

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

## **Coach Rozy Performance**

### **Michael Frick**

#### **Senior**

Michael is the perfect example of what S&C can do for an athlete. Michael used performance training to come back from a broken back to not only get back to athletics - but excel at the highest level; both on and off the golf course and tennis court. In this past off-season, because of his schedule demands, Michael would come to an adult Bootcamp Class we taught and go through a program 3x a week to get back to his high level of performance. His determination, dedication and drive have helped him to achieve the following:

#### Extra-Curricular and Community Activities:

Member of National Honor Society  
Member of the Humanitarian Club  
Member of YHS Young Republicans  
Member of the Y Club  
Member of Fellowship of Christian Athletes (FCA)

YHS Tennis Player

YHS Golfer

Help preschool kids at Webster Elementary every Monday for 30 minutes

Helped with the Roger Haas Basketball Tournament for many years

Served at the Sacred Heart Parish bazaar

Served the Yankton area banquet

Volunteer coach with Junior Golf at Fox Run Golf Course the past two years.

Volunteer at the Beadle School Carnival

Helped with Dive-In Yankton. Passed out flyers

Volunteer at Sacred Heart Parish

Honors and Awards:

Golf:

4-Time Varsity Letter Winner

3- times named to the All- Eastern South Dakota Conference Golf Team (Top 15 at ESD Golf tournament) (8th, 10th, 6th)

3- times been a place winner at the State Golf Tournament (Top-25) (23rd,6th,13th)

1- time been named to State All Tournament Team (Top 6 at State Tournament)

3 time golfer of the year – Yankton High school

Tennis:

4-Time Varsity Letter Winner

Eastern South Dakota Conference Flight 3 Doubles Champion

1 time tennis player of the year – Yankton High school

Leadership Positions:

3-Time Captain of YHS Golf Team

Pro Shop attendant at Hillcrest Golf and Country Club

~Mark Roozen

## **Payson High School**

### **Rayce Mathews**

#### **Senior**

Rayce is a 3 sport athlete in Golf, Soccer, and Basketball. Although he has been successful in all 3 sports he excels in golf as a 3 time state qualifier. His success in athletics is no coincidence if you were to watch his effort in the weight room. Rayce takes tremendous pride in his effort in the weight room and trains with a purpose. Not only is he self motivated he is a great leader and motivates others to push themselves. Rayce Benched 205, Squatted 365, Power Cleaned 215, and had a 27" Vertical Jump.

~Bryan Burke