

HIGH SCHOOL — MULTI-SPORT ATHLETES

Archbishop Moeller High School

MATTHEW FOGLER

Football, Track and Field

Senior

Matt Fogler is the epitome of being called a “Man Of Moeller” and “All American”. A hard worker, constantly focused on the task at hand and pound for pound one of the strongest (and fastest) men at Moeller. Boasting a 235lbs clean, 245lbs bench press and a back squat over 2x his body weight, Matt at times during the season would constantly hit over 20mph on our GPS units even leading the “Mid West” in top speed a few weeks with a top speed of 21.62MPH. A record setting two sport athlete who is committed to playing football for Colgate University in the Fall of '25, he is an exceptional athlete but more importantly is a remarkable man. The strength and conditioning staff at Moeller cannot say enough about him and believe he is worthy of being named an NSCA All American. ~Coach Chris Gray

Athens Academy

KJ WHITEHEAD

Basketball, Football, Track and Field

Football: WR, DB, Special Teams; Basketball: Forward; T&F: 200m; 4x200m; High Jump

Senior

In today's world of early sports specialization, KJ stands as a throwback to the day when athletes hung up the football cleats for basketball shoes and put away the sneakers for track spikes. Furthermore, he is a star competitor and teammate in all three. His impact goes far beyond his athletic ability; he embodies discipline, perseverance, and integrity. He is a servant leader that leads by example, demonstrating commitment to training,

pushing teammates to excel, and fostering a culture of respect and teamwork. Through relentless dedication, KJ inspires others to embrace hard work, resilience, and accountability. His character is defined not just by performance alone, but by his ability to uplift and motivate those around him, demonstrating that true leadership is really about service, humility, and the pursuit of excellence. As a reflection of his dedication and athletic ability, KJ will continue his football career at Lenoir-Rhyne University. ~Bryan Pulliam

Berrien Springs High School

KYRA ABDEL-WARRESS

Cheerleading, Soccer

F,M,D

Senior

Kyra is, pound for pound, one of the strongest athletes in our school due to her work in the weight room the past three years. Her positive attitude towards lifting has significantly improved herself in every category we test in. Her leadership in the weight room has been a catalyst for our improvement in our girls soccer team as well. ~Robert Taylor

HIGH SCHOOL — MULTI-SPORT ATHLETES

Berrien Springs High School

BRODY BREWER

Baseball, Basketball, Football

Football: DE/OT, Basketball: Forward, Baseball: Catcher, pitcher, 1B

Senior

Brody has been a workhorse athlete for our school. He has been All State Honorable mention in football the past two years, along with numerous district and regional awards in his sports. He came back from a knee injury his sophomore year and has diligently worked hard in the weight room to get to where he is at, with both baseball and football college programs looking at him. . ~Robert Taylor

Berrien Springs High School

ADI HILDEBRAND

Track and Field, Volleyball

Middle Hitter, Middle Distance

Senior

Adi is one of those athletes whose work in the weight room absolutely changed who they are. The transformation that she has made was from an oft injured sophomore to a strong college bound volleyball athlete that was recruited for her strength was phenomenal. Her positive attitude and willingness to put in so much extra work to make herself and her teams better will be missed in our program. ~Robert Taylor

Berrien Springs High School

NOAH JARVIS

Cross Country, Track and Field

Sprints, Mid distance, Distance

Senior

Noah has worked extremely hard in the weight room over the course of his high school career to become the athlete that he is. He was a part of our state championship track and field team last year and we expect great things out of him this year as well. He is a “freakishly gifted” athlete that can be put into any situation and excel at it. Noah is also one of the most personable and humble people you will ever meet. A true leader. ~Robert Taylor

Berrien Springs High School

MICAH MCFARLANE

Baseball, Basketball, Football

Football: QB/S, Basketball: F, Baseball: P, IF

Senior

Micah is a rare balance of exceptional student and athlete. He has been the quarterback on our team that has qualified for the state playoffs all four years he was in school, as well as a key player on our successful basketball and baseball teams. He is the prototypical gym rat that thrived in the weight room, even after tearing the meniscus in his knee and coming back to play at a high level. His leadership and off the field mannerisms, especially working with younger athletes, is something not normally found in high school kids these days. ~Robert Taylor

HIGH SCHOOL — MULTI-SPORT ATHLETES

Berrien Springs High School

ALEX O'DELL

Basketball, Football, Track and Field

FB: DE/LB, BB: C,FW, Track: Discus/Shot

Senior

Alex is a true three sport athlete that has put in a lot of time and commitment to make himself better. At 6'8, it is typically hard to build strength, but Alex has worked steadily the past few years to gain muscle and athleticism that will follow him into collegiate athletics. ~Robert Taylor

CARD Sports Performance | Little Miami

CARTER SELLERS

Baseball, Basketball

LHP & Forward

Senior

Carter is one of the most talented two-sport athletes that I have had the honor of working with. He's earned every single bit of recognition that he's received over the last couple of years. He's been working his tail off since the moment I met him in 2020, and I find him wanting to train at our facility anytime he has a glimpse of time off. He just wrapped up his last basketball season where he led his conference in BPG and was third in RPG. Now, committed to Illinois State for baseball, he sets his sights on finishing his high school baseball season with another stamp of excellence. ~Connor Hanson

Cardinal Gibbons (NC)

RILEY PHELPS

Field Hockey, Lacrosse

Midfield for both sports

Senior

Riley has committed to working in the weight room year round and has been an example for many other

female athletes that have followed in her footsteps. Aside from her preparation for both sports, Riley is also preparing for a career in the Military as she is committed to play at West Point next year. Riley is a two time Field Hockey 4A state champ and 3 time Lacrosse 4A state champ as well as a USA u18 national team combine invite. No one works harder than Riley in the weight room and it shows in her numbers which are leaps and bounds ahead of her peers. ~Erin Bratcher

Charlotte Catholic High School

THOMAS WAKEFIELD

Football, Wrestling

Senior

Thomas Wakefield embodies everything an elite strength and conditioning athlete should be. His relentless "all gas, no brakes" mentality sets the tone for every training session, pushing not only himself but also his teammates to new levels. As a natural leader, Thomas commands respect through his actions—never missing a workout, embracing challenges with a smile, and setting the standard for effort and discipline. His ability to communicate effectively with coaches and peers makes him a coach's dream, always receptive to feedback and ready to help others improve. Beyond his work ethic and leadership, Thomas is simply the strongest athlete in the room, a testament to his dedication and commitment to his craft. His presence in the weight room is unmatched, making him the ideal candidate for the NSCA All-American Strength and Conditioning Athlete of the Year. ~Michael Hazel

HIGH SCHOOL — MULTI-SPORT ATHLETES

Cornerstone Christian Academy

JOCELYN DZIERZAK

Basketball, Soccer

Forward and Outside Back

Freshman

We strive to teach athletes that they are able to do exceedingly and abundantly above what they think they are capable of. This helps our athletes begin to see their untapped potential. As a freshman, Jocelyn came in and immediately we saw so much potential in her. We just had to get her to realize it. After a few weeks of training the joy she had when coming in the weight room was noticeable and contagious. Her smile made others smile, and her work ethic made others match it. We are proud of her, and cannot wait to see all the goals she accomplishes in the next 4 years. ~Coach Armel

Dacula High School

DONOVAN QUARYV JR.

Baseball, Football

Wideout, Outfield

Senior

DJ Quarry is an outstanding young man who works incredibly hard on and off the field. He plays both football and baseball here at Dacula. He trains hard everyday in the weight room and is currently the Back Squat record holder in the 150-170 weight division with a squat of 375lbs. DJ plans on attending Berry College in Rome, Georgia to continue his football playing career. ~James Romaniw

Ezell-Harding Christian School

KJ HILLHOUSE

Baseball, Basketball

Pitcher, Forward

Senior

KJ is a standout multi-sport athlete, excelling in both baseball and basketball. While baseball may be his best sport—earning him an offer to play at the collegiate level—he has also been a three-year starter on the varsity basketball team. Simply put, KJ is a winner. He is tough, intelligent, and selfless, qualities that are contagious within a team, especially when demonstrated by a leader like him. Over the past two seasons, he has been a driving force behind our back-to-back 20-win seasons, consistently raising the bar for himself and his teammates. Beyond his athletic success, KJ's character sets him apart. His humility, relentless work ethic, competitiveness, and ability to inspire a winning culture are unmatched. In our highest-level strength and conditioning program, KJ has excelled—frequently setting new personal records, pushing himself and his peers, and always making those around him better. He is more than just an athlete; he is a leader, a role model, and an exceptional young man. ~Justin Loudon

HIGH SCHOOL — MULTI-SPORT ATHLETES

Fort Worth Country Day

CONNOR DAVIDSON

Baseball, Basketball, Football

Quarterback, Forward, Second Base-Utility

Senior

I have only had the pleasure of coaching Connor this past year but from the moment I met him during summer workouts he has shown a willingness to listen, learn, apply and push not only himself, but all of those around him to get better. His dedication and leadership have helped set the culture of each athletic program he has been a part of this school year. Through his work ethic and commitment, he has increased his back squat max by 10lbs and his hang power clean max by 25lbs while competing in every season. I am proud to nominate Connor for the NSCA All American Strength and Conditioning Athlete of The Year award. ~Matt Segura

Fort Worth Country Day

ELIZA PEACOCK

Soccer, Volleyball

Middle Hitter, Defensive Midfield

Junior

Eliza was one of the first girls I met during summer workouts. Immediately, I could see she was a very hard worker who was eager to be coached to improve. She led by example while she was in the weight room and it was noticed not only by me but her teammates as well. That work ethic helped her improve her vertical by over an inch during the season. I am proud to nominate Eliza for the NSCA All American Strength and Conditioning Athlete of The Year award. ~Matt Segura

Fox Chapel Area High School

LAILA GOLLA

Rowing, Tennis

Tennis and Crew

Junior

Laila Golla is a dedicated scholar-athlete at Fox Chapel Area High School, maintaining a high GPA while excelling in both crew and tennis. With a strong passion for community service and leadership, she serves as the President of the Psychology Club and Director of Outreach for the Fox Chapel Area Wellness Council, where she promotes mental health awareness and well-being initiatives. Her commitment to public health extends to her role as a Youth Advisory Council Member for the PA Department of Health and Penn State University, where she contributes to youth-centered health policies. Additionally, she is the founder of Cakes for Care, an organization that has coordinated over 250 baked goods drop-offs for shelters and community members in need. Laila has also been recognized with numerous accolades, including the Gold Presidential Volunteer Service Award and a Scholar Athlete Award. With aspirations in the medical field, she has taken rigorous coursework in AP Biology and honors sciences, demonstrating her dedication to improving the lives of others through healthcare. Laila's dedication to improving physical conditioning through our strength and conditioning program is exceptional and unwavering. She is well respected throughout our school community and deserves this recognition. ~Brandon Peifer

HIGH SCHOOL — MULTI-SPORT ATHLETES

Gayville-Volin

TAYLOR HOXENG

**Basketball, Track and Field, Volleyball
Multi-Sport**

Junior

Taylor is involved in volleyball, basketball, track and rodeo. In volleyball, Taylor has 608 digs in a season, 63 aces in a season, 4 digs per set and 17 digs per game. She was part of the team that went to the State Tournament this past year. In baseball, Taylor averages 17 mpg and hit the 1000 career points this year as a junior. She has 4 assists in a game and 6 rebounds per game. In rodeo she has qualified for the State High School Rodeo and placed 4th this past season in all around. ~Mark Roozen

Gayville-Volin

SPENCER KARSTENS

**Basketball, Football, Golf
Quarterback and Guard**

Senior

Spencer has been an outstanding leader in the weightroom and outside of the gym. He has used Strength and Conditioning to achieve high levels of success. In Football this past season; He set school records in all of the following areas: Career Passing Yards - 3,640 , Single Season Yards--1,552 , Single Season Completions- 114 , Career Completions - 273 , Single Season Team Passing- 1,561, Total Offense Career 4,937 Yards. He was also selected All-Conference and All-State for the year. Spencer was also selected to play in the State All-Star Football Game for all levels. In basketball from 2023-2024, Spencer 21 points per game 7 rebounds per game 5 assists per game Made All-State and All conference. This year, he hit the 1500 points in a career and broke the school career assist record.

Spencer is looking to continue his sport career playing basketball at the college level.

~Mark Roozen

Hamilton Heights High School

WILL DUNCAN

**Football, Track and Field
Defensive Line, Shot/Discus**

Junior

Coach Tony Brown states, “Will has been a thrower for three years; his work ethic and desire to be the best he can shows up in the ring and the weightroom. His knowledge of different types of lifts and how to perform them shows he studies each technique on his own, getting the full benefits of each movement and the part of the body it is focused upon. He always takes time explain to his teammates how and why we do the lifting we do. Others benefit from his efforts.” Coach Clifton-Gaw states, “Will challenges me to professionally go beyond the basics of a technique or program. His thirst and drive to know 'why and how' so he can be the absolute best at the task is admirable.”

~Janet Clifton-Gaw

HIGH SCHOOL — MULTI-SPORT ATHLETES

Hamilton Heights High School

SOPHIA HULEN

**Cheerleading, Swimming
Back spot; Freestyle Sprints**

Senior

Sophia is a determined force that leads those around her to new heights. She has been a leader in having her fellow cheer team members engage in strength training, reducing injuries in the program. Her determination found her setting the school record in the 50m Freestyle and competing at the State Finals. She embraces total body lifts and demonstrates to other women it is amazing to be powerful. ~Janet Clifton-Gaw

Jackson Christian School

EASTON JONES

**Baseball, Football
Football: DB, WR Baseball: Centerfield**

Senior

Easton physical abilities with his mentality in athletics is unmatched. You don't see many athletes with his speed and strength very often and working with him was an awesome experience. I am glad I have the chance to coach him and he will be doing great things at the college level! ~Jonmarc Rasberry

Jackson Christian School

AUSTIN KELLEY

**Baseball, Football
Baseball: Short Stop & Pitcher Football:
Quarterback**

Senior

Austin was very successful off and on the field, 22-5 as a starter as Quarterback for the Jackson Christian Eagles, he is a leader for our program as a whole. Getting to coach Austin was remarkable to see the

maturity that he brought to the table everyday. He did great things in his time at Jackson Christian and I am confident he will excel at the college level!
~Jonmarc Rasberry

Jackson Christian School

BAILEY ROBINSON

**Softball, Volleyball
Softball: 3rd Base & Short Stop**

Senior

Bailey's determination to progressively get better shows day in and day out. From sprints on the turf to sets & reps in the weight room, she shows what it means to be a student athlete. I am happy to nominate her for this award as it reflects her and her work ethic. ~Jonmarc Rasberry

James Wood High School

AIDEN BELL

**Football, Soccer
Punter/Kicker, Defender**

Junior

A common term thrown around a lot in sports is that someone is a "dawg". It's an athlete that has confidence in their ability to go up against anybody. Aiden Bell is one of those athletes. Not only does he have confidence in his abilities, and has crushed many goals he has set out, he is constantly trying to build the confidence of others around him as well. When I see that desire to make others better, that is what my definition of "dawg" is. That makes Aiden a true DAWG! ~Christopher Armel

HIGH SCHOOL — MULTI-SPORT ATHLETES

Mandan High School

HARPER HARRIS

Baseball, Track and Field, Volleyball

Senior

Harper Harris is an exceptional multi-sport athlete who excels in basketball, volleyball, and track. A standout from a young age, she was named Female Athlete of the Year as a sophomore and has since earned the distinction of Defensive Player of the Year twice. Harper's commitment to excellence is reflected in her two-time Brave Award wins, which honor athletes who embody the core values of a Mandan Brave. Additionally, she has been recognized as WDA Academic All-Conference all four years of high school, showcasing her dedication both on and off the field. Harper holds records at Mandan for the fastest top speed and agility, and her PR's in the weight room include a 115-pound bench press, 170-pound squat, and 115-pound clean. Her leadership, work ethic, and athletic accomplishments make Harper a standout athlete and an inspiration to her peers. ~Zachairy Morast

Mandan High School

HUDSON SHELDON

Baseball, Basketball, Football, Track and Field

Senior

Hudson Sheldon is an exceptional multi-sport athlete, excelling in football, basketball, baseball, and track. In football, he has been named All-State twice, All-WDA twice, and earned the prestigious WDA Senior Athlete award, along with being his team's MVP. As a basketball player, Hudson has garnered two All-State honors, two All-Conference selections, scored over 1,000 career points, and holds the all-time assist record at Mandan, all while earning team MVP accolades. In track, he is a three-

time state qualifier, demonstrating his versatility and athleticism. Hudson also shines in baseball, where he was recognized as Academic All-Conference. His PR's in the weight room include a 200-pound bench press, a 250-pound squat, and a 165-pound clean, further illustrating his commitment to excellence across all of his athletic endeavors. ~Zachairy Morast

Morgantown High School

LIZ ALSOP

Basketball, Softball

Softball: Pitcher

Senior

Liz has always been a leader in both basketball and softball. She is the one that is always first in the weight room, works hard, and completes the entire lift, even if it takes her longer than her teammates. Sometimes, she is the only one that is present in her team's strength & conditioning sessions -- even when her teammates aren't there, she is working. Liz has also committed to Fairmont State University for softball. She puts her all into both basketball and softball, but academics still take first. She excels in the classroom and manages her time well so she can achieve high grades and participate fully (and shine) in her sports. She makes a coach's job easy and rewarding! ~Hannah Swirple

HIGH SCHOOL — MULTI-SPORT ATHLETES

Nashville Community High School

EMMA BEHRMANN

Volleyball, Basketball, Track and Field

Junior

Emma has been a blessing to work with. Her drive, effort, and physical capabilities are unmatched. Emma is a great leader within our program. She shows great discipline, as well as determination and heart. As a Junior, Emma is one of our best all-around performers in the weight room and is a tremendous asset for our entire athletic department. Performance Numbers: Vertical: 36" Squat: 185lbs Bench: 130lbs Height: 5'10"

~Jordan Fark

New Trier

JOHN FRANCIS KARP

Football, Powerlifting, Track and Field

Junior

At 6'4" 265lbs, "Karp" is an obvious presence in the weightroom, but it is his work ethic that truly sets him apart. He is physical lineman for the varsity football team, New Trier's top shot-putter, and one of the dominant forces for the defending IHSPFA State Champion powerlifting team. He has a 505lb squat, 300lb bench press, 520lb deadlift, 265lb hang clean, and his speed and mobility are increasing right alongside his lifts. With his sincere dedication to training, his best is yet to come. ~James Davis

Northrop High School

CAMDEN DAY

Football, Track and Field

OL/DL

Sophomore

Camden is an amazing student-athlete who is highly dedication, and resilient. Camden has consistently demonstrated outstanding performance in our program continuously showing improvements in his strength, power, and speed development. Beyond their impressive physical strength, they embody the spirit of perseverance and hard work, often inspiring others through their discipline, commitment to training, and positive attitude. Camden's relentless pursuit of excellence and his ability to push boundaries make him a deserving candidate for this prestigious award. ~Tyler Carroll

Notre Dame Academy

JAMES FLANIGAN

Football, Ice Hockey, Track and Field

Left Wing / Tight End and Defensive End / Thrower
Senior

Halfway through his senior year, James Flanigan is already a five-time state champion, with hopes for more to come. This level of success doesn't happen by accident. As a three-sport athlete, James is a regular in the weight room year-round. His consistent work ethic not only elevates his own level of play but also sets the standard for all of his teammates and, indeed, our entire athletic department. It is my honor to nominate James for NSCA All-American Strength and Conditioning Athlete of the Year. ~Anthony Giovanetti

HIGH SCHOOL — MULTI-SPORT ATHLETES

Perry High School

CHRIS BEZZEG

Football, Wrestling

144lb, H Back

Senior

For the last 8 years, Chris has been a constant in the weight room. He has worked his way into the top 5 Wilks Scores in school history. Chris is also an Academic All-Ohio athlete and a 3 Time CVC Champion. ~Michael Crissinger

Ranney School

JUSTIN BUCK

Basketball, Soccer

Shooting Guard

Senior

Always shows up with a positive attitude ready to give his best effort. Trained hard in the weight room since our S&C program started while also leading and guiding others. ~Jacob Ruch

Ranney School

CLAIRE DOHERTY

Basketball, Track and Field

Center in Basketball Thrower in Track and Field

Senior

Always shows up with a positive attitude ready to give her best effort. Trained hard in the weight room since our S&C program started while also leading and guiding others. ~Jacob Ruch

Saint Francis High School

JAMES JORDAN

Basketball, Football, Track and Field

TE, Forward, Thrower

Senior

James has made immense progress from when he started as a freshman. Both physically and how much he has truly bought in to our program. Definitely deserving and, we believe, is the definition of using the weight room to better his team and field performance. ~Jacob Siebert

St. Josephs Catholic School

MURPHY IVEY

Football, Lacrosse

DL

Senior

Murphy has set the example of what a student athlete is when it comes to training in the Weight Room. Not only has he gotten stronger, but his peers around him. ~Julian Aristizabal

HIGH SCHOOL — MULTI-SPORT ATHLETES

The Brook Hill School

BLAIR BRISTER

**Cross Country, Softball, Volleyball
Catcher, outside hitter**

Junior

Blair is an exceptional athlete with the determination and drive to achieve any goal she sets. Her outstanding work ethic in the weight room has allowed her to develop remarkable strength and resilience. Her achievements speak for themselves—earning Second Team All-District and All-State Academic honors in cross country, as well as First Team All-State and First Team All-District recognition in softball. Blair’s relentless pursuit of improvement is truly inspiring, and her competitive spirit fuels her desire for continuous growth. Her passion, dedication, and leadership set her apart as both an athlete and a role model. ~Todd Cofer

The Brook Hill School

SAMUEL WILLIAMS

**Baseball, Basketball, Football
QB, Linebacker, Outfield**

Senior

Sam is an exceptional athlete who has excelled both on the field and in the weight room. A Second-Team All-District linebacker and Player of the Year in football, as well as a First-Team All-District selection in baseball, he is a true competitor and a natural leader, setting the standard through his relentless work ethic and dedication. This past year, Sam fully committed himself to the weight room, and the results speak for themselves. He gained 20 pounds of lean muscle while simultaneously cutting his 40-yard dash time from 5.05 to an explosive 4.6—a testament to his improved strength, power, and speed. His lifts skyrocketed, with nearly 100-pound

increases across the board. Sam’s determination and leadership make him the kind of athlete every coach dreams of working with. His work ethic, discipline, and drive to improve have propelled him to new heights, and there’s no doubt he’ll continue to achieve greatness in everything he pursues. ~Todd Cofer

Travelers Rest High School

AIDEN GARRETT

Football, Wrestling

**Linebacker, Runningback and 165lb Wt. Class for
Wrestling**

Sophomore

Aiden Garrett exemplifies the dedication, discipline, and perseverance required to be an All-American Strength & Conditioning Athlete. His relentless work ethic in the weight room, commitment to continuous improvement, and leadership among his peers set him apart as a true role model. Aiden’s ability to push beyond limits, maintain peak performance, and inspire those around him showcases his exceptional strength, endurance, and mental toughness. His achievements are a testament to his unwavering focus and passion for athletic excellence, making him a deserving candidate for this prestigious recognition. ~Mason Dadian

HIGH SCHOOL — MULTI-SPORT ATHLETES

Vandebilt Catholic High School

LOGAN HIMEL

Football, Soccer, Track and Field

Defensive back, striker, 100m run/4x100m run

Junior

Logan Himel is an exemplary student-athlete and well-rounded young man. Logan's work ethic and dedication in the weight room has allowed him to become one of the best athlete's on Vandebilt Catholic's campus. His leadership in the weight room has also helped build a positive, competitive culture in our strength and conditioning programs and has helped other athletes perform better. He is a three-sport athlete, excelling in football, soccer, and track. He was named all-district in football and soccer, and all-state in football. Along with being a star athlete, he maintains over a 3.4 GPA in the classroom. Outside of school and sports, Logan has volunteered at several of the local festivals to help serve the community. Overall, Logan embodies the qualities of an ideal Vandebilt student-athlete, and his success can be traced to his dedication to the weight room. It has not only built his physical strength, but his mental strength and confidence that has helped him achieve success.

~Amelia Castell

Vandebilt Catholic High School

REESE LANDRY

Cheerleading, Tennis

Main base

Junior

Reese Landry is more than deserving of the All-American Award for Strength and Conditioning due to her exceptional work ethic, dedication, and growth, both on and off the mat. As a key member of the school's Top 10 Nationals cheerleading team, she plays an integral role in their success. She is also a UCA All-American cheerleader, highlighting her elite athleticism and skill. Reese's achievements extend beyond athletics—she has a 3.9 GPA, was 8th grade class president, president of junior high student government association, a student of the year nominee, and is a member of junior national honor society. Beyond her commitments to academics and athletics, she is a member of art club, bridge team, Hope Buddies, while also being active in campus ministry and a member of Sisters in Christ. Over the past two years, I have witnessed a remarkable transformation in her physical strength, conditioning, and overall confidence, which is a true testament to her unwavering commitment in the weight room. She approaches every training session with a determined mindset and consistently gives her best effort, while pushing her teammates to do the same. Reese has truly taken ownership of her personal fitness and sports performance since joining the strength and conditioning program at Vandebilt Catholic, always striving to improve and reach new personal records. She is a true pleasure to coach, and her dedication and ever-positive attitude make her an exemplary candidate for this prestigious award. ~Amelia Castell

HIGH SCHOOL — MULTI-SPORT ATHLETES

Windsor C-1 High School

GANNON DERANJA

Football, Track and Field

Senior

Gannon is just one of four senior boys at Windsor High School who has trained every semester and summer for the last six years. Through consistent commitment to the process, Gannon turned himself into an integral part of the Varsity football team, becoming a Team Captain and earning All-Conference offense and defensive line honors. He demonstrated a strong work-ethic not only in training and on the field, but also in the classroom, maintaining a 4.20 GPA throughout high school and earning Academic All-State honors. Gannon's consistency and maturity made every session better. The culture of Strength & Conditioning at Windsor High School would not be where it is today without him, and he will be missed. I'm pleased to nominate Gannon as an NSCA All-American.

~Ty Van Valkenburg

Windsor C-1 High School

JACK HEATH

Football, Powerlifting, Track and Field

Senior

Few, if any, student-athletes at Windsor High School have been as committed to the Windsor Strength & Conditioning Program over the last four years as Jack Heath. Jack trained every semester and summer of his high school career and was one of the original members of the WHS Powerlifting Team. His awesome transformation from freshman to senior year is a testament to his diligence, intelligence, and intensity. And it was Jack's intensity that set him apart from all other trainees throughout his time at Windsor. Jack not only raised the level of his own

training but also made it a point to bring others with him. Many students are better because Jack was in the room. Being his Strength & Conditioning Coach these past four years has been an honor, and he will be truly missed. I'm proud to nominate Jack as an NSCA All-American and have his legacy cemented on the walls of our weight room and Windsor High School. ~Ty Van Valkenburg

Windsor C-1 High School

LUKE PATTERSON

Football, Wrestling

Senior

Six years ago, on a cold, Tuesday afternoon in January, Luke Patterson stepped into the Windsor High School Weight Room for after school Middle School Football training. Ever since that day, Luke has been faithfully committed to the standard of excellence expected from every student-athlete who walks through the doors of the WHS Weight Room. For six years, Luke trained every semester and summer with the WHS Strength & Conditioning program. He is one of only a few who can make such a claim. Luke's dedication to training helped him become the starting quarterback for the Varsity Football team, a team captain, and an All-State Wrestler. This body of work has also put him in the position to continue his wrestling career at the college level. His character and commitment also transcended the weight room, field, and arena as he earned Academic All-State honors, maintaining a weighted 4.28 GPA throughout high school. Luke's care and commitment to WHS Strength & Conditioning has been at the highest level and he will be truly missed. It is my honor to nominate Luke Patterson as an NSCA All-American.

~Ty Van Valkenburg



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — MULTI-SPORT ATHLETES

Yankton

EDEN WOLFGRAM

Basketball, Soccer, Track and Field

Junior

Eden is a standout in a number of sports and a leader in the weight room. In soccer, Eden was 1st Team All Conference, 1st Team All State, Team MVP, TEAM Offensive Player of the Year, earned her 4th Varsity Letter and missed Zero training sessions to win the Iron Woman Award. She had 8 goals, 6 assists and 8 defensive tackles per game. In Basketball, Eden is a top performer with 16 mpg, 4 rebounds, 2 assists and 2 steals per game as a point guard. In the weight room Eden is a leader and leads my example, squatting 180 and benching 125 lbs.

~Mark Roozen