

HIGH SCHOOL — BASEBALL

KEYS HIGH SCHOOL

Lane Taylor

Center Field

Junior

Lane has never been the biggest one on the field, and so he knew that he needed to gain strength and improve his speed. He started working hard in the weight room and really started to see significant improvements in his game. He is now stronger than most of his teammates and faster than all of them and is making more plays on the field, that he wasn't able to make before. Very dedicated to the classroom as well. Lane currently has a 4.0 G.P.A. ~Adam Hass

LONDONDERRY HIGH SCHOOL

Owen MacDonnell

Pitcher

Senior

Owen is the definition of an Iron Lancer. He has been involved in our training program for his high school career and understands the importance of consistency, intent and effort in and out of the training facility. He has developed the lifestyle habits necessary to take him to the next level and I'd say the best part about Owen is his communication and willingness to learn about what works best for him! He has been a pleasure to work with. I'm excited to see him finish his senior season and to watch him fly as a member of Sacred Heart University's baseball program! ~Michelle Hart-Miller

LUDINGTON AREA SCHOOLS

Jacob Irelan

Short Stop, Pitcher

Senior

Jacob Irelan is a humble and hungry multi sport athlete. Jacob is a never give up type of teammate. Throughout his high school career Jacob has always been in our top 5 on our Oriole Strength Index (RSI or relative strength index). Despite his passion for baseball, he will be continuing his education at Madonna University where he will be playing college football. Jacob's never give up attitude helped him earn All State Honorable Mention, 1st Team All Area, and 1st Team All Conference. Covid-19 stole his first year of Varsity baseball, but Jacob's positive attitude did not deter him from preparing his body to play sports at the next level. He is a relentless and compelled athlete. ~Rich Kirby

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Nick Thayer

Outfielder

Senior

Nick is a veteran member of PEAK Performance who has shown a consistent approach to his Strength & Conditioning. His preparation in the weight room has allowed him to excel as a Baseball player. He is also an accomplished soccer player as well as a member of our basketball team too. Nick's commitment to his fitness as a multi-sport athlete is an example for our younger student-athletes to emulate. ~Todd Johnston

HIGH SCHOOL — BASEBALL

PENNSBURY HIGH SCHOOL

Joe Limongelli

C

Senior

Joey was determined to get bigger, stronger, faster, and more powerful. Well he has done just that! In a short period of time, Joey's dedication and hard work has led to a 22lb increase in body weight, a deadlift in the low 400's, a +5 C Velo, a +8 Exit Velo, and -0.5 seconds off of his 60yd time. I look forward to his continued development through his senior year in high school and even more as he continues his academic and baseball career at Elizabethtown College. ~John Kalinowski

PRESS ON PERFORMANCE

Tate Mart

3B/SS

Sophomore

Tate maintains incredible consistency in his performance training. He is an athlete that thrives on attacking challenges. I can't wait to see Tate's continued progression over the next couple of years. ~Tyler Thielges

SOUTHSIDE CHARTER HIGH SCHOOL

Landen Haas

Athlete

Junior

Landen has been an asset to our program not only in terms of being incredibly athletic and hardworking but also by being a tremendous leader. He is an incredibly gifted athlete but works as if he has never saw the field and wants to. This is great for our younger athletes to see as he's one of the best players on the team and is still driven to push himself even more with as gifted as he is. ~Deerick Smith

ST. LAURENCE HIGH SCHOOL

Josh Bell

Junior

Josh Bell is a very kind and respectful young man. His work ethic, quiet leadership and ability to accept coaching make him a pleasure to be around. Currently, Josh also holds our All-Time Record with a 505lb back squat! ~Jonathan Valentini

THE WEBER SCHOOL

Rami Fabian

1st Base

Senior

Rami is a natural born leader. In the classroom, weight room or on the field, his peers naturally gravitate to his calm and positive demeanor. Rami is the definition of consistency and is mature beyond his years. He is a successful captain on the baseball team because he is selfless and constantly putting others before himself. Rami is proficient in communicating with all ages and is excellent at creating meaningful relationships. He is always eager to further his knowledge on the baseball field and in the weightroom. His determination to be a better person and improve the lives of others is truly inspiring. Rami is the star example of an athlete's increased performance on the field through dedication in the weightroom. ~Jessica LaGala