

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Ardrey Kell High School

Michael Hetzel

WR/RB

Junior

Michael is an incredibly hard-working young man full of integrity and drive. He dedicated himself to the weight room following his sophomore campaign and throughout his junior season. He quickly grew into a team leader through his work ethic and constant effort. Michael is one of the best self-starters and most motivated individuals I have ever coached. His drive led him to improve his strength and nearly double his PRs throughout this season with a 400lb squat and 250lb bench press. He earned second team all-conference honors as both a running back and offensive specialist while spending the bulk of his time at receiver. He is a leader on the field and in the weight room. Michael also holds himself to a very high academic standard and maintains a 3.9 GPA. Michael's work ethic and integrity are best illustrated by his response to a teammate who asked how he improved so much in the most recent offseason. His response was simply "I showed up every day and did every rep." Michael can always be counted on to do everything possible to work towards his goals and the goals of the team. ~Charles Enlow

Cate School

Drew Anastasio

Senior

Drew's progress in the weight room can be attributed to his quiet consistency. He's a great example of how no program, no matter how special or cutting edge, is useless unless one puts in consistent effort.

That's exactly what Drew has done, his efforts have been inspiring to his classmates and the fruits of his labor are obvious. His presence will be missed next year.

~Erik Hansen

Cate School

Scott Holmes

Junior

Scott doesn't quit. Period. As a freshman, his eyes were much bigger than his stomach, so to speak. But he learned from his mistakes and never gave up. He put in the effort every week, asked for feedback and worked hard to make the necessary adjustments to improve. Now, he's one of the strongest athletes in the school seeking to translate that strength into power and speed. I think the other players in his league will be surprised who shows up on the field next season because it certainly won't be the same player they encountered last year.

~Erik Hansen

Charlotte Christian School

Blake Long

D-Lineman

Senior

Blake Long is one of the strongest high school athletes I have ever met. He has a Full Range Back Squat over 600 lbs, a front squat over 400 lbs, deadlift over 500 lbs, and a nearly 300 lb bench press. His strength and power in the weight room transferred directly to the football field. Blake had 62 tackles 13 of those going for a loss, 3 sacks, 2 fumble recoveries and a pick. Blake helped anchor a dominant Knights defense, that led to an undefeated state championship season. ~Matthew Korman

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Coach Rozy Performance

Caid Koletzki

Running Back

Senior

Caid has used strength and conditioning to excel and set himself up for success in football, hockey and baseball. At 6'1", 215 lbs, Caid was able to use his 4.5 forty yd dash speed, his agility (Pro Agility Run of 4.29) his strength and power (400 lb squat, 320 lb bench) to set himself up as one of the top running backs in school history as well as make his mark at the State level. In his Jr. Year, Caid was All-State and All conference in Football and All-State in Baseball. He was on the hockey team that finished 2nd at State. In his Sr. Year, Caid was again selected to All Star and All Conference honors, as well as rushing for over 1100 yds, leading the State in receptions for a running back and leading rusher for yards in the State. He was 3rd for rushing TD's, 4th in Receiving TD's and 2nd in receiving yards at the State Level. He looks to have another great year in baseball with a batting average of over 400 - and keeping a grade point average of 3.6. ~Mark Roozen

Dobyns-Bennett High School

Ian Hick

Running Back

Senior

Ian Hicks is the epitome of a work horse. The intensity he trains with carries was unmatched on our team and it carried to the field. Prior to his senior season, Ian squatted 415 lbs., Benched 290 lbs., and Power Cleaned 275 lbs. A 3 Lift Total of 980 lbs! While these numbers are great, his numbers on the field were even more

impressive. His senior year, Ian had 240 rushes for 1687 yards for 15 TDs as well as 14 receptions for 160 yards and 1 TD. He is one of the most successful running backs in the history of Dobyns-Bennett with 587 rush for 4141 yards and 36 TDs as well as 35 receptions for 372 yards and 1 TD over 29 career games. Ian is a special player that has a level of dedication that was unmatched on our team. He was a joy to coach and I am excited to see how he goes on to impact the world. ~Tilden Fleming

Dorman High School

Thomas Morgan

Running Back

Senior

Thomas Morgan was a running back that rushed for over 3,000 yards and averaged 8.6 yards a carry in two years as a starter. Thomas is an unbelievably special young man. Thomas has been an all-state running back for two consecutive years, as well as all-region and football's Offensive MVP. Thomas has developed a great work ethic that has resulted in phenomenal strength and conditioning numbers. Thomas has a 545 1RM squat max, 325 1RM bench max, 325 1RM power clean max, 600 1RM deadlift max. Thomas also has a 9'6 broad jump and a 4.60 forty yard dash time. Thomas is also a state strength meet champion in the 190lbs. weight class. It has been a privilege and pleasure to coach Thomas for the last four years. ~Eric Cash

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Kalinowski Performance Academy

Sam Cooper

OL

Junior

Sam set all of the strength records at Conwell Egan Catholic when I trained him as a high school football player. He continues the same trend through his college career. "Coop" was the first athlete to enter the Conwell Egan Catholic FB 1300lb Club (Bench, Dead, Squat)! Since then, Coop has worked his way in to the Kalinowski Performance Academy's 1500lb Club (Bench, Dead, Squat)! He has a strong desire to achieve greatness and to continually better himself, in and out of the weight room. Not only is he a tyrant on the field for the Merrimack Warriors, but he, also, has earned several All-American Academic honors. Sam Cooper is exactly what parents, teachers, and coaches dream of. ~John Kalinowski

Kalinowski Performance Academy

Pat Garwo

RB/DB

Senior

Pat has been training with me for the last 4yrs. He has developed into one of the best running backs in the history of Conwell Egan Catholic football (breaking all rushing and scoring records), as well as in the state of Pennsylvania. He has received many honors including the Philadelphia Catholic League MVP, 1st Team All-Area, and being selected to the 2019 Pennsylvania High School Big 33 Football Team. In addition, Pat became a member of the Kalinowski Performance Academy (and Conwell Egan Catholic) 1400lb Club (Bench+Squat+Deadlift). But

what is most impressive about Pat is his determination to get better everyday and the quality individual that he is! Besides being an outstanding and talented athlete, Pat is a humble leader and excellent teammate. He is a great person and the ideal example of what an athlete/mentor should be. I look forward to watching him on Saturdays as he plays running back for Boston College. ~John Kalinowski

Lake Central High School

Carlos Mancera

Fullback

Senior

Carlos was a two year starter at fullback for our football team. Carlos demonstrated his leadership through his hard work on the field and in the weight room. At 185 pounds Carlos bench pressed 270 pounds, power cleaned 300 pounds, back squatted 400 pounds, and had a 31 inch vertical jump. He always demanded the best from himself and his teammates. ~Thomas Halterman

Lincoln North Star

Tariq Goode

Corner Back

Senior

Tariq Goode is an excellent student/athlete with a 3.14 GPA. He not only plays football but is also a great Track & Field Athlete. Tariq is not only a multi-sport athlete, an excellent student but he is also employed by a local HyVee Supermarket. Tariq is a solid lifter with great technique and he is truly a leader among his peers. Tariq is a joy to have in class and is respected by peer, Teachers and Administrators alike. ~Stewart Venable

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Marquette University High School

Nathan Penix

Running Back, Linebacker

Senior

Nathan has been dedicated to the weight room throughout his entire high school career. This dedication and enthusiasm for strength and conditioning has resulted in some of the most impressive gains that I have seen in my 20 years at the high school level. Besides being committed to our strength and conditioning program, Nathan has also competed in Football, Rugby, Track & Field, Powerlifting, and Weightlifting. As a powerlifter, Nathan has received regional accolades and been a two-time qualifier for the state championship. Upon graduation, Nathan plans to pursue a degree in business finance and continue competing in powerlifting. Nathan's presence and leadership in the weight room and our school community will be missed. We are excited to follow Nathan at the next level and believe he will attain high levels of success on his future endeavors.

-Michael Duehring

North Hagerstown High School

Chase McCoy

Running Back / Safety

Senior

Chase was the unsung leader of our football program over the last two years. His work ethic, accountability, and respect for others reflected not only to his wt. room/on-field accomplishments, but most importantly the influence he had on his teammates. Chase is known in our school as the All-american good guy, who works tirelessly at all he does, achieves success, yet humbly goes about his

day. He does well in school (3.394 in our International Baccalaureate program), is a 2-sport athlete (baseball/football), was named to our football All-League Team for both Offense and Defense, was a 2-way started in football, played on all Special Teams, and is best known for the size of his heart and not his body. Chase is 5'2 141 lbs and has "off-the-charts" wt. room numbers - Bench - 250, Clean 215, Squat - 350, Snatch - 145, Incline - 215, Front Squat - 300, Deadlift 405 - 1 Minute Pushup - 101 reps, Vertical - 27 inches, Broad Jump 8 1/2 feet, Max Chinups - 30 reps, Max Dips - 55 reps. He was not only our pound-for-pound strongest athlete on our football team, but also in our school! The most impressive characteristic that makes him an NSCA All-American, is the fact that his growth and success in academics and athletics is as he refers to is the work ethic and discipline he learned in the wt. room and the determination to overcome all adversity has helped him in all aspects of his life. Chase has done more for his school, coaches and teammates than we could ever do for him. I am proud to nominate and to be an associate of Chase McCoy.

-Anthony "Pete" Yurish

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Payson High School

Jesse Conway

Wide Receiver/Defensive Back

Junior

Jesse is a dynamic player on the football field but his work and accomplishments he has made in the weight room were even more impressive. At 175 pounds, Jesse is constantly in the top 5 in our school for every measurement that we test. In 2018 he was selected for 1st team All Region and Honorable Mention All State. His Current measurements are: Bench: 215, Squat: 335, Power Clean: 255, 40 Yd Dash: 4.65, Pro Agility: 4.24, Vertical: 33". In 2017, He also earned All region honors in Baseball.

~Bryan Burke

Rock Creek High School

Josh Feldkamp

Senior

Josh's dedication to our Strength and Conditioning Program has made him a success in all facets of his life.

~Mark Oberkrom

Saint Francis Community High School

Colton Nietzel

Offensive Line

Sophomore

Colton is continuously the first one in the weight room and the last one out and never skips any reps or sets. Over our Summer Strength & Conditioning Sessions, he had over a 95% attendance rate, only missing for sports related camps. While not the strongest athlete just yet, Colton's determination and consistency continually sets him apart from the pack and will lend itself to him eventually becoming one of the

best athletes both inside of the weight room and on the field of play. ~Nick Fawcett

The Peddie School

Cameron Bariteau

Defensive Line

Junior

Only a Junior, Cameron has amassed an impressive set of weight room numbers challenging some of the All-Time records at our school. 405 lbs Barbell Back Squat for 5 reps. 495 lbs Hex Bar Deadlift for 5 reps. 405 lbs Barbell Front Squat for 5 reps. 315 lbs Bench Press for 5 reps. 7 pull-ups. Over 40 push-ups. 265 lbs Hang Clean for 5 reps. 39" no step Box Jump. 8' Broad Jump. 4.65 Pro Agility. 1.93 Second, 10-yard sprint. All at a body weight of 295 lbs. Equally as impressive are his character and scholarship. He carries a 3.33 (B+) GPA and is a "yes, sir and no, sir" type of kid who brings his best effort into the weight room every day. He also earned 1st team all MAPL as a defensive lineman for football. ~Michael Volkmar

TopSpeed Strength & Conditioning

Eric Olson

Running Back & Safety

Senior

Eric is the epitome of what this award stands for, his dedication to bettering his athletic ability enabled him to become one of the fastest athletes in the region and a multiple-time All-State athlete. ~Joseph Potts

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Whitewater High School

Chris Mitchell

DB

Junior

Chris Mitchell is a DB for the Varsity Football team at Whitewater High School. Chris has a relative strength of 5.31 for 3 main lifts: 360lbs in the Squat (~250% of his body weight at 145lbs), 190lbs in Bench Press (130% of body weight) and 225lbs in Power Clean (150% of his body weight). Chris is a leader by example both in the classroom, weight room, and football field. He is a great representation of the NSCA All-American award for Strength and Conditioning.

-Evan Bryant



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD