

# 2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## **Asheville School**

### **Major Eason**

#### **Guard**

#### **Senior**

Major Eason enrolled at Asheville School in 2017-18, a weight room novice, who quickly established himself as one of the most dedicated and high-performing athletes in the Blues athletic program. In 2018-19 he led the Blues basketball team to a state tournament berth for the first time in 13 years, won Western North Carolina Player of the Week honors and led his team in several statistical categories, including three-point and free throw percentage and assists. Major is meticulous in his training, spending countless hours on both skill work and physical preparation. The weight room has been instrumental in Major's ability to negotiate multiple sports with conflicting physical demands. In 2019 he became only the fourth athlete to win the school's Oak Sapling Award for strength and conditioning. In addition to his success in basketball, Major is a state runner-up in the 800m with a personal best of 1:56.3, and an all-state cross country runner. He holds a 4.39 GPA and numerous student leadership positions. Major is expected to graduate in May of 2019 and will play basketball at Swarthmore College in Pennsylvania.

~Douglas Harger

## **Charlotte Christian School**

### **Efosa U-Edosomwan**

#### **Point Guard/Shoot Guard**

#### **Senior**

Efosa is a Work Horse. Over the two years that I have trained him, Efosa has grown exponentially in the weight-room and on the

court. The work that Efosa has put in paid off as he had a dominant senior year helping lead the Knights to a 27-2 Record. Efosa did everything on the court, averaging 13.1 Points per game, 2.3 Assists, 3.6 Rebounds and 1.7 Steals. He had smothering defense, always being asked to cover the other team's best player. Efosa is an excellent player and leader. His presence will be hard to replace at Charlotte Christian.

~Matthew Korman

## **Coach Rozy Performance**

### **Matthew Mors**

#### **Forward/Post**

#### **Sophomore**

Matt is being nominated for the 2nd year in a row for NSCA S&C ALL-AMERICAN. He was selected as a Freshman and continues to use strength and conditioning to excel at his performance levels - improving his numbers this fall; his vertical by 4 inches over the last year to 32 inches, his squat max up by 40 lbs to 350 and his bench max up by 30 lbs 285 lbs. Here are some of his accomplishments thus far into his career.

Awards/honors/recognitions:

Currently holds Division 1 Basketball Scholarship Offers from Creighton, South Dakota State University, University of South Dakota, Texas Christian University, University of Nebraska, University of Iowa, University of Wisconsin and University of Colorado.

2019 (January 3-10) Awarded Midco Sports Network Game Ball for player of the week in SD.

2018 South Dakota Class AA All-State Team.

2018 Class AA All-Tournament Team.

2018 All ESD Conference Team.

## 2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2018 Midco Sports Network – South Dakota Class AA Boys Basketball Player of the Year.

2018 Argus Leader – South Dakota Boys Basketball Player of the Year.

2018 Argus Leader First Five for South Dakota Boys Basketball.

2018 Argus Leader Sports Awards Finalist for South Dakota Boys Basketball Player of the Year.

2018 Sanford Pentagon/KELOLAND Media Group Finalist for South Dakota HS Boys Basketball Player of the Year.

2018 South Dakota Boys Basketball Gatorade Player of the Year Finalist.

Member of 2018 Sanford Pentagon/KELOLAND Media Group's South Dakota HS Boys Basketball Team of the Year.

2018 Yankton High School Basketball Team MVP.

2018 National Strength & Conditioning Association All-American nominee in the sport of Basketball.

2017 South Dakota Class AA All-State Team as an 8th Grader. First ever 8th Grade Boy to be selected to the SD Class AA All-State team.

2017 All ESD Conference Team.

2017 Yankton High School Basketball Team MVP.

Career highlights/records:

Two time Elks Hoopshoot National Finalist.

Two time Minnesota Vikings Punt, Pass & Kick Regional Champion.

Two time Minnesota Twins Pitch, Hit & Run Regional Champion.

2016 Yankton Middle School 7th Grade High Jump Record Holder (5'6").

2017 Yankton Middle School 8th Grade High Jump Record Holder (5'11").

Tied Yankton High School's Single Game Scoring Record as an 8th Grader (41 Points).

Broke Yankton High School's Single Game Scoring Record as a Freshman (42 Points).

Broke Yankton High School's Single Game Scoring Record as a Sophomore (45 Points).

2018 South Dakota Class AA State Champions (17-7)

Tied Class AA State Tournament Record in 2018 – Most Points in a Semifinal Game (38)

YHS School Record – Points in a Season (585)

YHS School Record – Highest Scoring Average in a Season (24.4)

YHS School Record – Most 3 Pointers Made in Career (160 & Counting)

Scored 1000th Career Point in Watertown on February 17, 2018.

Currently 2nd All-Time Leading Scorer in YHS School History (1557 points & counting)  
~Mark Roozen

# 2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## **Collinsville High School**

### **Gaige Longshore**

#### **G/F**

#### **Junior**

Gaige has been putting in the work and effort in the weight room since August, and has worked himself into being a big contributor on the Collinsville High School basketball team as a Jr. In the weight room he has proven his work ethic and commitment to making himself better for the team. ~Adam Hass

## **Dobyns-Bennett High School**

### **Courtney Whitson**

#### **Guard/Post**

#### **Senior**

Courtney Whitson is the heart and soul of our team. She is an unbelievable leader and a tremendous role model. She brings it every single day and has an incredibly high competitive drive. She has played in over 130 consecutive games throughout her career, has never missed a game, and started every game. She is the all-time leader in scoring in school history (boys or girls) with over 2400 points. Additionally, she has over 1400 rebounds, over 280 assists, and over 170 steals. These stats are wonderful, but incomparable to the type of person she is. Her attitude during practice and training is contagious and her work ethic rubs off on every one of her teammates. It has been an honor to coach Courtney. ~Tilden Fleming

## **Dorman High School**

### **Nina Otah**

#### **Wing, Post**

#### **Senior**

Nina Otah is well deserving of this honor. She has matured mentally and physically through four years in our strength and conditioning program. Nina has grown to see the value of strength and conditioning and the benefit of training on her development as a basketball player. Nina was a great defensive player for our girls basketball team which resulted in her being named our girls basketball teams Defensive MVP. She was also named to the all-region team. Nina has a squat max of 260lbs, power clean of 170lbs., and a bench press of 140lbs. She also has a vertical jump of 27.5 inches and pro agility of 4.41. It has been a pleasure to watch Nina grow over the last four years! ~Eric Cash

# 2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## **Jonathan Dayton High School**

**DJ Alicea**

**Guard**

**Junior**

Entering his Junior season, DJ is a three-year starter on the varsity, averaging 20 points a game. As a sophomore DJ scored 450 points, holding the school record, and received 1st team all-conference honors. Aside from leading the team in all statistical categories including steals, rebounds, assists, and blocks, Dj also excels in the classroom as an exceptional student. In the weight room DJ leads the program in attendance with over 90% of off-season workouts attended, and is a true leader both physically and verbally to all of our athletes during each training sessions. DJ is an athlete who knows the importance of working on all aspects of his game all year round and has not only fully committed to our strength & conditioning program, but has made everyone around him better. ~Mark Cugliari

## **Rock Creek High School**

**Laney Scott**

**Senior**

Laney has used her dedication to our Strength and Conditioning program to become a success in all facets of her life. ~Mark Oberkrom

## **Saint Francis Community High School**

**Cody Baxter**

**Forward**

**Senior**

For having only been on a strength training program for a short period of time, Cody has displayed incredible progress. Cody is the strongest student in the program, as of this day. Cody has committed to play football at the next level and he will certainly continue to see improvement in the weight room and on the field, due to the dedication and consistency that he has displayed during his time in the weight room.

~Nick Fawcett

## **Saint Francis Community High School**

**Hannah Zimbal**

**Forward/Post**

**Junior**

Hannah is consistent in the weight room, never skipping sets or reps and putting in the effort that is necessary to improve herself. Hannah has established herself as one of the strongest females in our school, if not the strongest. Hannah is a leader and a positive role model for her peers in the weight room, which also carries over to the classroom and the basketball court. ~Nick Fawcett

# 2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## **St. Mary's High School**

**Training location is Core FIT**

### **Josephine Howery**

**Guard**

**Junior**

Josephine has been the embodiment of commitment over the course of the 3yrs she has been attending our strength and conditioning groups. She has shown herself to be a very diligent and hardworking young lady who makes the time to strength train 2-4x per week. Her goals were stated early on and she has never wavered from the process. Josephine also captains the defending state champion St. Mary's High School Pirates basketball team. She averages over 20 pts, 7 rebounds, and 3 assists per game, and in less than three years of high school basketball surpassed the 1,000 point mark. Josephine is also a 2018 state track and field silver medalist in the 4x 800m relay. Her leadership qualities are characterized by a relentless pursuit of excellence and she leads by example 100% of the time. Academically she is an honor student with a 4.3 GPA. Her total body of work speaks for itself. ~Cass Barrett

## **The Woodstock Academy**

### **Tre Mitchell**

**Center**

**Senior**

Mr. Mitchell approached me with a goal of improving his body composition and performance on the basketball court in the summer of 2017. Since then, Tre dropped 28 pounds and decreased his body fat percent from 33% to 16%. In addition, he has

received 72 Division I offers and has been rated as an ESPN top 100 player. Tre displays academic achievements and exemplary character. Currently, Tre is within the top 7% of his high school class with a GPA of 3.95.  
~Brenden Ostaszewski

## **Viking Performance Training**

### **Briston Bennot**

**Guard**

**Senior**

Briston has worked a great extent find success in basketball. One of the biggest contributors to his success is the fact that he shows extraordinary work effort in the weight room and does everything in his power to progress. ~Jonathan Yohman

## **Viking Performance Training**

### **Zyon Dobbs**

**Forward**

**Senior**

Zyon is a fantastic example of the classic leader. Leads in the classroom, on the practice floor, in the weight room, and brings it all together on the court. I've been honored to see Zyon transform from an incoming 8th grader to the multi-year team captain which he has become, and am excited to see where he continues to take his leadership skills and sports talent as he graduates high school. Zyon's commitment to improve himself and his game is a daily one, and guided by one simple reason - to be the best version of himself she can for himself, his teammates, and his family.

~Jerry Handley