

HIGH SCHOOL — BASKETBALL

BROOKINGS HIGH SCHOOL

Nick Schefers

Power Forward and Center

Senior

Nick has been the epitome of leadership the last two years. His leadership shown through this last summer during Covid challenges in the weight room. Nick helped the athletes in his group understand the seriousness of Covid-19, provided a constant positive attitude all summer, and made some incredible strides in his strength and conditioning for basketball. During the fall season, Nick continued his relentless pursuit of improvement in the weight room and on the court. During fall testing, Nick set several personal records, and broke into a couple categories for "Bobcat Top 10." Throughout the year, Nick has been the athlete that I have leaned on to provide leadership, bounce ideas for training off of, and as a bright spot for our student body. Nick's leadership on the court, in the weight room, and in his outside activities have shown us what type of drive it takes to be one of Brookings' best. ~Kerry Brown

COACH ROZY PERFORMANCE

Ellie Karolevitz

Guard/Forward

Junior

Ellie Karolevitz is a Junior on the Yankton High School Girls Basketball team, a top 10 player from the State of South Dakota for recruiting. She was averaging 23.8 ppg, shooting 20% from the 3 point line, 12 rebounds per game and 2.5 assists per game before she had an injury that shortened her season. Ellie has already started the rehab process and is working to get back into peak performance shape. Always a great strength & conditioning athlete, Ellie will be back in the weight room to get herself back to her top levels of squatting 225 lb, benching 115 and having a vertical jump of 19 inches, and looking to improve on those marks as she prepares of next year. She was part of the 2020 ESD Conference Championship team and qualified for State before the season was cut short due to COVID. She is a member of the National Honor Society and runs track for Yankton HS. ~Mark Roozen

COACH ROZY PERFORMANCE

Spencer Karstens

Guard/Forward

Freshman

Spencer Karstens goes to Gayville-Volin School in South Dakota and is already a stand out on the basketball court and football field. He also takes part in Track and Field along with playing Baseball. In Basketball, on JV Spencer averaged 14 points per game and 10 rebounds. Playing up on varsity he averages 8 points a game and 5 rebounds with 6 assists. In JV Football he had over 1000 yds rushing with over 30 touchdowns at the Quarterback position. In Baseball he bats over .400 and has placed 1st in a number of track meets in the throws for Junior High School. Spencer has used the weight room to improve his vertical from 18 inches to 26 inches, has increased his bench in the last year by over 60 lbs and pushed his max squat up by over 120 lbs. We look for great things in the future for Spencer. ~Mark Roozen

HIGH SCHOOL — BASKETBALL

COACH ROZY PERFORMANCE

Molly Larson

Back line

Junior

Molly Larson is an athlete at Gayville-Volin High School, South Dakota. In Volleyball, Molly has a career total of 2080 digs, 655 this past Junior year, a 9.2 dig per set and 32.8 digs per match. Digs per Match for her Career is 17.3. Her serve reception is 95.7% with 37 aces. In Basketball, she has 1040 career points, averages 13.1 points per game with 330 career rebounds as a point guard and 195 career assists. Her GPA is 4.1 on a 4.0 scale and has been on the academic honor roll every year in high school. Her work in the weight room and leadership separates her from her competition with a bench of 135 lbs, a squat of 190 lbs. She has been able to use strength and conditioning training to be a starter in Volleyball and Basketball since her freshman year.

~Mark Roozen

COACH ROZY PERFORMANCE

Matthew Mors

Power Forward

Senior

Matthew Mors is a Senior at Yankton High School in South Dakota. He is a 6'7" and 225 lbs. He has committed to the University of Wisconsin to continue his basketball career. In his senior year he has 18 Games Played, scored 443 Points = 24.6 PPG, FG % 173/331 = 52% has 143 Rebounds = 7.9 RPG

50 Assists = 2.8 APG, 42 Steals = 2.3 SPG, 33 Blocked Shots = 1.8 BPG. He has also been awarded or honored as 2021 McDonalds Basketball All American Nominee... (SD's only male nominee). 2020 South Dakota Basketball Coaches Association Class AA Player of the Year. 2020 Sanford Pentagon/KELOLAND Media South Dakota HS Boys Basketball Player of the Year... (Finalist in 2018 & 2019). 2020 Argus Leader Sports Awards South Dakota Boys Basketball Player of the Year... (Finalist in 2018 & 2019). 2x Class AA All-Tournament Team (2018 & 2019...Tournament was cancelled in 2020 due to Covid-19). 2x South Dakota Boys Basketball Gatorade Player of the Year (2019 & 2020). 3x National Strength & Conditioning Association All-American in the sport of Basketball... (2018, 2019 & 2020). 3x Midco Sports Network – South Dakota Class AA Boys Basketball Player of the Year (2018, 2019 & 2020). Matt is also a leader in the weight room - this past year improving his squat max up 60 lbs to 420 lb, and pushing his bench max up 30 lbs to 300. He has a 31 inch standing vertical jump and a 40 inch run approach vertical. Matt is also a high level baseball player and high jumps in track & field. ~Mark Roozen



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — BASKETBALL

COACH ROZY PERFORMANCE

Darien Rabe

Center

Senior

Darien Rabe is a Senior at Gayville-Volin School in South Dakota. He has signed to play football in the fall of 2021 at Morningside in Iowa. He is a 3 sport athlete. In Football, Darien played line and tight end. He has 8 receptions in the teams 6 game season (but short because of COVID) for a total of 153 total yards and 3 touchdowns. On the defensive side of the ball, Darien had 15 solo tackles and 23 assisted tackles with 7 tackles for loss and 8 pass breakups along with 1 forced fumble. On the basketball court, he averages 10 rebs and 8 points a game. He looks to have a great year in track as a thrower, after missing his Jr. Year because of COVID. He is predicted to medal in the Shot and Discus this year at the State Meet. ~Mark Roozen

CONESTOGA JR/SR HIGH SCHOOL

Lane Fox

Point Guard

Senior

Lane has been a leader for our Basketball and Strength & Conditioning programs during his entire high school athletic career. He leads by example through his dedication and commitment to improving himself in all aspects of life. He is also a great teammate in pushing those around him to always give their best effort. Lane has earned All-Conference all four years (1st team during two seasons), Second Team All-State, Academic All-State two years, set numerous school records and surpassed 1,500 career points scored. He also participates in Track & Field and summer baseball while dedicating himself to perfect attendance for our year-round Strength & Conditioning program. ~Trenton Clausen

KEYS HIGH SCHOOL

Kylie Eubanks

Guard

Junior

Kylie was always a good basketball player, but it wasn't until this year when she decided to start strength and conditioning that she ever really dominated the game. She worked so hard this offseason on her speed and strength that there is not anyone on the court that can come close to matching her athleticism. She is beyond faster and stronger than everyone and due to her increasing her vertical, she is also one of the best rebounders on her team. Kylie also does very well in the classroom. Due to Kylie's academic efforts, she is able to maintain a 3.6 G.P.A. ~Adam Hass

KEYS HIGH SCHOOL

Dyllan Lindsey

Post

Senior

Dyllan is someone that will do anything to be the best in his sport and once he learned that strength and conditioning could help him with that, it was hard to keep him out of the weight room. The most impressive thing about Dyllan is his focus on the intent for the given exercise that he is doing. He wants to know the WHY so that he is maximizing his performance. Because of Dyllan's work ethic in the weight room, he is now faster than everyone on the court and is finishing at the rim easier due to his strength taking on contact. Dyllan is also an excellent student. He currently carries a 3.5 G.P.A. ~Adam Hass

HIGH SCHOOL — BASKETBALL

LUDINGTON AREA SCHOOLS

Kyle Barnett

Guard

Senior

Kyle Barnett is a never give up kind of student athlete. He is a talented multi sport athlete that has demonstrated a high level of skill in many sports. Kyle earned second team all conference during his freshman year for his cross country team. As a sophomore Kyle earned first team honors on the track team. During his sophomore and junior years he was second team all conference for his varsity football team. Kyle brings a high level of energy and positivity to whatever environment he is in especially the wt room. He has earned and maintained top 5 status throughout his high school career for our Oriole Strength Index (RSI or relative strength index) and has maintained a top 10 status in all lifts throughout his high school career as well. In basketball Kyle can score, but his defense is relentless. Kyle never complains, never takes a play off and never misses a rep! He is the X factor on the varsity basketball team. Kyle, is a great teammate. ~Rich Kirby

MORGANTOWN HIGH SCHOOL

Reece Moore

Senior

Reece has shown tremendous dedication and leadership in her time training for athletics at Morgantown High School. She excelled at pushing herself to be better every day even when times were difficult. After years of hard work Reece found herself on the Morgantown High School weight room record board, but the grind never stopped there for her. In addition to this, Reece also created a strong culture for her team through encouragement and example setting that will last for years to come. Not only is this a hard task for most athletes, Reece accomplished this while dealing with a global pandemic that created many obstacles for athletes to overcome. In my time coaching at Morgantown High School, I can't think of anyone who deserves this award more than Reece Moore. ~Bailey Gesteland

PARKVIEW SPORTS MEDICINE PERFORMANCE

Ayanna Patterson

Junior

Ayanna exemplifies every quality a coach dreams about she has a work ethic second to none, a positive attitude, and an unrelenting desire to get better every day. In the last year Ayanna's hardwork, consistency, and discipline on and off the court has allowed her to collect division 1 offers from every major school in the country including UCONN, Louisville, South Carolina, and Notre Dame just to name a few. Ayanna used her strength and physicality to become one of the most dominant post players in the country. She is currently ranked in the top three of players for her class in the country. The highlight of the summer had to be her throwing down her first career dunk. ~Tyler Palmer

HIGH SCHOOL — BASKETBALL

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Presley Avery

Forward

Senior

Presley has been a member of PEAK Performance throughout her high school career. Her enthusiasm for training and her year-round commitment to Strength & Conditioning have helped her be a valuable part of our Basketball team. She is also an accomplished high jumper on our Track & Field team. ~Todd Johnston

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Isaac Buckwalter

Guard

Senior

Isaac Buckwalter has displayed an incredible commitment to his Strength & Conditioning. As a senior member of our basketball team, it has been enjoyable for me to plan training sessions to maximize his athleticism. During the shutdown and times of remote learning during Covid-19, Isaac was a leader in our class and displayed a great deal of enthusiasm for training in those unique times. Now that we have returned to in-person learning in PEAK Performance, he has continued to shine as a leader in our class. Additionally, he is an excellent student and will graduate in the top 10 percent of his class. I am proud to honor Isaac with this nomination for Strength and Conditioning All-America status. ~Todd Johnston

PRESS ON PERFORMANCE

Molly Musland

G

Junior

Molly has a remarkable amount of drive. She utilizes her competitive spirit to push herself in the training lab each rep of each set. I am looking forward to seeing a continued translation of this resulting athleticism to the court. ~Tyler Thielges

PRESS ON PERFORMANCE

Max Musland

G

Freshman

Max is super steady, dependable, & diligent in his performance training. He has made impressive progress on his strength, speed, & mobility in the training lab this past year. I am looking forward to Max continuing to climb towards his potential over the next few years. ~Tyler Thielges

SOUTHSIDE SCHOOL DISTRICT

Olivia Allen

Guard

Junior

This will be Olivia's second year being selected as a NSCA all American. She has continued to lead our girls program and serves as a mentor for the younger girls in the basketball court both on the court and in the weight room. We appreciate everything she does and stands for. ~Deerick Smith

THE WEBER SCHOOL

Logan Spector

Guard

Senior

Logan is the definition of a competitive athlete. Both on the court and in the weightroom, Logan is always the hardest working one in the room. Logan is a guard on the Varsity Basketball team and led the team in rebounds. His dedicated off the court work in the weightroom has directly translated to his individual success on the court. ~Jessica LaGala

HIGH SCHOOL — BASKETBALL

TOPSPEED STRENGTH & CONDITIONING

Shannon Karlin

Forward

Senior

Karlin, a 2021 McDonald's All-American nominee, was named first-team All-District following both her sophomore and junior years with NDSHS of Kansas City.

As a senior she is averaging 21.4 points and 7.5 rebounds per game. This follows a season in which she averaged 20.2 points and 9.8 boards as a junior for Sion. She was honored by the school in January after scoring 1000 points in her career and now sits close to 1500 total points scored.

Her future college coach has said "Shannon is a versatile guard-forward who can knock down the 3 or punish her opponent on the block. Having a player that can bully her smaller opponent, or out-quick her bigger opponent enables us to use Shannon's great versatility to maximum effectiveness. I love that when a shot is taken by a teammate, Shannon goes after the rebound as if it was a pass from her teammate. That constant pursuit of the ball and toughness on the boards will really help our team."

As an honors recipient every term at Sion, as well as an NHS student set to graduate in the top 10 percent of her class, she heads to Cal Poly ready to major in Industrial Engineering.

"I chose Cal Poly because of my respect for and connection with the coaching staff and the competitive family team atmosphere they promote," she said. "I also chose Cal Poly for their excellent academics and 'Learn by Doing' approach."

Meanwhile, Karlin (also an all-district volleyball player) has participated in Student Council, as well as National Art Honor Society and the Medical Club. ~Joseph Potts

TYLER LEGACY HIGH SCHOOL

Nathan Noland

Senior

Nate works extremely hard both in the weight room, and on the court, and it has paid off huge this year. He always comes in ready to work and excited for the session - ready for the challenge and looking to push himself in whatever we're doing. ~Andrew Pichardo

WINDSOR HIGH SCHOOL

Symphony Schodroski

Guard

Senior

In a year where almost any excuse to skip a training session or pause training all-together would be understood and forgiven, Symphony never missed. She never allowed any obstacle dealt by the 2020-2021 year to interrupt her training. Symphony was a three-sport athlete. Often-times, the demands of always being in-season can detract from an athlete's consistency and continued improvement, but Symphony was special. She was fully committed to every aspect of training, from proper nutrition and prioritizing sleep, showing up to every weight room open hours, to eventually purchasing her own equipment so she could follow her program while stuck at home during snow days. This dedication and determination led to Symphony setting two Female Strength & Conditioning All-School records, as well as eight women's basketball, ten women's soccer, and eight women's tennis records. Symphony's consistency built the resiliency that allowed her to be a perennial starter on the tennis, basketball and soccer teams. No one this year has earned the right to be called an NSCA All-American more than Symphony Schodroski. ~Ty Van Valkenburg