

HIGH SCHOOL — MULTI-SPORT ATHLETES

ALICE HIGH SCHOOL

RYAN SALAS

Basketball, Football, Track & Field

Defensive Back, Wide Receiver, Power Forward, 4X100 relay, 4X200 relay, High Jump

Senior

Ryan has been an outstanding example of Alice Coyote commitment and relentless effort since he started with our district as a 7th grader. Over the years, he's developed into the type of leader who not only shows up every day, but shows up as a great teammate who exhibits contagious positive energy that will have a lasting effect on our program. He's won multiple football awards during his 3 years as a starter, including the District 15-4A Outstanding Defensive Back in 2020 and overall District MVP in 2021. Ryan started on our Varsity Basketball team his Sophomore through Senior years, and contributed to the track program as a member of two Regional qualifying relays in 2021. Personally, I'm extremely grateful to have had the opportunity to coach Ryan over the last 5 years and look forward to seeing the type of impact his positivity and competitiveness has on society. ~Joey Heron

ASHEVILLE SCHOOL

RAYDEN APHAYVONG

Football, Track & Field

Quarterback, Safety

Senior

When Rayden Aphayvong arrived at Asheville School in August 2020, classes were being held outdoors and the temporary "weight room" was barbells sitting beside the football field. What could have been an excuse was simply another obstacle for Rayden to overcome. Previously untrained in lifts, Rayden's consistent hard work has turned out impressive performances, including a 300 lb. power clean and a 4.50 electronic-timed 40-yard dash. During his senior season, the quarterback/safety was a physical force. In only nine games, he amassed 2783 offensive yards, including 21

passing touchdowns and 15 rushing touchdowns. Defensively, he recorded 48 tackles and four interceptions (three for touchdowns). Rayden's first team all-state selection in both football and track place him among the finest student-athletes in North Carolina. The integrity, perseverance and competitive spirit Rayden has displayed as a Blue will propel him at the next level and in life beyond football. ~Doug Harger

BENNINGTON PUBLIC SCHOOLS

ABI BROWN

Softball, Track & Field

Catcher in softball and sprinter/thrower in track

Junior

Abi Brown has earned herself a lot of success this past year. Her hard work, dedication and leadership on and off the field/track has definitely paid off. This past season in softball, she earned 2nd team All Nebraska and 2nd Team Omaha Metro Area, All Conference Team and an Academic All Conference. She broke the homerun record for her softball team by hitting 11 homeruns. Last season in Track and Field, she served as our alternate on the 4x100m team that made it to state and she was just shy of reaching state in the discus throw. In the weight room, she holds the school record in the Hang Clean and Timed 10m fly for her weight class. She would represent Bennington very well by winning this All American Athlete of the Year Award. ~Jocelyn Suing

BRADEN RIVER HIGH SCHOOL

ISAIAH CRESS

Football, Other

Safety - Football, 183 class Weightlifting 2021 season

Senior

Isaiah was a starter for Varsity football. As a weightlifter he was undefeated in local, district and regional competition in Spring of 2021, winning gold medals and titles at county, district and regional championships. He finished as a medalist at the 2021 State Championships in Spring of 2021. ~Richard Lansky

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BRADEN RIVER HIGH SCHOOL

JADA PHILLIPS

Basketball, Olympic Weightlifting, Other, Softball
Softball - catcher , High School Weightlifting - 139 Lb
class
Sophomore

Jada is a multi- sport athlete at Braden River High School. She excels in both Softball and High School Weightlifting. In 2022, she won the county championships, medaled at districts and at regionals and qualified for the FHSAA State Championships, winning the first Girls Weightlifting Medal in School History. Although only a sophomore, Jada is a team leader both on and off the platform and the diamond. ~Richard Lansky

BROOKINGS HIGH SCHOOL

ZACH MOE

Basketball, Football
Linebacker; guard
Senior

Zach is an outstanding (comeback) athlete. Zach's love has always been basketball, and he has been incredibly successful over the years. Zach has provided leadership for all the younger athletes in the weight room over the last four years, including personally guiding a few of the freshman. As a freshman himself, Zach broke his leg and decided to hang up his football career. After a couple of years off, Zach decided to return to football. Not only did Zach make his way back to the field, he was a starter and ended the year with several conference and academic awards. Zach was a true leader in the weight room over the summer months, and constantly pushed the group to work harder, be better, and reach their potential. Zach himself set personal records in bench press, squat, and clean during testing week. Zach has lived up to the potential we knew he had, and will be a young man we refer to in the future. ~Kerry Brown

BROOKINGS HIGH SCHOOL

JANINE WARNE

Other, Softball
Infield
Senior

Janine is an athlete defined by jack of all trades. Her main sport, softball, is her first love and has been a member of the high school team for four years. She has earned many tournament championships and tournament MVPs. She has been a leader for all levels of softball and continues to push for the development of the overall program. In other seasons, Janine has participated in bowling and shooting sports, both of which she has had outstanding careers. In a new venture, Janine has participated in power lifting her senior year. In her first ever meet, Janine set personal records in Squat and Deadlift in route to finishing in second place. She continues to train hard in the "off season" to compete in the state meet. Janine will be an athlete we look to for what is possible when you put your mind to it for a long time. ~Kerry Brown

CAMPBELL COUNTY HIGH SCHOOL

BERKELEY CHRISTENSEN

Swimming, Track & Field
Senior

Berkeley is without a doubt worthy of this Award. She has worked harder than any athlete I have had the experience of teaching. She is in the pool year round, twice a day, and shows up to every weight lifting session ready to work. She is in the top five in the school in every category tested in Sports Training. She has won 7 High School State Championships in her career and countless club championships. She is the High School state record holder for the 100 Butterfly and holds many other state records in club swimming. All of this and still maintaining a 4.0 GPA. She is continuing her schooling and swimming at the University of Wyoming. Berkeley is a great example of excellence in high school academics/athletics. ~Micah Christensen

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CAMPBELL COUNTY HIGH SCHOOL

REMAR PITTER

Football, Track & Field

Senior

It is without hesitation that I nominate Remar for this award. Remar works year round to better himself in Track and field. That work ethic is no different in the weight room. His progress from his Freshman year up to now is quite remarkable. He has been ranked as high as #4 in the country for Long Jump. He is the defending State Champion in the long jump. Currently he has the top Long Jump Indoors in Wyoming History. He has evolved into a great Leader and looked up to by his peers. Remar also works very hard in the classroom and is a great example for his peers. He is undecided where he will take his talents but is presented with many opportunities. ~Micah Christensen

CARDINAL SPELLMAN HIGH SCHOOL

PAOLA ROSARIO-LOPEZ

Lacrosse, Soccer

Midfield

Senior

Paola is one of the hardest-working individuals that I have ever met. In everything that she does, she strives to be the best and that is evident in the accolades that she has earned in the sports that she plays. In soccer, she has been a two-year captain for the Cardinal Spellman High School Pilots and she has earned All-League Honors for her toughness, determination, and skills on the field. In lacrosse, Paola has also been the captain for two-years and she has led the Pilots to three consecutive championship games. Although our lacrosse league does not present All-League honors, she is always the talk of the coaches in our division when they meet up. Her athletic accomplishments come from a tireless work-ethic during the off-season. She is always the first in the weight-room and the last to leave. She motivates others to continue to "grind" through the toughest parts of the off-season and for that she has cemented herself as a

true leader. The Cardinal Spellman High School Athletic Department is truly lucky to have Paola as a member and her teams benefit greatly from her leadership. I truly believe that she embodies what it means to be an All-American Strength and Conditioning Athlete of the Year. ~Kyle O'Donnell

CEDARBURG HIGH SCHOOL

NADIA EPSHTEYN

Basketball, Soccer

Guard/Winger

Sophomore

Nadia has dedicated herself to the weight room over the last 2 years and has found her work ethic quickly pay off. She made the varsity soccer team as a freshman and was voted most improved for the 2021 season. Nadia plays basketball as well. Her ability to push herself to continually get better is paying off in the weight room, on the field and on the court. ~Jon Verdegan

CHARLOTTE CHRISTIAN SCHOOL

ALYSSA BLACKSON

Other

Midfielder

Junior

Alyssa is on the varsity lacrosse and volleyball team and is one of, if not the hardest working athlete on either of the teams. She is consistently striving for greatness, whether that's her staying late after practice to work on certain skills or asking what she can do to be the best she can be. Alyssa excels as a leader on the field, as well as in the classroom. She has taken on a rigorous course load, works an after school job, and is a dual sport athlete. ~Cameron Lewis

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CHARLOTTE CHRISTIAN SCHOOL

JAKEMAN PENDLETON

Other

Safety, Wide Receiver, Center Field

Senior

Jakeman is a multisport athlete and excels at each. He leads by example by never missing an opportunity to get better. After injuring his shoulder during the football season he found a way to push through, finish the season, continue to improve in the weight room and compete for the baseball team. Jakeman only has one speed and that is 100%. He wants to excel and push his teammates in every way possible. ~Cameron Lewis

CHRISTUS HUMAN PERFORMANCE CENTER

KATE GLENNEY

Basketball, Track & Field, Volleyball

Sophomore

Kate is a shining example of what a High School All-American Athlete of the Year should be. She is everything you could want in a student-athlete: hard worker, listens, asks questions, leads by example, and does it all with great tenacity and a big smile on her face. ~Ryan Dupre

CHRISTUS HUMAN PERFORMANCE CENTER

ALYSSA STRICKLAND

Basketball, Track & Field

400 meters

Sophomore

Alyssa was one of the first athletes through the doors at the CHRISTUS Human Performance Center. From day one, she has put in some incredibly hard work to get faster and stronger, and she has done just that. Alyssa brings an amazing attitude and work ethic each day. I expect big things from Alyssa this season and beyond. Alyssa is 100% deserving of High School All-American Strength and Conditioning Athlete of the Year award. ~Ryan Dupre

COLE CAMP HIGH SCHOOL

REID HARRISON

Baseball, Basketball, Football, Track & Field

WR/DB, Guard, SS, Sprints

Sophomore

Reid is a multi-sport athlete that exemplifies who a Cole Camp Bluebird should be in our weight room. His work ethic and consistency in our weight room is second to none. Athletically, he has been a varsity starter since his freshman year in each of the sports he participates in and has taken a big step forward in his second year as a Bluebird. This basketball season Reid leads the team in steals (50), second in deflections (33) and points (235), and third in rebounding (93) through 24 games. Reid is not only a dedicated athlete, he is also a dedicated student holding a 3.98 Weighted GPA, earning Academic All-State honors this football season. He also earned All-Conference and All-District honors for his sophomore football campaign. Reid is an exceptional young man and very deserving of this award. ~Mark Swartz

COLE CAMP HIGH SCHOOL

DYLANA STOPPEL

Basketball, Track & Field, Volleyball, Wrestling

Outside Hitter, Guard, Sprints, Pole Vault

Junior

Dylana is a multi-sport athlete that exemplifies who a Cole Camp Bluebird should be in our weight room. She is a hard worker, consistent, and coachable; everything you look for in a student athlete. This volleyball season Dylana led the team with receptions (409) and second in kills (145) and digs (264), but what the statistics don't show is the hustle plays that she makes all over the floor. She earned All-Conference Honorable Mention, All-District Honorable Mention, and was named to the Smith Cotton All Tournament Team. This basketball season Dylana was our leading defensive threat. Through 26 games she led the team in deflections (71), steals (55), and was our second leading rebounder (129). Dylana is not only a dedicated athlete, she is also a dedicated

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student, holding a 4.12 Weighted GPA on her way to earning Academic All-State honors this volleyball season. Dylana is an exceptional young woman and very deserving of this award. ~Mark Swartz

CONCORDIA LUTHERAN SCHOOLS OF OMAHA KARSTEN MATHSEN

Baseball, Basketball, Football

**QB (Football), Guard (Basketball), Pitcher/IF (Baseball)
Senior**

Karsten is the ultimate example of a well-rounded student. His time management and dedication to academics (4.12 GPA), athletics, and music along with his intense competitive drive have allowed him to experience well-deserved success during his high school years. While he has been involved in 3 sports, jazz band, and academic extracurriculars, he has always taken his physical development seriously, and that has kept him both healthy and allowed him to perform at high levels in 3 varsity sports. He has been a four year starter on the basketball and baseball teams. He has been a key leader in our schools only 2 state tournament appearances for our basketball team. On the baseball field he is either pitching or playing shortstop and has also been part of a state tournament appearance on the diamond. His competitive drive prompted him to go out for football his senior year after not playing since elementary school. He went on to start at quarterback and set 4 school records for completions (game, season) and passing yards (season, career). All the while, he has been consistent in his physical training and become one of our strongest athletes. Karsten has been a key contributor to changing the attitude toward in season lifting and game day lifts for our all of our athletes. I am proud to nominate Karsten as an All-American Strength and Conditioning Athlete of the Year. ~Matt Marty

CONESTOGA JR-SR HIGH SCHOOL

SOPHIA ACKERMAN

**Basketball, Cheerleading, Track & Field, Volleyball
Right Side Hitter/Blocker – Post – Thrower
Junior**

Sophia displays a great attitude toward improving her abilities through Strength & Conditioning. These efforts have benefited her development as an athlete, person and teammate. Sophia has high expectations of herself and encourages others to give their best. She was voted “Ms. Cougarette” by her peers which is awarded to the teammate that best displays integrity, high character, commitment and leadership. ~Trenton Clausen

CONESTOGA JR-SR HIGH SCHOOL

EVAN SVANDA

**Basketball, Football, Track & Field
WR/DB - Post - Sprinter
Senior**

Evan has shown what hard work and dedication to Strength & Conditioning can provide an athlete over his four years at Conestoga. He has used the tools provided within Strength & Conditioning to develop himself physically and mentally to be a successful multi-sport athlete. He also persevered through injuries that could have sidelined him during his senior year if he hadn't committed to putting in the work at physical therapy and continuing to participate in Strength & Conditioning during his injury rehabilitation. Evan leads by example and encourages teammates to give their best effort. ~Trenton Clausen

HIGH SCHOOL — MULTI-SPORT ATHLETES

DHS TRACK & FIELD

DE'RION CROOMS

Football, Track & Field

Wide Receiver, Sprints and Jumps

Junior

De'Rion is an outstanding student-athlete, he is academically ranked in the top 10% of his class. He was voted MVP Wide Receiver 2021 season as well as 1st team all-district. He was regional qualifier in Track & Field. De'Rion's work ethic is great and so is his positive attitude. It is pleasure to coach him. ~Marvin Welch

DICKINSON HIGH SCHOOL

KAYDEN HENRY

Softball, Track & Field

Center field, Sprint and Jumps

Junior

Kayden as an outstanding student-athlete, her academically she is ranked top 10% of her class. She is also the number c/o 2023 outfielder in the country. As well as regional qualifier in Track & Field. Her work ethic is great as so is her positive attitude. If a pleasure to coach her. ~Marvin Welch

EMERALD YOUTH SPORTS

SETH VAUGHN

Football, Track & Field, Wrestling

OL/DL

Senior

Seth Vaughn has been a 4 year starter and team captain on the Fulton High School football team. In high school, Seth maintained a 3.8 GPA while playing football, wrestling, and throwing shot on the track team. His accolades include All Region (3x), All State (1x), and 2nd in the 2022 Tennessee State Wrestling tournament. He has committed to play football at Tennessee Tech in the fall of 2022. ~Walter Swint

EMERALD YOUTH SPORTS

KEENAN VAUGHN

Football, Track & Field, Wrestling

LB/OL

Senior

Keenan Vaughn has been a 3 year starter and team captain on the Fulton High School football team. In high school, Keenan maintained a 4.0 GPA while playing football, wrestling, and throwing shot on the track team. His accolades include Defensive Player of the Week (5x), All Region (2x), All State (1x), and 7th in the 2022 Tennessee State Wrestling tournament. He has committed to play football at Tennessee Tech in the fall of 2022. ~Walter Swint

FORSYTH COUNTRY DAY SCHOOL

SPRINGER HIAT

Field Hockey, Lacrosse

Midfielder

Junior

Coming of a knee injury Springer took a strong interest in the weight room. She has recently squatted 185 lbs and benched 100 lbs. She is responsible for the girls lacrosse team becoming a permanent fixture in the weight room during this off-season. ~Marc Heinecke

GEORGETOWN PREPARATORY SCHOOL

SAMUEL MUIR

Football, Lacrosse

OLB, TE in Football, Defense in Lacrosse

Senior

Sam has been as driven a student athlete as I have had the privilege of coaching. Sam's will to be better started his very first year on campus and has continued straight into his Senior Year. I can only imagine that he will continue to become a better and better version of himself throughout his collegiate career at the United States Naval Academy. I look forward to what the future holds for him and will always appreciate my time spent coaching Sam! ~Eamon O'Liddy

HIGH SCHOOL — MULTI-SPORT ATHLETES

GREENWOOD COMMUNITY HIGH SCHOOL

GAVIN RUPPERT

Basketball, Football

Linebacker, Power Forward

Senior

Gavin is the hardest worker in the room every single day. He leads with actions and words. Our athletes look to him to set the example and he never misses. He is a team first athlete always doing whatever it takes for the sake of team success. He does not strive for personal accolades, but only for what is best for the group. He is kind and caring to every person he comes in contact with. His sophomore season he suffered a devastating leg break and fought back through his toughness and dedication to be better than ever. He is 6'0 and 215 lbs. He runs a 4.93 forty yard dash and has a 27 inch vertical jump. His squat max is 435 lbs. His hang clean max is 265 lbs. His bench press max is 285 lbs. I only put those numbers in here because they were all earned through his commitment to smart, consistent, and intense training in weight room and through athletic enhancement work. I could not be more proud of the young man he is. The fact that he was a great multiple sport athlete for Greenwood High School was just a bonus. ~Jerrod Watson

GREER HIGH SCHOOL

ALEX GOMEZ

Football, Wrestling

Inside Linebacker; 145

Senior

Alex is the epitome of what we are looking for as a leader in our community. He is one of the top students in his class and challenges himself by taking International Baccalaureate (IB) classes as well as being a key member of Virtual Enterprise. He is a leader in the weight room and encourages his teammates to give their best effort on a daily basis. His leadership on the football field saw him lead the team in tackles and garner All-Region

honors as well. Alex is also currently ranked 2nd in the 152 weight class after finishing as the runner-up in the 145 weight class for the 2021 season. His leadership on the football field, wrestling mat and classroom will allow him to be a productive member of society. ~Matthew Landreth

GREER HIGH SCHOOL

KRISTIN GRIFFIN

Other, Softball, Volleyball

Outfield

Junior

Kristin has grown tremendously through her time in our program. She trains consistently and always brings a positive attitude to training each morning. She is a standout athlete for both our volleyball and softball teams. For the 2021 season, she was voted All-Region and All-State for softball, as well as winning the "Teammate Award" for Greer High. This past year, she joined our Powerlifting Club and placed 3rd in the Female State Strength Meet. She is always striving to be better and is a true asset to our athletic program. It is a true honor to get to work with her on a daily basis. She is an athlete any coach would be proud of. ~Matthew Landreth

GUYMON HIGH SCHOOL

AALIYAH DANG-GUTIERREZ

Basketball, Cheerleading, Softball, Track & Field

Pitcher, guard, hurdles

Senior

Aaliyah is a four sport athlete, and has been so for all of her high school career. She is All-State this year in softball and cheer (basketball and track still pending). Aaliyah accepted an athletic scholarship to Seward County College for softball. She has good grades (concurrently enrolled as well) and lifts weights year round! ~Michael Mason

HIGH SCHOOL — MULTI-SPORT ATHLETES

HAMILTON HEIGHTS HIGH SCHOOL

ELLA HICKOK

Basketball, Soccer

Point guard; forward/midfield

Sophomore

Ella's hard work is clearly evident in her play, leadership, and improved strength. She improved as a player and as an all around athlete more between her freshman and sophomore seasons than almost any player I have coached. She works hard, with no excuses, not because she wants recognition, but because that's the only way she knows how to prepare. She leads our team in how to work, grind, and how to give everything your best- Coach Travis Kaufman, Soccer.

Toughness is taught in many athletes, but for Ella it is a simmering part of all of her physical activities. Whether it is an early morning workout, athletic training room rehabilitation or skill development, team participation is improved by her quit is not an option attitude. She makes all around her more engaged!- J Clifton-Gaw ~Jan Clifton-Gaw

HENDRICKSON HIGH SCHOOL

JOJO BROWN

Football, Track & Field, Wrestling

WR, Sprinter, 106lb wrestler

Sophomore

JoJo during football was a key to JV offensive success. JoJo runs the 100m, 200m, and is a member of the 400m relay for the track team.

As a wrestler this season, JoJo won 1st place in the 106lb class at the district level, earned 5th place at the regional level and qualified for the state championship tournament as 1st alternate.

JoJo currently has a 250lb back squat, a 175lb bench, a 175lb clean, runs the 40 in 4.97 seconds, and has a vertical jump of 21inches. ~Peter Noonan

HOWELL HIGH SCHOOL

LIAM TREMBATH

Swim: Short Distance & Relays.

Track: 400m, 1600m relay

Senior

Liam is a dedicated & accomplished multisport high school senior athlete at Howell High School. There isn't a practice or workout session where he hasn't put forth his best effort. Both his teammates & coaches recognize his hard work & motivation. He has received varsity letters in both swimming and track. He was also chosen for the Coaches Award in both sports. Additionally, he is a student coach for the middle school swim team. Academically he has always maintained a GPA of academic distinction. ~Zachary Kasprzak, Boys Swim Coach ~Chris Gadje, Boys Track & Field Coach

HOWELL HIGH SCHOOL HIGHLANDERS IN HOWELL, MI

LOGAN LEPPEK

Basketball point guard.

Baseball pitcher.

Junior

Logan Lepppek has excelled as a student athlete since his freshman year at Howell High School. His motivation & hard work have helped him set & achieve high goals. He spent his summers working out with the football team to build muscle & achieve peak condition. His perseverance earned him a spot on the junior varsity basketball & baseball teams as a freshman. Academically he has always had a high GPA, & as a sophomore took it upon himself to add advance placement coursework. As true to his form, he made the varsity basketball & baseball teams as a sophomore. Again he set the bar even higher, not afraid to put the time & effort to earn play time. As a junior he continues to play at the varsity level for basketball & baseball, while maintaining a 4.0 GPA. Additionally, he has been supportive of younger athletes, making videos of skill drills, running basketball clinics and assisting at practices. His presence is a motivating factor for these other athletes and the community. ~Nick Simons, Basketball Coach ~Jason Ladd, Baseball coach

HIGH SCHOOL — MULTI-SPORT ATHLETES

JAMERSON YMCA SPORTS PERFORMANCE PROGRAM

JAKE LEE

Other

Senior

As a multiple sport varsity athlete, Jake demonstrates dedication and drive, leadership and a sense of humor all while maintaining a 3.56 GPA. ~Sarah Kline

JOPLIN HIGH SCHOOL

TY BEEBE

Football, Wrestling

Outside Linebacker

Senior

Ty is someone who can best be described as a coach's "dream". Ty is always the first to arrive and last to leave. A tireless worker, Ty's enthusiasm is contagious and he leads his peers from the front. Ty prides himself on being the best version of himself that he can be. Beyond athletics, Ty sets the standard of what it means to be a "good" person. I've witnessed Ty holding doors for his peers, teachers and administrators. As others leave practice when finished, Ty can be seen carrying equipment from the field to storage. You would never know that Ty has overcome setbacks, obstacles or adversity as he is always smiling and he doesn't complain about a situation or circumstances. Ty has been a tremendous ambassador for the athletic program at Joplin High School. ~Michael Lawrence

JOPLIN HIGH SCHOOL

ALLIE LAWRENCE

Soccer, Swimming, Track & Field, Volleyball

Outside Hitter

Senior

Allie has proven her commitment to the athletic program at Joplin High School through her participation in multiple sports. During her junior year, Allie would complete her track and field workout before attending soccer practice in order to assist a team short with participants. Allie completed her senior swim season

and was voted as a top 200 breakout swimmer in the United States as well as Team USA 18U. Allie achieved these awards in spite of a genetic condition which caused her severe shoulder pain. Allie would complete physical therapy during the day before swim practice in order to finish the season. Allie plans to continue her volleyball and track careers at St. Louis University of Health Sciences and Pharmacy. ~Michael Lawrence

MARIONVILLE STRENGTH AND CONDITIONING

KOY DITTMAR

Football, Track & Field

OL/LB

Senior

Koy leads not only with his work ethic, but his intensity as well. No one raises their level of intensity in our weight room or on the field like Koy does. He represents the model athlete we would like to have in our strength and conditioning program. Because of his quality of work and commitment to improvement, he has shown substantial increases in strength, power, and sprint/jump performance. ~Joshua Evans

MARIONVILLE STRENGTH AND CONDITIONING

MADISON ESSARY

Softball, Volleyball

Senior

Madison has done a phenomenal job of buying into what we are trying to accomplish in the weight room. She has improved more than anyone else in her power and jump performance and she saw the results of that increased performance on the volleyball court and the softball field. She is an example to the other women in our classes of what strength and conditioning can do for female athletes. I am proud of her work and it has been an honor to coach her. ~Joshua Evans

HIGH SCHOOL — MULTI-SPORT ATHLETES

NEW TRIER HIGH SCHOOL

ALEX MENDES

Baseball, Football, Other

Senior

Alex is a true leader-by-example. His work ethic has not only elevated him to one of the best athletes in the area for multiple years, but allowed him to overcome multiple injuries (including a broken leg). He is a multi-year starter, all-star performer, and unquestioned leader for both the Varsity Football and Varsity Baseball teams. In addition to football and baseball, Mendes took 1st place in his division for the 2021 and 2022 USAW HS Throwdown Championship. There are very few people who can match the combination of speed, strength, work ethic, and resilience at the core of Alex Mendes' decorated career. ~James (Jim) Davis

RAYTOWN SOUTH HIGH SCHOOL

MARCUS FOSTER

Football, Track & Field

Middle Linebacker and Thrower (Javelin)

Senior

Marcus is an outstanding student athlete! He brings enthusiasm every session and is a great leader throughout the school. Thank you Marcus for being a positive example of what it means to be a Cardinal! #CardinalStrong! ~Monte Yancey

RAYTOWN SOUTH HIGH SCHOOL

ANDREW PORTER

Golf, Soccer

Midfielder

Junior

Andrew has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

SAINT FRANCIS HIGH SCHOOL

TIM NETANE

Basketball, Football

Forward, WR/DB

Senior

Tim is a great example of using dedication to strength & conditioning to better himself on the playing field. ~Jake Siebert

SAINT FRANCIS HIGH SCHOOL

JESSICA OAKLAND

Basketball, Softball

Guard/Forward, INF

Senior

Jess is the epitome of using strength & conditioning to carry over to success on the playing field. ~Jake Siebert

SAINT FRANCIS HIGH SCHOOL

SYDNEY STEWART

Basketball, Softball

Post, C/OF.

Senior

Sydney's dedication and effort in strength & conditioning shows in her success on the playing field. ~Jake Siebert

HIGH SCHOOL — MULTI-SPORT ATHLETES

SCOTUS CENTRAL CATHOLIC HIGH SCHOOL

JACK FAUST

Baseball, Basketball, Football

Junior

Jack Faust is the 2021-2022 Scotus Central Catholic Male Lifter of the Year. Jack brings a swiss army knife of talents to the football field, was the leading scorer for the basketball team, and will compete for the Columbus High baseball team in the spring. Jack was an honorable mention selection for both conference and district football, as well as an academic all-state and all-conference selection in basketball. Aside from these honors, Jack is the hardest working person in the room at any given time. He isn't someone that needs to be reminded to work hard. Hard work comes naturally to him. It's something that is ingrained in his brain. Jack is the epitome of everything this award stands for, making him a no-brainer nominee. Congrats, Jack! ~Ryan Baker

SCOTUS CENTRAL CATHOLIC HIGH SCHOOL

GRACE MUSTARD

Basketball, Track & Field, Volleyball

Senior

Grace Mustard is the 2021-2022 Scotus Central Catholic Female Lifter of the Year. Grace was an all-state honorable mention selection in volleyball, an all-conference, and all-state honorable mention selection, as well as the leading scorer for the basketball team, and a silver medalist as a junior in the 100m hurdles. She is also the current high school girl's record holder in the 10y fly. Aside from these honors, Grace has shown her desire to improve in any way possible throughout the school year. No matter the day, she has come with intentions of dominating the next challenge in front of her. These attributes will no doubt lead her to success at the next level and beyond. Congrats, Grace! ~Ryan Baker

SLEEPY HOLLOW HIGH SCHOOL

EMILY ARIDAS

Soccer, Ski, and Softball

Freshman

Emily's dedication to strength and conditioning is unparalleled. She is an exceptional multi-sport athlete who leads by her work ethic. She is one of the most competitive athletes in our program. She works hard every day and leads our program with the heaviest Box squat and Bench. Emily is a great example of what a student athlete can achieve if they dedicate themselves to both athletics and academics. ~Enrique Rosario

SOUTH FLORENCE HIGH SCHOOL

TROKEL PREW

Football, Tennis, Wrestling

Outside Linebacker, 182 LB Wrestler, Tennis Player

Junior

Trokel displays great work ethic and determination in everything he does. He is considered to be a leader on the football field, wrestling mat, tennis court and in the weight room. Trokel has shown so much growth when it comes to measuring his overall strength. He is easily one of our strongest and most athletic students in our program. Trokel was one of our leading tacklers this past football season, is a region champion wrestler and is a dominant force on the tennis court. On top of being a tremendous athlete, he also carries a 3.8 GPA in the classroom. ~Shawn Armstrong

HIGH SCHOOL — MULTI-SPORT ATHLETES

ST. ALBANS SCHOOL

NICHOLAS PITTMAN

Baseball, Football

Senior

Nicholas is a multisport student-athlete at St. Albans School. Nicholas is a tremendous leader for our football and baseball varsity teams. Nicholas leads by example by giving his greatest effort in all aspects of our strength and conditioning program. He currently holds our best Back Squat (465lbs.) and Bench Press (275lbs.) this year. Nicholas carries the same tremendous work ethic and attitude that he displays in the weight room to his sport. He recorded 35 tackles, 6 TFLs, 3 sacks, and 8 quarterback harasses to be named ALL IAC lineman in our conference. Nicholas also is an outstanding baseball player for our varsity team. Nicholas embodies the qualities we want every student-athlete to achieve here at St. Albans School. He is a great role model around his current teammates and our younger student-athletes to admire and imitate. ~Christopher Tarullo

ST. ALBANS SCHOOL

CARTER STEINBERG

Football, Rowing

Senior

Carter Steinberg is a multisport student-athlete at St. Albans School. He is a physical and emotional leader being captain of both the varsity football and crew teams. Carter's tremendous work ethic and attitude on the football field, rowing machine, on the water and in the weight room reflect his accomplishments as a student-athlete. Carter currently holds this year's best time on the 2000m erg test (6:24.6), 20-minute test (5665m). He holds other countless awards in the sport of crew from being a Foley Cup winner, a bronze medal at the Stotesbury Cup, and a Gold medal at the Scholastic Rowing Association of America Nationals. On the football field, Carter recorded 44 tackles, 9 TFLs, 1 sack and 8 quarterback harasses to be named an ALL IAC Lineman.

Carter embodies what it means to be a student-athlete at St. Albans School ~Christopher Tarullo

ST. IGNATIUS HIGH SCHOOL

JACK GEFFERT

Hockey, Lacrosse

Class of 2024

Jack is a multisport athlete for us here at St. Ignatius. He has been a model of consistency in the weight room, becoming one of the best pound for pound lifters we have. When he has a goal in mind, there is no doubt that he will achieve it. ~Aaron Short

ST. IGNATIUS HIGH SCHOOL

TOMMY WASINSKI

Football, Rugby

Defensive Tackle, Prop

Senior

Waz works extremely hard to be good at his craft, both in the weight room and on the field. He is extremely determined and takes pride in being the strongest all around athlete in the school. He is the first person to get a clean sweep of the record board for any given weight class. He is represented on multiple Pillars of Strength for our program. Waz continues to show that he can accomplish whatever he puts his mind to and it is very inspiring to his peers. ~Aaron Short

HIGH SCHOOL — MULTI-SPORT ATHLETES

VELOCITY SPORTS PERFORMANCE NORWOOD

JACK CROWLEY

Baseball, Football

Defensive End, Offensive Linebacker

Junior

Jack Crowley represents the epitome of professionalism, virtue, hard work, and dedication. As a high school scholar, Jack's football and baseball accomplishments are only matched by his determination in the classroom. Having had the privilege of coaching Jack since middle school, I remain amazed at how far he has come as an athlete. His relentless pursuit of excellence continues to be the benchmark that I use to measure all my athletes. Words cannot express how proud of him I am and how much I know he will accomplish in his lifetime. ~Tim Hanway

WEBER HIGH SCHOOL

LOGAN PAYNE

Basketball, Football, Track & Field

RB/MLB / Guard / Sprinter

Senior

Logan is an example around our entire school in terms of physical attributes, mental toughness, and leadership. He tore his ACL in the first game his junior year as our starting RB. He made huge strides in his strength and speed going into that year, so it was a devastating moment in his athletic career. He persevered and worked his way back to become even more explosive and athletic than before. He was fully cleared at 6 months and ended up having a fantastic senior year. He finished the year leading the team to the Semi-Finals, finished as our schools all time rushing leader, and committed to play college football at Snow College. His passion and energy for the game and competition are contagious and he elevates everyone around him. He competes with himself in all aspects in life and brings others with along the way. Whether it's in school, athletics, or in his personal life, he motivates and inspires others and himself to be successful. ~Shane Hansen

WINDERMERE PREPARATORY SCHOOL

CATERINA CAMILLI

Beach Volleyball, Olympic Weightlifting, Volleyball
Senior

Caterina is the school record holder in the clean & jerk and was a first place finisher at the Citrus League and District Championships for Weightlifting. She qualified for the State Championships and was Windermere Prep's first ever state medalist. Caterina also was the captain of the indoor volleyball team and a standout on the Beach Volleyball team. No one works harder than Caterina. ~Micah Kurtz

WINDERMERE PREPARATORY SCHOOL

CARISSA RUIZ

Olympic Weightlifting, Tennis
Senior

Carissa was a state finalist in weightlifting and placed in the top 10 at the state meet. During the weightlifting season, Carissa won the Citrus League and District Championships and the team had an undefeated regular season. Additionally, she is the #1 on the Windermere Prep Tennis team. ~Micah Kurtz

WINDERMERE PREPARATORY SCHOOL

ALIZAH THOMPSON

Cheerleading, Lacrosse, Olympic Weightlifting
Senior

Alizah was a standout cheerleader on the 2021 State Finalist Competitive Cheerleading team and was a State Finalist on the Weightlifting Team. On the weightlifting team she won the Citrus League and District Championships and placed in the top 10 in the state in her weight class. On the weightlifting team, Alizah posted a 135 lb. pause bench press and 125 lb clean & jerk while weighing 114 lbs. Additionally, she is a standout on the lacrosse team. ~Micah Kurtz

HIGH SCHOOL — MULTI-SPORT ATHLETES

WINDSOR HIGH SCHOOL

MICHAEL LE

Football, Other, Track & Field

Senior

No student at Windsor was more committed to their strength & conditioning training over the past four years than Michael Le. He is an example of what one can achieve with nothing but will and desire. Michael came into high school having played no sports and left it as a multi-sport athlete. Intense and focused, Michael turned himself into one of the strongest pound-for-pound student-athletes and became the first student-athlete at Windsor to earn his Elite Classification in back-to-back years. Michael's legacy is leaving the culture of Windsor strength & conditioning in a better place than he found it. His determination and passion for the physical culture will be truly missed. I am honored to nominate Michael Le as an NSCA All-American. ~Ty Van Valkenburg

WINDSOR HIGH SCHOOL

JAELYN SUTTON

Cheerleading, Wrestling

Senior

Time waits for no one, and no matter how bad we might want to, no one can slow it down. Moreover, due to the pandemic, the 2022 Seniors had less time on average to work with during their high school careers. Realizing this, Jaelyn went on a quest to make up for lost time and maximized her senior year of training. Not even a significant elbow injury during wrestling could stop her progress. Injuries are a great test of one's desire and will. When most would have sat out, Jaelyn proactively sought out ways to train around her injury and continued to make progress. Her positive attitude, endless energy, and determination were the sources of her success in both training and Cheer, as Jaelyn's peers recognized her as Varsity Cheer Captain for her Junior and Senior years. Jaelyn made every training session better. She will be sorely missed at Windsor. It is with great joy that I nominate Jaelyn Sutton as an NSCA All-American. ~Ty Van Valkenburg