

HIGH SCHOOL — MULTI-SPORT ATHLETE

Hamilton Heights High School

Maria Mitchell

Cross Country, Soccer, Swimming, Track & Field
Distance events, mid-field

Senior

Leadership comes in many forms- Maria is a once in a career athlete, earning 16 varsity letters, excelling at 2 sports (state level), pulling others along with her enthusiasm to improve. J C-G. "More than an exceptional athlete, Maria is a one-of-a-kind teammate. She brings to her team an infectious and positive attitude that genuinely wants to see the best from herself and her teammates. It's clearly evident that she is more interested in the team than herself through the way she cheers her teammates on, encourages them, and goes out of her way to talk to them and make them feel included and valuable. Plus, she works harder than most athletes I've coached often staying after practice to work on things she feels are weaknesses. That work ethic and dedication has provided an admirable example for her teammates who see her as a leader because they know that she is for them and will always do whatever, and more, than she asks anyone else to do".- Travis Kaufman, soccer. ~Jan Clifton-Gaw

Brookings High School

Cherish Stern

Marching Band, Track & Field, Wrestling
Sprints, Middle weight class (SD first year in girls' wrestling), and drum major

Senior

Cherish has been in the program for three years, and has made amazing strides over that course of time. As of the writing of this nomination, Cherish sits in the Girl's top 10 for bench, squat, clean, deadlift and vertical jump. Last fall, Cherish made a run at the school record in clean, falling just short. As a track athlete, Cherish has been on several relay teams, including state placing teams, and open sprints. Cherish has wrestled against boys for most of her career, but now wrestles as our sole female on our squad in the girl's division. Cherish is one of the best female wrestlers in the state of South Dakota, and many of her matches have been short ending by fall. Cherish has also been our drum major for two years, leading the Bobcats to some of the highest performances in recent memory. The leadership Cherish has provided has been second to none in the room. Every one of my female athletes look up to Cherish as an athlete, and as a person. Her passion in everything she does shines through, and her dedication is apparent to all athletes and coaches. While Cherish isn't an outspoken individual, her actions speak loudly. She leads from her heart, shows what it takes to improve and become a better version of herself, and has not only been one of the best female leaders I have ever been around, she is one of the best, period. ~Kerry Brown



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — MULTI-SPORT ATHLETE

Campbell County High School

Lauryn Love

Track & Field, Volleyball

Throws

Senior

Lauryn has shown year round commitment to her sports in the weight room and beyond. Without a doubt the most dedicated thrower that I have worked with. She is the states number two all time shot put athlete and has broken multiple records. Lauryn is also a 4.0 student and an incredible person! I can't think of a more deserving athlete for this award. ~Micah Christensen

Cassadaga Valley High School

Kaylee Pattyson

Basketball, Softball, Volleyball

Power Forward / Center, Outside Hitter, First Base

Senior

Having been moved up to play Varsity basketball as an 9th grader, and pulled up to play varsity volleyball and softball as a 10th grader, Kaylee dominates both on the court and off. Kaylee will graduate as Valedictorian of the 2021 Cassadaga Valley graduating class. She earned honorable mention and the team sportsmanship honors as a 10th grader playing basketball and made 1st Team All-League as a Junior. She has been named to 3 All - Tournament teams for basketball and is also a member of the National Honor Society. She is also a stand out on the volleyball court and in the softball diamond. Kaylee is a very talented, and gifted athlete but more importantly she is an amazing person. She is extremely humble, and hard working. She's one of the toughest athlete's I've been blessed to work with and I could not think of a better athlete more deserving of this award. After high school she wants to pursue her college career in Medicine and become a doctor even if it means giving up playing competitive sports. She has her heart set on all the right things. ~Andrew Lanphere

Falconer High School

Brock Johnson

Football, Wrestling

Runningback, Linebacker, 195

Senior

Moved up to wrestle as an 8th grader on the always dominant Falconer varsity wrestling team. Now a senior going into his last year with a record of 80-39, Brock is looking to add more to his wrestling achievements. As a sophomore, he placed 6th in the section at 170lbs and as a junior he placed 4th at 195 in the section. He is key part of Falconer's 2020 NYS Dual Championship title and is also a force to be reckoned with on the football team. He started on the varsity football team as a 10th grader and has been asked to play any position the coaches ask of him but will always make himself noticed with how hard he hits opponents. Brock also knows his way around the weight room as he is apart of Falconer's 1000lb club with current bench of 250, a squat of 385 and a 405lb deadlift. He is a good kid, works hard, and won't ever quit. He is truly deserving of being named an All-American athlete. ~Andrew Lanphere

Goshen Central School District

Andrew Svede

Offensive Line, Shot Putt, Discus

Senior

Andrew has been an inspiration to me over the last 4 years. Walking into the weight room without any experience, he has built himself into a leader in the weight room. First in, last out never missing a workout and finding a way to get things done. He has set a high standard for himself and his teammates. Andrew deserves this recognition through his hard work and dedication to improving every day. ~Robert McIntee

HIGH SCHOOL — MULTI-SPORT ATHLETE

Hamilton Heights High School

Charles Brown

Football, Wrestling

Defensive backfield, middle weight wrestler

Junior

Understated, but intense with self improvement and encouraging others to maximize potential, Charles has excelled in a year of constant changes in schedules due to the pandemic at always being present and bringing others with him for workouts. His dedication and determination have created great strides in performance in overall strength and conditioning, on the field and mat in hand to hand combat, and in the class room. He is THE example in overcoming obstacles by staying laser focused during extreme challenges of a pandemic. ~Jan Clifton-Gaw

Hereford High School

Lacey Davis

Basketball, Tennis, Volleyball

Left side Hitter, Post

Senior

Lacey Davis is a multi-sport athlete that has excelled at HHS since her freshman year. She is a 3-year letterman in both Volleyball and Basketball, plays tennis in the spring and was selected as a Captain on this years volleyball team that went to the Regional Semi-finals, compiling a 25-2 record along the way. For her efforts on the volleyball court this year, Lacey was selected as 2nd team All-district 4-4A. More than anything Lacey exemplifies the fighting spirit of a Hereford Whiteface and brings a high energy on and off the court and in the weight room. Lacey was very much our vocal leader in Volleyball and Basketball this year and will be incredibly hard to replace. ~Sarah Baulch

Inspiration Academy

Jacob Platko

Baseball, Golf

Pitcher, Outfielder

Senior

Jake's transformation in the past three years has been incredible. Jake went from a small timid kid, to a beast of a man excelling in two sports while leading others in the right direction. Jake's presence in the weight room, dugout, and golf course is always felt as he brings ultimate passion and drive with him. Jake's success story is why coaches do their job. He will be missed as he moves to college. ~Brian Commerford

Londonderry High School

Eugene Donovan

Football, Track & Field

Lineman, Throws

Senior

EJ was the recipient of footballs "Baby Hulk Award" for being our strongest overall athlete this year.

He earned a freshman award, was just outside the top 20 in our points system as a sophomore and was #1 overall last year. He was named a Summer Strong captain for 2020.

He had 100% attendance winter/summer and was one of the athlete's that maintained communication with me during spring remote where we worked to keep his training on track. He ended the summer holding our top vertical with 34", was a consistent top 5 in our timed sprints and at a body weight of 210 his core lifts totaled 1,060 lbs.

EJ was chosen to participate in this summers Shrine Football Game which is a great honor for him. EJ is the definition of an Iron Lancer. ~Michelle Hart-Miller

HIGH SCHOOL — MULTI-SPORT ATHLETE

Pleasant Hope High School

Ian Burdette

Football, Track & Field

RB/LB

Freshman

Ian exemplifies who a Pleasant Hope Pirate should be in our weight room and is actively changing our team's culture and attitude towards strength and conditioning. No one has been as consistent or has made as much progress in our weight room as Ian. He will undoubtedly be one of the strongest players in our state before he graduates. ~Joshua Evans

Rock Creek High School

Grace Gehl

Basketball, Softball, Volleyball

Junior

Grace exemplifies the true definition of this award. She represents what our strength and conditioning program stands for both in and out of the strength facility. With unmatched dedication to our strength and conditioning program she has transformed herself in to a standout and dominate multi-sport athlete. Not only has she become a dominate athlete she is also a tremendous leader within our school, community and our sports programs. ~Coach Mark Oberkrom

Rock Creek High School

Caden Vinduska

Baseball, Basketball, Football

Senior

Caden exemplifies the true definition of this award. He represents what our strength and conditioning program stands for both in and out of the strength facility. With unmatched dedication to our strength and conditioning program he has transformed himself in to a standout multi-sport athlete. Not only has he become a dominate athlete he is also a tremendous leader within our school, community and our sports programs. ~Coach Mark Oberkrom

Watervliet High School

Royce Daugherty

Football (OL/DL), Wrestling, Basketball, Track and Field
Sophomore

Royce Daugherty has showed integrity, diversity, dedication through 2020-21 despite the challenges of Covid-19. When the football season was on the brink of being cancelled in Michigan this 6'2", 280 lb. athlete put on his running shoes and joined the Cross Country team. Because linemen don't run Cross Country, Royce received attention from multi media news platforms, NFL/College players, coaches and inspired young football athletes to find a way to compete and put on their shoes and run. Though shortly 2.5 weeks after joining the cross country team and running his first race ever Michigan football was reinstated and he hung up his running shoes. In 2020 and now also in 2021 Royce is competing in two winter high school sports basketball and wrestling. In the spring he competes in track. Royce loves to compete but he is extremely dedicated to the weight room with strength training/conditioning and sport performance training. As far as weight room performance for this 16 year old, Daugherty bench's 280 lbs, squats 455 lbs, deadlifts 485 lbs. His focus on technique, control, workout prep and recovery along with his dedication sets a great example for other athletes. ~Edie Daugherty



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

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Watervliet High School

Ellie Golden

Basketball, Softball, Volleyball

Volleyball - Pin Player

Freshman

Ellie was a standout during the 2020 preseason and in-season strength and conditioning training for high school volleyball. The Watervliet Volleyball team spent June through Mid September on the football field training because of Covid19 restrictions in Michigan. Ellie Golden showed up with a can do attitude for each training session she attended. She is a quit athlete verbally but her all out effort and competitiveness speaks volumes. Ellie is a very coachable athlete that pays attention to detail when participating in strength and conditioning allowing her to excel above other athletes. ~Eddie Daugherty

Windermere Prep School

Natalie Work

Volleyball, Competitive Weightlifting

Senior

Natalie finishes her career as one of the most accomplished athletes in Windermere Preparatory School history. She is the school's all-time leader in kills and was an All-District selection in volleyball. On top of that she was named to the Girl's Volleyball All-State and Academic All-State Florida Athletic Coaches Association. In Girl's Weightlifting, Natalie became one of only three Windermere Prep girl's ever to qualify for the Girl's Weightlifting State Championships. During her time on the competitive weightlifting team she set the school record in the Clean & Jerk. ~Micah Kurtz