

## 2020 — HIGH SCHOOL — SWIMMING

### LUDINGTON AREA SCHOOLS

#### Audra Shoop

##### Senior

Audra Shoop is a tenacious individual that gives her all in everything she does. She is a compelled athlete in the weight room and in all her endeavors always finding ways to make sure she gets her tasks and training completed. She is our first female athlete to earn over a score of a 4 on our Oriole Strength Index. Our strength index is a formula in which we divide an athletes body weight into total amount lifted on our 3 main lifts. While earning the right to compete in the State meet for swimming and earning first team all conference honors in the shot put as a junior in track, as well as many other honors, Audra maintains a 3.9 GPA and is an active member of our National Honor Society. Audra will be competing at the next level as a member of the St. Ambrose University Swim Team next year. She is a compelled athlete. ~Rich Kirby

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

#### Christopher Chertos

##### 50/100 yard Freestyle

##### Senior

As a student at Kenowa Hills, Christopher is part of a Co-Operative program for Swimming with Grandville, a neighboring high school. He has been a member of the Swimming Team for the last couple of seasons. His consistent approach to Strength & Conditioning over the last couple of years, including summers, has allowed him to achieve his PEAK Performance at the recent Conference Championships. Christopher shaved over 8 seconds off his previous 100 yard time and over 3 seconds from his previous best in the 50. As a member of Mrs. Pacanovsky's ASD classroom, Christopher comes to PEAK Performance with a student LINK (a student Aide) to help with his communication. Being on the Autism Spectrum Disorder has provided some unique challenges regarding his Strength programming, and as such, his student LINK over the last two years deserve special mention. A huge thank you to "Coach Spencer" and "Coach Nolan" for their work with Christopher in PEAK Performance and for their friendship with him. Spencer VanDyke and Nolan Collins share in this prestigious honor. ~Todd Johnston