

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Charlotte Christian School

Matthew Siverling

Pitcher/First Baseman

Senior

Matthew Siverling had a dominant Junior Year for the Knights. He batted in the Middle of the lineup, played flawless defense and was the undisputed number 1 for the knights on the mound. He went 8-4 with a 1.71 ERA and 93 Strikeouts in only 13 appearances. After losing in the state title game last year Siverling has committed himself fully in the weight-room, on the field and as a leader. He is the kind of athlete that wants to do more work. The kind of kid that asks for finishers after a tough lift. He has drastically increased his strength and athleticism from last season and is primed for a dominant senior year and an excellent collegiate career at Virginia Tech. ~Matthew Korman

Kalinowski Performance Academy

Ryan Harris

Pitcher

Senior

Ryan has been training with me for 3yrs. He is a very self-motivated athlete and a pleasure to coach. He has significantly increased his mobility, strength, and power over the last 3yrs. He was a significant reason for The Pennington School Baseball programs 2018 success, including the Prep B Championship (1st time in 33yrs). I wish Ryan the best as he pursues his baseball and academic career at Vassar College.
~John Kalinowski

Lincoln North Star

Miles Farr

2nd Base

Senior

Miles Farr is an outstanding student/athlete with a 3.54 GPA. Miles is an outgoing you man that not only plays football but baseball as well. He is well liked by his peers, Teachers and Administrators too. Miles is a great student to have in the classroom and the weightroom, he is a dedicated and determined young man. ~Stewart Venable

Notre Dame Prep

Wade Bonnici

P/RF

Senior

Wade, who has signed to play at the next level, has been the example of using strength & conditioning to better himself on the field. Whether that was to stay healthy or improve performance, he has done a great job of both. It has been a lot of fun working with him. ~Jake Siebert

Notre Dame Prep

Joseph Joppich

P/3B

Senior

For 4 years, the one person I can count on that will be in attendance at baseball training and will put in 100% effort has been Joey. He is the definition of consistency and hard work and it has shown on the field. I am looking forward to what our team will do this spring and I know Joey will be a big part of it. ~Jake Siebert

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Power Zone Performance

Jeremy Aguirre

Infield

Senior

Jeremy Aguirre has been a dedicated athlete to the Power Zone Performance training program. As an infielder for Coronado High School, he has been recognized as an All 1-6A District performer as a Junior and is currently rated as one of the top 100 players to watch for the 2019 Region 1 6A Texas High School Baseball Season. In the weight room Jeremy measured 5'10" and 175 pounds. He squatted 345, benched 225, deadlifted 365, vertical jump 28.5", and standing long jumped 9'1". His accomplishments on the baseball field and his dedication in the weight room will allow him to continue playing at the college level at Park University in Glendale, Arizona. ~John Barela

Strike Baseball Training

Luke Savage

Pitcher

Junior

Luke is an All-American young man across a full range of life dimensions including sport, academic, faith, and citizenship. Other young athletes are positively impacted when Luke is present, as he truly represents the phrase that "Iron sharpens iron, as one man sharpens another." Luke is a TCU baseball commit and has achieved such an honor due in part to a mid-90's mph fastball, 4.6 GPA, and position as incumbent class president. I can only assume that hard work is integral in his other life dimensions but I have the opportunity, first-hand, to watch Luke as one of the hardest working, highest

performing, and caring athletes that I have had the honor to coach.

~Dennis Kelly, CSCS, CSPS

The Weber School

Shami Frenkel

Freshman

2018-2019 was Shami's first year in the Strength and Conditioning program at Weber. Although having been active in sports, he was brand new to strength training. In his first few months, Shami greatly increased his mobility and learned the fundamentals of lifting. Shortly thereafter, Shami began to increase his weights. He was diligent and followed the program. Naturally, this led to him becoming much stronger. The greatest moment of the semester was immediately after Shami tried out for the Maccabi Baseball team. Shami arrived in the weightroom the day after his tryout and was completely baffled by his own performance. He wasn't sure what to attribute his new strength gains to, but he was "hitting so much harder and throwing so much further than he ever has in his whole life." His only logical explanation must be all the work he's been doing in the strength training class. Shami is the star example of an athlete's increased performance on the field through dedication in the weightroom.

~Jessica LaGala

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Whitewater High School

Maddox Mueller

Outfielder

Junior

Maddox Mueller is a multiple year Letterman for the Varsity Baseball and Football team at Whitewater High School. Maddox has a relative strength index of 4.89 for 3 of our core lifts. He back squats 465lbs (250% of his body weight), Power Cleans 235lbs (125% of his body weight), and benches 225lbs (120% of his body weight). While he most certainly excels in the weight room, he also excels as a leader on and off the field. He is a gifted multi-sport athlete that represents the NSCA All-American award well. ~Evan Bryant

Windsor High School

Connor Hartmann

Short Stop

Senior

Very few athletes work with the same level of intent and purpose as Connor Hartmann. After experiencing a back injury his junior year, Connor left no stone unturned while in pursuit of rebuilding his body during the offseason of his senior year. Connor has the rare ability to raise the level of intensity of anyone that trains with him. This work ethic helped Connor earned All-Conference and All-District honors on the baseball field. Through relentless hustle and commitment, Connor has earned the title of NSCA All-American. ~Ty Van Valkenburg



ATHLETE OF THE YEAR
AWARD