

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Cate School

Peter Bulkley-Armas

Goalie

Junior

Every program has a person who shows up early, leaves late and never quits. In our program, that is "PBA." Most high school athletes aren't willing to work very long on the more "boring" technique aspects of lifting but Peter is. As a result, he's made tremendous growth not only in the weight room but as a person. ~Erik Hansen

Cate School

Flora Troy

Senior

In my experience, female students make quicker progress in the weight room because they're more likely to have a growth mindset, taking instruction not as criticism but as helpful feedback they can use to improve. Flora is the prime example of this phenomenon. She came in with little experience and got after it everyday, soaking up every piece of advice and feedback she could at every moment. Her focus was inspiring. Her presence will be missed after she graduates. ~Erik Hansen

Kalinowski Performance Academy

Nicole Burney

Goalie

Junior

Nicole has been training with me for 3yrs and cannot be challenged enough! She crushes anything that you throw at her. Any free night that she has, she wants to train to make her the best goalie in the history of Notre Dame High School Women's Lacrosse. Nicole has gotten significantly stronger, more

powerful, and quicker. Her progress and performance has been noticed by many college coaches. As a result, Nicole has committed to continue her lacrosse and academic career at Richmond University. I expect 2019 to be Nicole's best high school season, yet! ~John Kalinowski

Kalinowski Performance Academy

Jake Krefetz

Middie/Face-off

Junior

Jake has been training with me for 4yrs. He has greatly matured and gotten much bigger, significantly stronger, more powerful, and much quicker. He is a very determined athlete and very skilled at face-off. I expect his junior season to be his best yet as he leads the Pennsbury High School Lacrosse team into the 2019 season. ~John Kalinowski

Princeton High School

Serena Bolitho

Midfielder/Attack

Senior

"Serena is a leader in the weight room, on the field, and in the community. She is always looking to improve herself, her team, her high school, and the Princeton community. Serena takes it upon herself to include, encourage, and support the younger athletes on her team, as well as, leading by example for her veteran teammates. Serena always helps her fellow athletes in the weight room to understand and perform exercises properly, and, to motivate her teammates to reach their full potential. Serena has not yet committed to a college. However, she will be a credit to whatever institute she decides to attend." ~John Torrey