



### Charlotte Christian School

**Hannah Faulkenberry**

**Position: Short-Stop**

**Senior**

Faulkenberry upped her game as a junior for the Charlotte Christian Knights. She had a batting average of .535 with a .585 On Base Percentage along with 29 RBIs, and she had a slugging percentage of .662. At third base and shortstop, she had a .988 fielding percentage. She had 13 doubles, 4 homeruns, and only 3 strikeouts in her 71 At Bats. She once again earned First-Team All-Conference honors while being named Charlotte Christian MVP.

~Matthew Korman

### Daniel Boone High School

**Megan Ackerman**

**Position: Pitcher / Outfield**

**Junior**

GPA 4.0

Power Clean - 135 lb

Squat - 215 lb

Bench Press 110 lb

Deadlift - 235 lb

BA - .394

H - 43

HR - 3

RBI - 34

ERA - .630

Pitching Record 6-0

2017 Big 7 Conference honorable mention

All-Tournament 2017 Tiny Day Classic & 2017 East Tennessee Classic

~Charles Conner

### Joplin High School

**Jozee Bartlett**

**Position: Outfield**

**Senior**

Jozee Bartlett helped lead a team that appeared in the Final Four state tournament as a catcher and outfielder. Jozee's highlights include being nominated as a Honorable Mention All-Conference outfielder and a second place finish at the state powerlifting meet. Jozee has personal track bests of a 31'9" shot put as well as a 108'9" discus throw. Jozee has bench pressed 105 lbs, squatted 225 lbs and power clean 155 lbs. ~Michael Lawrence

### Northwest High School

**Morgan Urbanski**

**Position: In-field**

**Senior**

Morgan has demonstrated an incredible work ethic and is highly driven to succeed the last four years in are strength and conditioning program. Morgan is highly respected because of her work ethic and level of commitment to her team. But, most of all Morgan is a NSCA All- American person. Morgan is a 4.0 student athlete and top 15% of her class and has over 80 community service hours.

Morgan has received numerous honers in softball- all-state, all- conference , all- district..

She started as a freshman in a class b school.

Morgan has also been out for track for 4 years.

Morgan was part of the 4x1 state champion team.

Her maxes in the weight room are 165 bench, 255 squat, and 170 power can. Great kid and is vary deserving of this GREAT award. Please keep this award going. Its awesome to recognize kids. WE

frame a copy and hang them in the wt room. THANK YOU ~Troy McNeil

### Prospect High School

**Alyssa Cacini**

**Position: Shortstop**

**Senior**

Alyssa knows hard work, she has been a starter on her High School varsity team for 4 years tiring the RBI record as a sophomore with 47. She is a Dayton commit as an infielder and has been named all conference 3 years, Mid Suburban League all area team in 2015 and mention in 2016. Alyssa battled injury in her Junior year, not only has she come back from injury but has excelled in a great off season earning a scholarship to the University of Dayton. She is an athlete that understands hard work, dedication to her sport and the work ethic in the weight room without losing focus in her academics. It is an honor to train her. ~Brad Leshinske



## Reach Your Potential Training / Saint John Vianney

**Rachelle (Shelli) Rivard**

**Position: Third Base**

**Senior**

Rachelle (Shelli) has been training with us at Reach Your Potential Training (RYPT) for almost 5 years now. Since Shelli started training with us in middle school she has been our most dedicated and hard working athletes. Her non stop dedication to getting better in the weight room not only helped her become one of our fastest and strongest athletes but lead her to a an assistant coaching position with us at RYPT. She has now been coaching with us for over a year and has been featured in two education DVDs. She more then deserves this award!

~Jacob Ruch & Bobby Smith

## Sacred Heart Academy

**Marissa Braitto**

**Position: Shortstop**

**Senior**

Marissa's Weightroom/Strength and Conditioning PR's include:

Vertical Jump: 27"

Broad Jump: 93"

10YD: 1.57

20YD(home to first): 2.63

40YD: 5.2

Squat 1RM: 250x1 (BW: 130)

Hang Clean: 120x3 (BW: 130)

Deadlift: 275x1 (BW: 130)

T-Test: 9.3

Softball Accomplishments:

2017 CHSAA POY, All-State, All-League, All-LI

2016 All-State, All-League

2015 All State, All-League

2015-2017 Named top 100 players on LI

Junior year hit .661 with 41 hits, 34 runs scored and 26 stolen bases.

"In my 7+ years in strength and conditioning, I have never seen a more dedicated, coachable, and hard working person as Marissa Braitto. She is the complete package. Whatever this young lady does in life she is going to be successful. Her effort in the weight room, on the field, and in the classroom are second to none. It has truly been my biggest honor to work with Marissa, and I will be forever grateful for the opportunity."

December 2017 Under Armor named her as a HS Softball Pre Season All-American -Phillip Giackette



## Seneca High School

**Lyda Robinson**

**Position: Shortstop**

**Senior**

Lyda is an exceptional person. She is a leader on her athletic teams (basketball/softball), in the weight room, and in our school as a whole. She is the President of the Senior class, and the #1 fan at most athletic events. Lyda sets the tone for student school spirit at SHS. Recently, she passed the 1,000 career point mark in basketball, and is signed to play softball at St. Xavier University next year. Lyda not only works her tail off in the weight room, but she brings everyone's energy/effort up with her. She encourages, motivates, and even coaches others in her strength training class, and is my student aide for a period, which basically entails her learning about being a PE teacher/strength coach and helping coach her fellow athletes. Lyda has done all this while also dealing with her brother dying a couple years ago at a young age, and her mother battling cancer (which has recently gone into remission). You would never know her struggles, as she has the most positive attitude around. As I said, Lyda Robinson is not only an accomplished athlete, but an exceptional person. -Daniel Baker

## Strong Rock Christian School

**Danielle Goodine**

**Position: Outfield**

**Junior**

Danielle Goodine is a tremendous athlete and young lady who helps multiple athletic programs here at Strong Rock be successful. Her commitment to training has helped her become a significant contributor to not only our softball team, but our basketball and track & field teams as well. She has a servant's heart, while doing all these sports she also finds time to go on mission trips helping those less fortunate.

With her constant aim for excellence she has helped out softball program make the state playoffs on multiple occasions, while also assisting our basketball team to winning records. Danielle has an amazing work ethic not only in the weight room but also in the class room where she maintains over a 4.0 grade point average. Because of her commitment to athletics and academics she is truly the definition of student athlete and is very deserving of the NSCA Strength & Conditioning All-American Award.

-Tobias Jacobi

## The Peddie School

**Sydney Hixenbaugh**

**Position: First Base / Pitcher**

**Senior**

Sydney is one of the school's most prolific squatters, male or female. She is on the record board for ALL TIME SQUAT for the Sophomore Class (245 lbs 1RM) and the Junior Class (255 lbs 1RM). While the Senior year SQUAT is still technically open, she has eclipsed that record as well with multiple efforts of 260 lbs x 2 reps 240 lbs x 6 reps. Her Squat strength has certainly played a big part in her success on the Softball field as it is reflected in her power stats. She is the record holder for Home Runs, RBI, and Grand Slams. She accomplished all this while earning a 3.65 GPA. Sydney will play Softball at the University of Drexel next fall. -Michael Volkmar

## ThunderRidge High School

**Bridgette Strobl**

**Position: Catcher**

**Junior**

Bridgette is one of the hardest workers we have ever had come through our weight room. She is very self-motivated and always driven to succeed in everything she does. Bridgette sets very high expectations and goals for herself, especially in the weight room. She is a natural leader, not only with her teammates, but every athlete in our building. Bridgette sets the standard for hard work when she is in the weight room. She has an uncanny ability to improve the work of those around her just because of how she works. Bridgette sets goals that at times seem unattainable, but she always finds a way to reach them. Then, instead of celebrating and enjoying her accomplishment, she sets an even higher goal for herself because she always wants more. -Mark Carnes