeschi**

**Position: Lineback**

**Senior**

Tyler is the definition of a gym rat. He has earned some eye popping weight room numbers for a 205 lbs, High School Linebacker. Squat: 545 lbs, Deadlift: 565 lbs, Clean: 345 lbs, Bench: 290 lbs, and Front squat: 465 lbs. On the football field he was a 2018 ALL Conference player and Defensive Player of the Year runner up. Tyler will play Football at William and Mary next fall. -Michael Volkmar

## TopSpeed Strength & Conditioning

**Billy Maples**

**Position: Quarterback**

**Senior**

Billy Maples, Park Hill High School;

During the 2017 football season Billy set the Missouri state record for touchdown passes in a game (9) and the National High School Football record for touchdown passes in a half (8). He would go on to be named 1st Team All-State and win MVP of the Blue-Grey All-American Bowl at Dallas Cowboys Stadium. For his career;

\*3-year starter in the largest classification of Missouri HS sports

\*Career adjusted completion percentage above 73%

85 touchdowns to only 18 interceptions, and nearly 8000 yards passing

\*2017 1st Team All-State (Missouri)

Missouri record holder for TD passes in a game (9)

\*National High School Football record holder for TD passes in a half (8)

\*Offensive MVP 2018 Blue-Grey All-American Bowl

\*Measurables include; Ht- 6'3", Wt-215, forty - 5.07, vertical-31 inches, broad jump-101 inches

\*3.75 GPA

-Joseph Potts

## University Christian

**Clayton Boyd**

**Position: Q.B.**

**Senior**

3.4 GPA

3 year starter at QB. Lead team to 3 state championships in FL. Won 10, 11 grade year. Runner up 12 year

Jr year in state championship, he hyper ext elbow in 2nd quarter, which resulted in broken bone and torn ligament. Never came out of the game!

Surgery in Jan 2017, rehab and worked to be ready for spring ball.

By far, best leader I have ever been around, been coaching 32 years. Compare to Tim Tebow! (also from Jacksonville)

Loved by all in school and his church! Kind of young man you would want your daughter to marry!

Hardest worker in the weight room!

-Beno Chappell



### Utica Eisenhower High School

**Henry Janeway, Jr.**

**Position: DE/LB**

**Senior**

All-County Team Defense  
 Detroit News 1st Team All-East DL  
 Detroit News 2nd Team All-State DL  
 Detroit Free Press 1st Team All East DL  
 Detroit Free Press 1st All-State DL  
 AP 1st Team All-State Defense  
 MHSFCA 1st Team All-State Defense  
 Detroit News Final Blue Chip List Top 50  
 Blue Grey All-American Bowl participant  
 Captain of Utica Eisenhower Football, 2 straight undefeated seasons, 2 MAC Red Titles, 25-2 in two Varsity seasons. 2x District Champion, 1x Regional Champion.  
 3.6 grade point average  
 Committed to West Point

Henry committed to his off-season training program and goals like few I have seen at his level. He gained 38lbs in the off-season( from 187lbs- to 225lbs), while staying under 14% body fat. He also maintained his speed and quickness to become a division one prospect at DE/LB. He is a high character student athlete, as seen by his offer and acceptance to West Point. His commitment to nutrition and training, and helping his teammates do the same, makes him an ideal candidate for this award. ~Aaron Lundgaard

### Warren Central High School

**Joshua Brandon**

**Position: Fullback/Defensive Tackle**

**Senior**

Joshua is a true student-athlete. He excels in the classroom with over a 3.8 GPA. On the field and in the weightroom, he helped our team reach the 2nd round of the playoffs. He is a quiet leader who lets his actions speak for him. He PR lifts are a 605 squat, a 300 bench, and a 285 powerclean. He also powerlifts in the 220lbs class with a 600 deadlift in competition. Pound for pound, Joshua is one of the strongest lifters I have ever coached in my 20 years. ~Isaac McMullin

### Whitewater High School

**Grayson Bullard**

**Position: Offensive Line**

**Sophomore**

Grayson as a sophomore started at center at the varsity level in Class 5A in Georgia. In the weight room Grayson:

Benches - 305 Squats - 465 Power Cleans - 245  
 He is 6'1" and 255 lbs. He also plays varsity Lacrosse at Whitewater High School. He is a leader both on the field and in the classroom.  
 ~Evan Bryant

### Whitewater High School

**Miles Montgomery**

**Position: Running Back and Defensive Back**

**Sophomore**

Miles started at running back and defensive back at the varsity level at Whitewater High School in Fayetteville, GA. In the weight room Miles:

Benches - 255 Squats - 430 Power Cleans - 245  
 He is a leader both on and off the field and works to be the best he can be daily. He is an excellent student academically. ~Evan Bryant

### Whitewater High School

**Phillip Stout**

**Position: Defensive and Offensive Line**

**Junior**

Phillip started at nose at the varsity level at Whitewater High School in Fayetteville, GA. In the weight room Phillip:

Benches - 260 Squats - 500 Power Cleans - 250  
 He is a leader both on and off the field. He is very involved in many other school sponsored activities such as Drama and The Fellowship of Christian Athletes. ~Evan Bryant

### Whitewater High School

**Jackson Van Meter**

**Position: Wide Receiver and Defensive Back**

**Junior**

Jackson started games at wide receiver at the varsity level at Whitewater High School in Fayetteville, GA. In the weight room Jackson:

Benches - 260 Squats - 420 Power Cleans - 250  
 Jackson is 5'11" and 167lbs. He is an all A student in the classroom and a leader of the school's Fellowship of Christian Athletes. ~Evan Bryant



## Wills Point

### Jacob Moore

**Position: H-Back, Linebacker & Defensive Lineman**

#### Senior

Jacob Moore Spent his time on offense paving the way for not one but two 1,000 yard Running Backs playing H-Back where he was a First Team All-District Football Player. Had receptions 19 for 284 yards and scored five touchdowns and had one of the longest receptions in the state of Texas this year with a 98 yard touchdown pass. He averages almost 3 rebounds a game while scoring averaging 5 points per game in basketball. He also Squats 465LBS Power Cleans 300LBS Bench Presses 335 LBS after Labeum Surgery his sophomore year. ~Robert Gail

## Winston Church Hill High School

### Nick Falsone

**Position: Punter / Kicker**

#### Junior

Dear Award Selection Committee,  
I am writing this letter to nominate Nick Falsone for the NSCA – All American High School Athlete award. Nick is a Junior at Winston Church Hill High School in San Antonio Texas where he is a punter / kicker for the football team. I have known Nick since he was 5-years old and I am impressed with his football accomplishments; more importantly I am proud of his character and the young man he has become.

As a junior, Nick averaged 44.2 yards per punt; his longest punt was 67 yards. He also made 14 of 15 field goals and PATs attempted and kicked off 10 times. In 2017, he was elected first team all-state, all-area, and all-district in the Texas 6A division. These accomplishments are not an accident, but the result of his relentless preparation. Nick enjoys practice and loves the weightroom spending time every day working on his athletic and sporting ability. He has been this way since he was a kid, emulating his Dad. As a young boy Nick would go the track and run with

his Dad who is a strength coach in the NBA, grew up in the weightroom, and has grown to admire the field of strength conditioning.

Nick will graduate in 2019 and plans to attend college and broadly study the field of sports medicine. Although he has not decided which sub-discipline he will pursue as a career, I am confident he will choose strength and conditioning and his passion will be an asset to our field! In fact, I would be honored if he chose our university though he will likely attend Texas State University or the University of Texas San Antonio on a football scholarship.

Nick is a young man with great integrity, work ethic, honesty, and works hard to be successful in school. In my opinion, I believe he is an ideal and well deserving candidate for the NSCA All American award. If selected, he will represent the NSCA with character, humility, and would be grateful recipient of this prestigious award. Therefore, I write this letter highly recommending Nick Falsone for the NSCA All American – High School athlete of the year award.

Sincerely, Bill ~William E. Amonette, PhD, CSCS

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Nick Falsone is an outstanding young man who displays tremendous dedication in all that he does. His work ethic on the practice field and in the weight room led to him being named 1st Team All-State Punter (6A-TEXAS), 1st Team All-District Punter (26-6A), and 1st Team All-Area Punter (6A) this past football season (2017), as a junior. His commitment to his personal strength & conditioning is impressive, but even more so, is his self-less attitude and his ability to be coachable. I am most proud of his ability to lead others by being a supportive and caring team mate. He is my son, my friend and a tremendous example for me to follow. His humble nature combined with a relentless work ethic is inspiring to many. ~Anthony Falsone