



Bishop Gorman High School

Joey Mazzara

Position: 170 lb

Senior

Joey has exemplified the term "champion" during his preparation of his final high school season in every facet. Joey immersed himself into the demands to become a champion by dedicating the Spring, Summer and Fall in preparation for Pre-Season Nationals. In doing so, Joey solidified himself as one of the top wrestlers in the nation. The grueling hours of strength, conditioning, technical, and tactical skills development helped Joey earn a scholarship to the University of North Carolina for wrestling. Joey's toughness and discipline, on and off the mat, is highly sought after within student-athletes. Despite the hours of training and competitions across the nation, Joey has been able to maintain above a 3.5 GPA. His dedication to the "champion mentality" in the toughest sport in the world has earned him the right to become the All-American Athlete of 2018. -Ridge Kiley

Charlotte Christian School

Christian Furnari

Position: 182 Lb Weight-Class

Senior

Christian Furnari has been a dominant force for the Charlotte Knights. he has not skipped a beat this season after having UCL Reconstructive surgery at the end of his Junior year. He placed second in the state tournament for his weight-class in 2017 and at 24-6 this year Furnari is primed for another run towards a state title. -Matthew Korman

Kenowa Hills High School

Avrey Smith

Position: Team Captain

Senior

Avrey Smith is one of the most dedicated and hardest-working athletes that I have worked with in 20-plus years in Strength and Conditioning. A role model in the weight room, the wrestling room, the classroom and in everyday life. I am proud to nominate him for NSCA Strength and Conditioning All-America status. -Todd Johnston

Solon High School

Da'Veon Parker

Position: 220 lb Weight Class

Senior

Da'Veon has always been committed to the weight room. He is not the tallest guy in stature, so he makes up for it by assuring he is one of the strongest out on the field or the mat. He is a two-sport athlete who anchored the defensive line and competes at the 220 lb weight class for wrestling. He just captured the Sectional championship heading into the District tournament. He is one of the strongest pound for pound lifters to come out of Solon High School.

-Aaron Short



South Johnston High School

Joshua Schindler

Position: 160lb Wt. Class

Junior

Joshua had to overcome and rehabilitate from pre-season meniscus surgery in order to prepare himself for wrestling this past year. In spite of that, Joshua managed to win multiple matches in conference and he was able to take 2nd place in the conference tournament. In the past calendar year, Joshua has increased his clean from the floor by 20lbs, his squat by 50lbs, and his bench press by 20lbs in terms of a 1-repetition maximum. Joshua leads in the weight room by pushing himself and his teammates to become better at every opportunity. Joshua also leads in the classroom as a student-athlete as he currently holds a 4.2 G.P.A. Joshua is a 3-sport athlete, competing in baseball and football as well. -Matthew Bishop

The Peddie School

Colin King

Position: 132

Senior

This is a career achievement award for Colin. As a freshman, his weight was barely over 100 lbs with zero weight room experience. Fast forward four years and countless training sessions on weekends, holidays and plenty of days when everyone else was sleeping in. Colin has earned a 250 lbs squat, 280 lbs deadlift, and 175 lbs bench, at a bodyweight of 132 pounds. His dedication in the weight room has allowed him to become a competitive two sport (XC and Wrestling) varsity athlete. This offseason he is chasing a 315 lbs deadlift. Maybe most importantly, Colin has created a lifelong love of the Iron. Also, he has been a peer leader within the Asian community in promoting weight lifting. Finally, Colin accomplished all this while earning a 4.1 GPA. -Michael Volkmar