



TRACK & FIELD



AC Flora High School

Jerry Delgado

Position: Discus, Long Jump

Senior

As a student athlete at AC Flora, Jerry has been a standout in Track and Field and for the Falcon Strength Weight Lifting team. She is currently the defending state champion in the South Carolina Female High School Speed & Strength Meet. She is one of our hardest workers and strongest athletes. She is currently the school record holder in the clean at 180 lbs. That coupled with her being a great leader, great person and great athlete for multiple sports makes my job easy. My younger athletes see how hard Jerry works and that helps them 'buy in' to our strength and conditioning program from an early age. Jerry is a natural leader and the younger students look up to her.

Jerry is an extremely well rounded student and AC Flora will be proud to have her as an alumni. In addition to her athletic success she is also a member of the Spanish club, Peer Forward, Young Black and Educated, Fellowship of Christian Athletes, ACF Dance Club and the National Honor Society.

-Micah Kurtz



Amity High School

Amy Kraemer

Position: Hurdles, triple jump

Senior

It is my absolute privilege to highlight the accomplishments of Amy Kraemer. In my 6 years at Amity High School, I have never had a student as dedicated to the weight room. I have been fortunate to have Amy as a student in my weight training and physical education classes as well as watch her excel in the varsity cross country, dance, and track teams. Amy has demonstrated the characteristics of a true leader academically and athletically.

Amy Kraemer is one of the most self-motivated and self-driven students I have encountered in my career. Ranked as the number one student in her class, Amy has maintained a distinguished 4.19 weighted GPA, while also committing excellence in school leadership and volunteering. Entering her senior year, Amy had completed over 110 hours of volunteer work receiving the Bronze Presidential Volunteer Service Award. Each year Amy has been confidently elected by her peers and staff as Class Secretary, as well as simultaneously serving as ASB Activities Coordinator. Amy is often observed volunteering in the community setting up flags for holidays with the National Honor Society, enthusiastically teaching elementary students at dance camp, and assisting teachers in a local elementary school on Fridays since Amity School District is a 4 day school week.

In the classroom she completes work in an organized and detail-oriented manner, and turns in assignments and projects with exemplary quality demonstrating evidence of college level intellectual ability. Amy has earned Outstanding Student awards in seven different academic areas including: Spanish, English, history, mathematics, weight training, and sciences. Teachers thoroughly enjoy

Amy's proactive and motivated approach to learning, integrity, willingness, and dedication to not just learning the material, but applying it to her life. Furthermore, Amy has taken her passion and dedication for fitness and weightlifting into her studies in Independent Science Research Project class. Amy organized and conducted a research project and managed a group of weight training students through a created workout testing how cool-down methods affect muscle soreness. Amy presented her findings at local science expos and received the Naval Science Award at Central Western Oregon Science Expo, 3rd place in the Medicine and Health Science Category, and honorable mention for the Tom Owen Award for Merit in Statistics at Intel Northwest Science Expo.

As an athlete, Amy has committed herself to reaching her full potential. She goes above and beyond normal practices by researching and maintaining a year round weight training program to achieve her peak physical condition. Furthermore, she has logged many additional hours perfecting her skills on the track by competing competitively in the Summer Track Club since 2011. To say she is a dedicated athlete is an understatement. Amy won the OSAA State Championship in 100 meter hurdles and triple jump as a sophomore. As a senior Amy is captain of her Track and Field, Cross Country, and Dance Teams. She has received the West Valley League Scholar Athlete Award as well as qualified for the OSAA State Championships for each of those sports separately.

Amy is not only a merit student-athlete, but also a well rounded young woman. She is reliable with responsibilities, mature, and has admirable character. She is respected by her peers and teammates as a confident and enthusiastic leader. If there is anyone deserving of recognition of hard work and dedication, it is Amy Kraemer.

-Lauren Sawyer



Castle Rock High School

Nathan Myklebust

Position: Sprints

Senior

Nathan is a great example of where hard work can take you. His dedication in the weight room has dramatically improved his speed on the track and elevated the work ethic of his teammates through this example. ~Travis Patrick

Cate School

Drew Anastasio

Position: Throwing

Junior

Drew's progress in the weight room can be attributed to his quiet 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 Drew has done. His efforts have been inspiring to his classmates and the fruits of his labor are obvious. What has especially been encouraging from Luke has been his willingness to work on movements he's struggled with for months at a time and then, to finally get it. Most high school aged athletes aren't willing to work for that long on the more "boring" technique aspects of lifting but Drew is. ~Erik Hansen

Cate School

Rivers Sheehan

Position: Sprints and Jumps

Junior

Programs need athletes that can find a way to have fun without distracting from hard work. It facilitates longevity in the program when kids know they will be able to work hard and have fun at the same time. Rivers fulfills that role for us at Cate. She strikes the right balance between focused work and fun. She helps keep the right perspective in the weight room without compromising work ethic in the slightest. Most importantly, Rivers sends the clear message to our student body that girls belong in the weight room as much as the guys. Her leadership for those identifying as females will outlast her four years.

~Erik Hansen

Copperas Cove High School

Joshua Pettit

Position: Sprints, Relays

Senior

Josh was a three sport athlete at the 6A level, playing football, Baseball and Track & Field. Josh finished his junior year as our top point earner for our strength and conditioning testing standards earning 17 of a possible 20 points. At 5'6" 155 lbs. his personal bests were as follows: Bench Press-265, Squat-420, Power Clean-255, Vertical Jump-33" and 40 Yard Dash-4.65 ~Reb Brock

Cummings High School

Kelsia Moore

Position: Jumps and Hurdles

Senior

Kelsia is a true pleasure to coach. She has squatted double body weight, cleaned and benched her body weight. She is a state champion long jumper and has been an integral part in multiple team state championships. ~Brian Bosman

Fairfield Warde

Manar Enany

Position: Shot Put, Long Jump, Triple Jump

Senior

indoor track junior year:

- placed 6th in fciac for shotput
- qualified and competed in states for shot put

outdoor track junior year:

- qualified and competed in fciacs and states in shotput
- pr'd in shotput at 34 feet and change, becoming 3rd best female thrower in the school's history
- qualified and competed in fciac for javelin
- qualified and competed in fciac for triple jump

indoor track senior year:

- placed second in eastern divisionals for shotput
 - qualified and competed in eastern divisionals for long jump
 - qualified and competed in fciacs and states for shot put
 - placed 6th at fciacs in shotput
- ~Ally Lates



Fox Valley Lutheran High School

Louisa Marxen

Position: Sprints & Jumps

Senior

Louisa is a senior at Fox Valley Lutheran High School in Appleton, Wisconsin. She has been a fixture in the weight room and on the track since her freshman year. Louisa will finish her career as one of the most accomplished track athletes in school history with at least 3 school records, several conference championships, and having qualified for multiple events in the WIAA State Track Meet.

~John OConnor

Gayville-Volin High School

Tavin McKee

Position: Sprinter - Running Back/DB in Football

Senior

Tavin has used his work in the weight room to become an outstanding athlete in Track & Field and on the football field.

This past fall for testing, here are some of Tavin's PR:

Pro Agility - 4.12 10 yd - 1.44
40 yd - 4.53 VJ - 32

As a Junior in track, Tavin was 4th in State B 100 m and 6th in the 200 m. He anchored the state qualifying 4x100 team. His best times were 11.22 and 22.96. He was conference champion in the 100 and 200. He was also Region 3B Champion in the 100 and 200. He dropped his times from his Soph. year from 11.73 and 23.98 - and looks to better his marks and standing this year in T&F

Football Stats: - as a 2 way player.

2017 8 Games Played

104 Rushes 476 Yards 7 TD's

10 Receptions 156 Yards 1 TD

252 Kickoff Return Yards

43 Solo Tackles 13 Assisted Tackles

1 QB Sack

5.5 Tackles for Loss

1 Interception--41 Yard Return

1 Fumble Forced

Career 18 Games Played

200 Rushes 1,014 Yards

13 Receptions 174 Yards

18 Career Touchdowns

87 Unassisted Tackles 27 Assisted Tackles

~Mark Roozen

Goshen High School

Austin O'Malley

Position: Pole Vault

Senior

Austin has been one of the most dedicated users of the weight room that I have worked with. As a member of the Track, Football and Swim team, Austin carries a full schedule of events. Even with his busy schedule, Austin has always made time to get to the weight room, in season, out of season, during the summer, before school or before practice. Austin has real clean technique and a great model for others. Austin is all business in the weight room but is always ready to help when needed. He's a leader in the weight room, on the field and in and out of school. He also serves the community as a Volunteer Fireman. Austin's drive and focus will serve him well in the future. ~Robert McIntee

Iowa City High School

Cole Milder

Position: Long Jump

Senior

"Cole exemplifies a work ethic and an understanding of the importance of a strength and conditioning program at the high school level for the past four years; an elite competitor in the weight-room, on the field, and in the classroom Cole brings intensity to every lift and has some of the highest numbers on the bench press, back squat, and hang power clean on the team. More than that, however, he pushes and coaches not only his teammates but the younger athletes to achieve their goals in the weight-room; a true All-American Strength and Conditioning Athlete." ~Jason Dwight

Kenowa Hills High School

Katie Westfall

Position: Distance

Senior

It is my honor to nominate Katie Westfall for All-America status in Strength and Conditioning. Her dedication to increasing her strength and her leadership in the weight room and on her Cross Country and Track & Field teams has been exemplary. Katie is one of the hardest-working athletes that I have had the pleasure of working with. ~Todd Johnston



LaCrosse High School

Kacee Klozenbucher

Position: Jumps, Sprints

Senior

Kacee is an example of using hard work to achieve your dreams. At 5'4" and 120 lbs, what Kacee lacks in stature she more than makes up for in work ethic and drive to succeed. That mentality helped her realize her dream of being a college athlete, signing with Washburn University for track. Kacee is a multisport athlete who had a significant impact on all of the teams she has been a part of. A tireless worker, she can often be found training to get better. This dedication has led to numerous school and personal records including High Jump (5' 4"), Bench Press (145 lbs), Squat (245 lbs) and Vertical Jump (27.5"). Kacee is also a 4.0 student and National Honor Society member. It's been an honor to coach such a wonderful athlete and person. ~Shawn Landers

Lincoln High School

Zion Perry

Position: Sprinter

Senior

Zion has been in Advance Weight Training Class for all 4 years that he has been at LHS and has attended Summer S&C as well. Zion is a T&F Sprinter and a Wide Receiver on the Football Team. As a member of our Athlete 2 Athlete Club, he is a Student/Athlete Mentor for the young up and coming students at LHS. In 2017 has was a State Champion Sprinter in the 4x100 and this year he will be playing in the Nebraska Shrine Bowl. Zion has committed to the University Of Central Missouri. Zion is quoted as saying "You have to stay ready so you don't have to get ready". ~Stewart Venable

Northwest High School

Karsen Sears

Position: Sprinter

Senior

Karsen has demonstrated an incredible work ethic and drive to succeed the last four years in are program. Her teammates respect her work ethic and level of commitment. But most of all Karsen is a NSCA All-American person. This award is a testament to Karsen's hard work and dedication to reaching er utmost potential as a athlete. Karsen has school records in the 100, 200 and LJ.. Qualified for the state meet in 3 events the last three years. Last year she won the class B (which) 2nd biggest school classification in Nebraska in the LJ and also medaled in the 4x1, 100, & 200.

Karsen is a workout beast. Bench is 185, Squat-255 and 175.. Karsen is very deserving of an award like the NSCA All-American Award.

~Troy McNeil- MS, USAW, CSPC

Payson High School

Meredith Kiekintveld

Position: Hurdles

Junior

Meredith is quite possibly the hardest working athlete that I have ever been around. Her motivation and her work ethic is contagious to others around her. Her work in the weight room is evident when you step in our weight room and see her name on the top of all our leader boards. As a junior she has already placed mad a name for herself in the state ranking by placing 4th as a freshman and 2nd as a sophomore in the 100 hurdles. She also is a 2 year varsity starter in basketball and holds a 3.79 GPA. ~Bryan Burke



Princeton High School

Will Hare

Position: Distance

Senior

Will is a leader in the weight room and in his sport. Will is well respected by his teammates, coaches, and competitors for his work ethic and his fierce competitiveness. Will's hard work, determination, and talent have led him to several achievements and accolades in his senior year including, CVC Division Champion, Mercer County Champion, Central Jersey Group IV Sectional Champion, Group IV State Champion, First Team All-County, First Team All-State, and First Team All Region. ~John Torrey

Princeton High School

Varun Narayan

Position: Long Jump

Senior

Varun is a captain of the track and field team. He is a leader, both, in the weight room and on the track. He leads by example and is always pushing himself and his teammates to improve and excel. Varun is the 2018 Mercer County Indoors Champion in the long jump and a Meet of Champions Qualifier in the long jump. ~John Torrey

Princeton High School

Jackie Patterson

Position: 400m Individual and Relay

Senior

Jackie is a fierce competitor and a leader, both, in the weight room and on the track, She is a two-year team captain who was the 2016 Mercer County 400 meter outdoor champion and a member of four Mercer County championship 4x400 meter relay teams. Jackie will attend Columbia University next year where she will be a member of the track and field team. ~John Torrey

Providence Day School

Olivia Hee

Position: 100m,200m,Long Jump

Junior

Olivia has done a remarkable job of growing into a leader. She has demonstrated her leadership ability in her work ethic on the track and in helping the younger athletes with their training. Her lifts are technically sound and she practices safety in the weight room by picking up after herself and encouraging others to clean up after themselves. She has grown her knowledge of the strength and conditioning program and understands how it can improve her performance on the track.

~Thomas Caruso

Providence Day School

Adam Roupas

Position: 200m,400m,400m Hurdles

Junior

Adam is a perfect example of hard work paying off. He is the first one on the track and the last one off the track. He is also the last one out of the weight room. Adam is a born leader, in not only his work ethic but also with him taking the younger athletes under his wings, giving them words of encouragement and pushing his teammates to do their best. Adam has grown to understand the positive effect the strength and conditioning program has on his performance on the track.

~Thomas Caruso



The Peddie School

Emily Hattman

Position: Long Distance Runner

Senior

Emily's positive effect on the weight room cannot be quantified. She is a peer leader for the girls in the weight room. She organized our first "6AM LIFT" for girls. She led the charge to creating a positive weight room culture for the girl's team and entire Cross Country program. In the weight room she thrived while training for her Army ROTC test with a mile in 6:14, 100 sit ups and 40 push-ups in 2 minutes. She also has the athleticism to perform the Barbell Hang Clean by her sophomore year. As a Varsity runner all four years, Emily won Conference and State titles in 2014 and 2015. She was Named First Team ALL STATE in 2014 and Second Team ALL STATE in 2015. Emily was a First Team ALL CONFERENCE athlete in 2017. Finally, Emily accomplished all this while earning a 3.5 GPA. ~Michael Volkmar

The Weber School

Seth Shapiro

Position: Shot Put and Discus Throw

Freshman

There is something very unique and quite impressive about the high school freshman, Seth Shapiro. From the first day that he stepped into the weight room, there has been a level of drive that stands apart from the rest. He is always the first one there to the weight room, and the last one there at the end helping to clean up. Seth is always focused when he arrives and he continually strives to learn more and push himself harder. The amount of growth he has had this year is contributed directly to the amount of effort he exudes daily.

However, what is most impressive about Seth though isn't his accomplishments on the field, the classroom, or on a weight bench. It is his heart. If Seth is in the middle of conditioning and he notices a classmate struggling, without hesitation, he will immediately stop to help. If he is given a new skill challenge, Seth will focus his mind and body and not quit until he has mastered it. At the same time, he positively influences his peers to also challenge themselves. Without knowing it, Seth motivates others to push themselves. That is something that can not be taught. Seth's dedication to weightlifting and his commitment to his team really sets him apart from most athlete's his age. The epitome of an All-American Athlete. ~Jessica LaGala



ThunderRidge High School

Teagan Zwaanstra

Position: Sprints & Jumps

Freshman

Teagan started with us the summer prior to starting her freshman year, and from day one we all knew she was going to be special! She came in and worked extremely hard to develop what is now the best form and technique in our building. As a first semester freshman, Teagan broke six of the 9 records we had on our board and was extremely close to the others. She also earned the highest award we give to our lifters, our "Grizzly" award. This award is very difficult to earn as it involves eight different tests covering all aspects of our program. Teagan is only the 8th athlete to earn this award in our 22 year history. All of the other recipients earned it their senior year...Teagan accomplished it as a first semester freshman! As happy as she was to earn this, she immediately looked forward and set higher goals for herself. Never satisfied and always looking to improve...this one is special! ~Mark Carnes

TMAD

Zskaira Williams

Position: 100M, High Jump, 4x1, Long Jump

Senior

Zskaira is an amazing human being! She has had a wonderful high school Track and Field career. Zskaira has jumped over 17 feet in the long jump. 5-4 in the high jump. 12.39FAT in the 100M. She was also on the 4x1 that set the school record with a 47.23FAT. She is a fierce and focused athlete! As great as she is on the Track, she is also a awesome human being. She and her family have had life changing impact on a cousin that they adopted into their family. Zskaira made sure she fit in at her new high school and just really took her under her wing. Zskaira is a great representative of the NSCA's high standards, high expectations and commitment to excellence.

~Troy McHugh

Vermillion High School

Maddie Lavin

Position: Distance Runner

Senior

During HS has been in Student Council, SADD (Students against Destructive Decisions), RAKE (Random Acts of Kindness Enthusiasts), Natural Helpers, FCA. She was selected as one of 3 local spokespersons for Champions on Track. They were chosen as role models to speak to elementary schools in Vermillion about the pillars of success. She is a member of National Honor society and serves as Vice President. She attended Girls State and was elected into the Senate. She is a member of UCC church. She has volunteered at the local welcome table, backpack program, and giving tree program in Vermillion.

Maddie has been a captain of the cross-country team since 8th grade and captain of girls track since her freshman year.

Athletic accomplishments include:

Winning state Cross country in 2013 as an 8th grader. She has been runner up in 2012, 2015, and 2016 with a 3rd place finish in 2017. She severely sprained her ankle the night before regions in 2014 and finished 21st at state the following week.

She has been runner up at State track for the 1600 and on the podium each year for at least one race. In 2016 she won the 1600, 3200, and anchored the medley to a 2nd place finish and 1600 relay to a 5th place finish (while running the 1600 relay with one shoe).

She has over 50 State swimming titles as she has swam competitively for VAST swim club and SD swimming at zones and All Stars. She has qualified for sections in several events since she was 14.

Maddie is a 6 time varsity letter winner in 3 sports- Cross Country, Track and Field, and Swimming. She lettered one year in Gymnastics.

This past year she was awarded the South Dakota female Hiesman award and Sioux City Journal female athlete of the year in 2016.

She maintains an unweighted 3.98 GPA with her lone B being in a college class. She will graduate with approximately 25 college credits this May and plans to attend USD for a biology degree with hopes to attend dental school after that. She will run and swim for USD as well. ~Mark Roozen



TRACK & FIELD

Viking Performance Training - Clay Battelle

Kaitlyn Tennant

Position: Thrower

Senior

In the year since training Kaitlyn, she has been the model trainee - accountable, committed, and always wanting more from herself in training while maintaining 100% trustful in the process.

Kaitlyn wanted to supplement her throwing performance with more strength and explosiveness. Within a few months of more focused strength training than she had done before, this transitioned into competitive strongman and powerlifting - including pulling her principal's truck for homecoming, a video seen over 100,000 times!

Kaitlyn has become an inspiration to everyone she meets, especially younger girls. It has been an honor and privilege to coach Kaitlyn. ~Jerry Handley