

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

## **Notre Dame Academy**

### **Riley Onell**

#### **LW**

#### **Junior**

Riley Onell is a true leader in every sense of the word. His relentless effort towards improvement is a constant each day Riley is training and sets a high standard for his teammates to follow. Because of Riley's consistent effort, he is one of the strongest athletes in our school. Having Riley in the weight room is like having an additional coach in the weight room as Riley is a key contributor to one of the best team cultures that I have ever been around. Riley is an absolute pleasure to coach! ~A.J. Giovanetti



ATHLETE OF THE YEAR  
AWARD