



Hebron Academy

Eliza Beaudin

Position: Forward

Senior

Eliza finished her hockey career with over 100 goals. This is the second milestone she reached this school year after scoring goal number 50 in soccer in the fall. Her name appears at the top of nearly every Lumberjack's Top 10 All-Time Strength and Conditioning Performance Lists. She has proven to be a valuable role model as women's strength training and conditioning moves from its infancy to one of greater importance and acceptance at Hebron. ~Jim St. Pierre

Hebron Academy

Jack Morton

Position: Forward

Senior

Jack is one of the most athletic high school athletes I have had the opportunity to coach. His passion for hockey and commitment to strength and conditioning in preparation for the sport is impressive. Jack was also a starting outside back for a Hebron soccer team that has won two consecutive New England Championships. His name appears at the top of nearly every Lumberjack's Top 10 All-Time Strength and Conditioning Performance Lists. He is also a member of Cum Laude, voted in during his junior year and has taken one of the most challenging academic tracks for each of his four years at Hebron. ~Jim St. Pierre

St. George's School

Matt Toner

Position: Forward

Senior

Since arriving at SG as a freshman, Matt has been a determined and focused individual. Since his freshman yr, he competed as an impact 2-sport varsity athlete in hockey and lacrosse. Then decided for his senior year, to try FB for the first time and became a starting outside linebacker. Matt strives for a high level of academics and has a quiet, laser-focused drive to improve his overall athleticism on a daily basis.

Bench: 225 Squat: 275 Deadlift: 365

~Jeff Nadeau