

HIGH SCHOOL — BASKETBALL

Berrien Springs High School

BRADY BLASKO

Basketball-Guard

Senior

Brady is the stereotypical “gym rat” that is always trying to find ways to be better. As an exceptional student-athlete, Brady has been Academic All State and other awards include being named to the All Conference Teams the past three years and was named as a 2026 Team Michigan All Star. In the weight room, Brady benches 230#, squats 430#, trap bar deadlifts 435#, runs a 5.1 40, a 4.3sec 5-10-5 and has a 25inch vertical. ~Robert Taylor

Brookings High School

GAVIN SMITH

G/F

Senior

Gavin is an athlete that puts his best effort into everything he does. He is the definition of a multi-disciplined athlete. Other than basketball, Gavin has been heavily involved in our fine arts programs, particularly band and choir. As an athlete, Gavin has had to balance all of his activities, which often times ask for more time than he may have to give, but he always manages to do so. Gavin was a strong 6th man for us this past basketball season and gave us plenty of scoring and boards throughout the season. In the weight room, Gavin has been as consistent as they come whether it is in season or off season. Gavin has been a rack leader for us since the beginning of his junior year, and has etched his name in our record books for vertical and broad jump respectively. As he wraps up his basketball season, he will return to the off season for one last leadership opportunity. His importance to off season lifts is the leadership he provides for the

younger athletes, regardless of their sports. He is a competitor and simply just wants to win. His desire to win has rubbed off on the younger athletes he has been around, and is certainly evident in the room when he is present. ~Kerry Brown

C. E. Ellison High School

CHANDLER MILES

Forward/Center

Senior

Chandler Miles is a standout athlete whose passion for training and consistent pursuit of improvement have made him one of the most respected members of the basketball program. As one of our “Twin Towers”, this above-the-rim finisher pays close attention to proper form, commitment to recovery, and willingness to embrace challenges. This effort resulted in significant athletic gains that directly translate to his on-court success due to adding 15 lbs. to his 6’7” frame within the last year. With last year being his 1st year at Ellison, his impact was felt to contribute to the team reaching a District and Regional Championship on the way to a State Tournament appearance. Chandler’s leadership and accountability in the weight room have set a powerful example for his peers, highlighting the discipline and determination that define an NSCA All-American Athlete. ~Walter Prater

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C. E. Ellison High School

ELIJAH BASS

Forward/Center

Senior

Elijah Bass represents the ideal combination of athleticism, work ethic, and character. Over the last three years, Elijah has undergone a transformation of his 6' 6" frame to be one of the best power forwards/centers in the state. Through consistent dedication to strength and conditioning, he has developed the power, speed, and endurance necessary to excel at the highest level of competition as one of the top rebounders. As a 2-time District and Regional Champion, Elijah approaches every training session with purpose and intensity, often setting the tone for his teammates and raising the overall standard of the program, with two consecutive State Tournament appearances. ~Walter Prater

C. E. Ellison High School

JADESOLA OLADIPO

Guard/Forward

Senior

Jadesola Oladipo has demonstrated exceptional commitment and leadership within the strength and conditioning program, setting the standard for discipline, consistency, and intensity in the weight room. Her dedication to improving her strength, agility, and endurance has directly elevated her performance on the basketball court, where she has emerged as a dominant force both offensively and defensively. As a shooting guard/small forward, Jadesola was 3rd in scoring and was one of the prime defenders to lead the team to a 10-0 District Championship with a deep playoff run. She consistently seeks to improve and motivate her

teammates through a positive attitude. ~Walter Prater

C. E. Ellison High School

SEAN PARKS

Guard

Senior

Sean Parks has shown tremendous growth as both an athlete and a leader through his commitment to the strength and conditioning program. Since his freshman year, Sean has stood out as a major contributor to Ellison's success as a 3-time District Champion, 3-time Regional Champion and three consecutive Texas State Tournament appearances. His ability to translate hard work in the weight room into explosive performance on the basketball court is a testament to his focus and perseverance. Sean consistently demonstrates exceptional effort, precise technique, and a willingness to challenge himself daily. His leadership by example motivates teammates to match his intensity, making him an integral part of the team's success as a high energy defender and leading scorer. ~Walter Prater

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Cape Henry Collegiate

HAYDEN NELSON

Guard

Senior

Hayden Nelson is the definition of quiet consistency, choosing discipline over attention every single day. Since arriving at Cape Henry, he has committed himself to our strength and conditioning program, showing up at 7 a.m. year-round, including summers and throughout basketball and baseball season. He follows his own schedule, handles his work without excuses. Hayden leads by example through his actions, not his words, setting a standard others can follow. He represents exactly what a great teammate should be: reliable, self-driven, and committed to the team's success. ~Philip Reichhoff

Community School of Naples

COLE VETOR

Guard

Sophomore

Cole Vektor has been a consistent leader for the basketball team, on and off the court. Each day he challenges himself in the weight room to be his absolute best, which has helped him increase his output on the court. Cole averages 17 points per game, hitting 32 and 36 in separate games this season. He is the type of leader that competes and cultivates a culture of competition in everything he does. This has helped elevate our culture of hard work within our weight room. ~Evan Gentry

Creighton Preparatory School

EASTON LOUCKS

Pitcher

Senior

Easton is a great example of someone that has worked hard each training session and achieved great results on the baseball diamond through it. He is always pushing himself to improve. Easton achieved 27 strikeouts over 30 innings during the spring season and 48 strikeouts over 40 innings during the summer season. ~Trenton Clausen

Dacula High School

JAZMYN BRIDGES

Junior

Jazmyn has put a lot of work into her craft this last year. She has shown outstanding commitment and leadership in the weight room and the school building. Jazmyn enters the weight room on a mission everyday and has never needed motivation, she shows incredible self-discipline.

Last semester, she met her goal of making the 500 lb club as a Silver Member with a 185 lb Back Squat, 90 lb Bench, and 225 lb Deadlift.

Jaz is a joy to coach and teach. Two kind of kids walk into classrooms, ones looking for something to do, and ones looking to "do" something. She is definitely the latter, and I can't wait to see what she is going to do next. ~James Romaniw

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Ezell-Harding Christian School

BRILEE PRICE

Guard

Senior

Brilee is a true competitor. As a Division I commit, she approaches everything she does with focus and intention. When she steps into the weight room, she consistently challenges herself and attacks each session with purpose. She has seen firsthand how strength training has elevated her game—building strength, confidence, and power on the court.

She wants to win. She wants to compete. And she brings that same mindset into the weight room, constantly pushing to see how far she can go. Brilee is the type of athlete who elevates everyone around her and raises the standard every day. ~Justin Loudon

Ezell-Harding Christian School

JAVON SPEARS

SF, SG

Junior

Javon is a young man who competes every single day. Whether he is on the court or in the weight room, it does not matter—he shows up with purpose and intensity. He consistently comes in ready to improve, embracing both the process and the challenge that comes with it.

His drive, dedication, and pursuit of excellence are what truly separate him from his peers. Javon does not shy away from hard work; instead, he seeks it out. He understands that growth requires discipline and consistency, and he approaches each training session and competition with a mindset focused on getting better. ~Justin Loudon

Gayville-Volin

WILL FAIRLEY

Point Guard

Senior

Will is a 4 year starter in Basketball, Football and has been on the Varsity Track team for 6 years. Coming back from a knee injury to be a leader on and off the field, court and classroom, Will has made a great comeback. On the hardwood, Will averages 10.5 points per game, has 5 rebounds per game, 1.5 assists, 2 steals and shoots 79% from the free throw line. He is ranked number one in his class academically, has a 4.22 GPA and for four years has been on the High Academic Honor Roll. A member of FCA and a leader in the weight room; Will holds the vertical jump record with a 36 inch vertical. ~Mark Roozen

Jackson Christian School

GABRIELLA PIERCE

Senior

I am proud to nominate Gabriella Pierce for the NSCA All-American Award. Gabriella represents the complete student-athlete through her excellence in academics, athletic achievement, leadership, and service to her school community.

Academically, Gabriella has demonstrated consistent growth and high-level performance throughout her high school career. She is a member of the National Honor Society from 10th through 12th grade, reflecting her commitment to scholarship, leadership, service, and character. She earned All A's and B's during her 9th and 10th grade years and elevated her performance to All A's during her 11th and 12th grade years. She maintains an

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impressive 4.02 GPA, demonstrating discipline, maturity, and a strong work ethic in the classroom.

Athletically, Gabriella has excelled as a multi-sport competitor. In volleyball, she earned TSSAA Division II-A West Second Team All-District (District 5) honors during her senior year. Her senior season was historic, as her team finished 1st in the District and 3rd in the Region, showcasing her leadership and competitive impact. In basketball, she also helped lead her team to a 3rd-place Regional finish, further highlighting her versatility and commitment to team success. Continuing her athletic journey, Gabriella will compete in flag football at Freed-Hardeman University, demonstrating her passion for sport and continued dedication to performance.

Beyond academics and athletics, Gabriella is deeply involved in the Jackson Christian School community. She has served on Student Council from 10th through 12th grade, participating in leadership and service initiatives that positively impact the school culture. She has been involved in SOAR during 9th through 11th grade and volunteers with the JCS Girl Scouts Troop. Additionally, she gives back to younger athletes through her involvement with Little Vollies and Little Dribblers, serving as a role model and mentor.

The NSCA All-American Award recognizes student-athletes who embody excellence in sport performance, dedication to development, academic achievement, leadership, and character. Gabriella Pierce exemplifies these qualities. She is a driven competitor, outstanding student, committed leader, and positive role model who is highly deserving of this honor. ~Jonmarc Rasberry

Meade County High School

HAYDEN SHOUSE

Wing/Guard

Senior

To whom it may concern,

I am honored to recommend Hayden Shouse for consideration as the NSCA All-American Strength and Conditioning Athlete of the Year. I have had the privilege of coaching Hayden for the past five years, and he is truly one of the finest young men I have had the pleasure of working with.

Hayden's work ethic is second to none. In five years of training in the weight room, he has never once complained or attempted to avoid a challenge. Even on days when he was not at 100 percent physically, he consistently found ways to improve and make the most of each session. Although he had Strength and Conditioning during the school day, he attends morning sessions before school starts to focus on weak points.

Because of his relentless work ethic and determination, Hayden has enjoyed a highly successful high school career both athletically and academically. He received numerous offers to play basketball at the collegiate level, but has decided to go the prep school route before making the jump to college.

Beyond his physical abilities and achievements, Hayden's leadership qualities truly set him apart. He holds his teammates accountable and consistently pushes them to exceed their own expectations. Hayden has a rare ability to elevate those around

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him, making everyone better through his example, encouragement, and standards.

Without hesitation, I strongly recommend Hayden Shouse for the NSCA All-American Strength and Conditioning Athlete of the Year. He embodies the values of dedication, perseverance, leadership, and excellence that this award represents.

Sincerely,
Dylan Joiner
MCHS Strength and Conditioning Coordinator

New Trier High School

MASON BLOOM

Outfield

Senior

Mason Bloom's 445 lb squat, 33.5" vertical, 9'3" broad jump, 2.73 20 yd. dash, and 4.35 pro-agility shuttle tell only part of his story. He is a senior baseball player who consistently demonstrates exceptional leadership both on and off the field. As a 3 year starter on varsity, Mason leads by example through his work ethic, discipline, and commitment to excellence. He sets the standard at practices and games, encouraging teammates to give their best while holding himself to the same expectations. His positive attitude and steady presence make him someone others naturally look to for guidance and motivation. His leadership-by-example has shifted off-season outcomes for the entire team. ~James Davis

Royse City High School

BOBBY "TREY" REYNOLDS

Junior

As a Junior, Bobby "Trey" Reynolds represents the accelerated success that comes from immediate buy-in to a structured performance program. Entering as part of the second wave of athletes under my direction, Trey capitalized on the culture established by the upperclassmen. He wasted no time "figuring it out"—he simply trusted the process.

The results of his dedication were immediate. His explosive power development in the weight room—highlighted by a 42-inch vertical jump—helped him earn District Newcomer of the Year honors as a Sophomore. Now in his junior campaign, he has developed into a perimeter threat, shooting 40% from the 3-point line and averaging 9.0 PPG. Trey is living proof that when an athlete embraces the Strength & Conditioning program from Day 1, the accolades follow. ~Kyle Alvarado

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Royse City High School

JALEN (JJ) ROLLINS

Senior

Jalen “JJ” Rollins is the embodiment of athletic development and program culture. As a member of the inaugural basketball Strength & Conditioning cohort I implemented his freshman year, JJ’s journey began with hesitation. However, his initial compliance quickly evolved into a relentless commitment to the weight room. Over the past four years, that dedication has produced a school-record 46-inch vertical jump—a massive 6-inch increase from his previous best.

JJ’s commitment to summer training and “moving big weight” has directly translated to his durability and dominance on the court. As a 3-year starter and returning Unanimous 1st Team All-District selection, he is currently averaging 12.4 PPG, 4.0 RPG, and 2.1 steals per game, shooting 47% from the field.

Beyond the metrics, JJ is a cultural architect for RCHS. Younger athletes now watch him train and clearly see the correlation between the effort exerted in the rack and explosive performance on the hardwood. He leaves a legacy of work ethic, proving that elite athleticism is built, not just given.

~Kyle Alvarado

Terra Verde High School

HUDSON FRANZ

Senior

Hudson is a wonderful young man. He is a respectful, hardworking, kind-hearted, always smiling student athlete. I have witnessed Hudson be a good teammate and friend to others. He serves his community as a volunteer coach for the 6th grade boys basketball and participating in Quality

Reading Time with younger students at his school. He participates in FCA and a Team Basketball Bible study.

Hudson has a 4.0 unweighted GPA and has committed to play Division 1 basketball at Maine University. Hudson gets up early to put up extra shots and he puts in work in the weight room. His athletic achievements are listed below:

- 1st team all district (basketball-sophomore)
- OBCA all district Region 8
- 2nd team all district (basketball- junior year)
- Bishop McGuinness All tournament team (x2)
- Bishop McGuinness Tournament MVP
- Community Christian All tournament team
- Edmond Open All tournament Team.

It is an honor to nominate Hudson for this award.

~Elizabeth Mullins

The Peddie School

GABE HORNBERGER

Guard

Senior

In only two years, Gabe has epitomized what we expect from our high level Varsity Athletes - consistent hard work. Over that time Gabe has attacked the Weight Room and the results speak for themselves. He has earned a 400 lbs Hex Bar Deadlift, 325 lbs Back Squat, and a 215 lbs Front Squat. Each lift has improve over 100 lbs in the last 2 years. Also, he makes 15 pull ups and 50 push ups look easy for a 6'4" Basketball player. Finally, he simply looks the part. Any coach or player who walks into our Basketball Gym knows Gabe lives in the Weight Room. It has translate onto the court as well. A Columbia University Basketball commit, he is a 2 time All MAPL player. ~Michael Volkmar

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Victoria High School

BRINLY LICHTER

Guard

Senior

Every team needs a Brinly. She is selfless and willing to do whatever the team needs to succeed. Her contributions may not always show up in game stats but her hard work makes those around her better. I credit Brinly as a leader and driving force in helping us build the girls' weight program to where it is today. She's also set a great example in overcoming adversity. Instead of letting the setbacks slow her down, Brinly just worked harder and played key roles on this year's volleyball and basketball teams. Consistency and effort are so important in building long term success. Those qualities make Brinly a leader at our school.

Brinly has: Bench Press 125 lbs. Squat 210 lbs. Hang Clean 150 lbs. Deadlift 225 lbs.

~Shawn Landers

Windermere Preparatory School

MAX QI

Guard

Junior

Max is the hardest working athlete I have, his constant dedication to his sport and the weight room is second to none. His hard work also makes him a leader by example, others strive to keep up with him. That, in turn, elevates everyone around him, Max is a pleasure to coach! ~Vincent Martins

Windermere Preparatory School

ZIHONG FAN

Forward

Junior

Zihong is the one of hardest working athlete I have, his constant dedication to his sport and the weight room is second to none. He also chooses extra sessions on the weight room to strengthen his game and continue to strive for self betterment. ~Vincent Martins

Yankton

ADDISON MUTH

Post

Senior

Addison (Addi) is an all-around athlete in school. Through her hard work, dedication and effort in the weight room she has become a leader and roll model on the Varsity team for basketball, cross-country and track & field. Using the weight room, Addi lowered her pro-agility time down by .13 sec, dropped her 40 yd time by .31 seconds, increased her squat max by 25 lbs, bench by 15 lbs and improved her vertical by 3 inches. She has worked her way into being a key player on the basketball team and has helped her teammates improve in all areas. This past year she had her PR in the 5K at 21:46 and in track did the mile in 6:13. She is also involved with the school newspaper, a member of Educators Rising group and in her Church Youth Group. ~Mark Roozen