

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

## **Discovery High School**

### **Ariel Gonzalez**

**Football, Swimming**

**Center (Football), Events (Swimming)**

**Junior**

Ariel always comes in, works hard, listens, and follows instructions. He encourages others and leads by example. He sets the bar for the mentality we are trying to foster here at Discovery High School. I can't wait to see what his future will hold.

~James Romaniw

## **Edgewood Academy**

### **Tyler Abernathy**

**Baseball, Basketball, Football, Track & Field**

**RB/LB, PG**

**Senior**

Tyler Abernathy was the only kid in the 1000lb club with bench 330lb, squat 450lb, broke the school record from 320 to 360lb in clean at 186lbs. Tyler made Top Alabama Independent School Association football performers 6 times, helped his football team make the playoffs since 2015, and made the allstar team in the 2019 season. Tyler was apart of his team that won Alabama Independent School Association 2019 state championship for basketball. In 2016 Tyler was recognized as the Joe Sewell Memorial Award for academics, athletics, leadership, and church, community, and character. Tyler was 1A/2A Most Valued Player of the Meet with a total of 38 individual points. First in the mile, 800, long jump and second in the two mile by two hundredths of a second. I couldn't be prouder of your hard work and discipline. ~Bruce DeWalt

## **Faribault High School**

### **Mitchell Nelson**

**Baseball, Basketball, Football**

**RB/Safety, PG, P/IF**

**Senior**

Mitch is an outstanding leader for our programs. He truly dedicated at being the best version of himself each and everyday. His commitment to his teammates, coaches, and teachers defines what his character is all about. Mitch excels on the field, in the weight room, and most importantly in the classroom. He is a 3.75 GPA student in the classroom, Mitch takes great pride in his education. Mitch tested out at 215lb on the Bench Press, 220lb on Power Cleans, and 375lb on Squats. ~Johnny Frank

## **Faribault High School**

### **Taylor Prieve**

**Track & Field, Danceline**

**Cross Country, Distance**

**Senior**

Taylor is an exceptional leader, she is a captain of the cross country and dance team. She was elected Big 9 Scholar Athlete back to back seasons, 2X all state dance all tournament team. Taylor also takes great pride in the classroom with a 3.9 GPA. Her dedication in the weight room is evident with all her success thus far. Her teammates look up to her as she displays great character and is a positive attitude. She is constantly in pursuit of excellence in the classroom and during competition. ~Johnny Frank

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## **Hebron Academy**

### **Konstantin Hellege**

#### **Football / Basketball**

#### **Tight End / Center**

#### **Senior**

Konstantin was a leader to his teammates and a role model for both present and future student-athletes at Hebron Academy. He traveled to Hebron Academy from Germany and become a two-sport athlete, participating in football where he served as team captain during the 2018 season and was voted Team MVP; he also participated in varsity basketball where he was voted Most Improved Player. As a standout in football, Konstantin was recruited to play football by two Division I programs and was offered (and accepted) a full scholarship to the University of New Hampshire. His dedication to our strength and conditioning program fueled by his unmatched work ethic set the standard at Hebron Academy for what is expected of an elite athlete. ~Jim St. Pierre

Emilia epitomizes what an elite level student-athlete should represent. ~Jim St. Pierre

## **Perry High School**

### **Jacob Allen**

#### **Football, Track & Field**

#### **RB, WR, LB, DB, 100M, 4x100M Relay, 100M, 4x200M, Shot Put**

#### **Senior**

Jacob has been record setting athlete at Perry HS (OH) on the football field, track and in the weight room. He is one of our hardest workers in the weight room and he has achieved the highest score in school history on our Pirate Athlete Rating Scale. Throughout Jacob's football career, he has been awarded All-Ohio, All-District, Offensive Player of the Year for Lake County (OH), and 1st Team All-Conference CVC. He is also a member of the National Honor Society and volunteers with the Perry Rec Department. ~Mike Crissinger

## **Hebron Academy**

### **Emilia Malinen**

#### **Field Hockey, Hockey, Lacrosse**

#### **Defense**

#### **Senior**

Emilia's dedication to academics is unprecedented. As a three-sport athlete, Emilia traveled to Hebron Academy from Finland. She received the Coach's Award for hockey in both 2018 and 2019; she also received the Coach's Award for field hockey in 2018. Emilia's work ethic and dedication to our strength and conditioning program has earned her several spots on Hebron's All-Time Top 10 Performance Lists.

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## **Sidwell Friends School**

### **James Landy**

#### **Football, Lacrosse**

#### **RB/LB & Defensemen**

#### **Senior**

Jamie has been the model student-athlete during his high school athletic career. He has been a four-year starter on the football and lacrosse team while serving as the team captain for his junior and senior years in football and senior year in lacrosse. Jamie was an immense part of a turn-around for the football program that brought a DC state championship during his junior year where he averaged 11.5 tackles/game and was the 2nd leading scorer on the team. In addition, due to Jamie's level of enthusiasm and desire to improve the overall athletic program, he was nominated and chosen by numerous coaches to serve on the Athletic Director's Advisory Committee.

His athletic achievements have been outstanding, but his passion and dedication to serving his community while upholding his academic excellence sets Jamie apart. He works with Iona Senior Services where he goes every Saturday morning to pack groceries/prepared food that would go out to seniors in the area who were home-bound or needed extra assistance. Jamie also helped train/facilitate the new volunteers and confirm and assist with the delivery. He also volunteered in the summers with a daytime program where the seniors could congregate in a social setting while being provided free lunches, activities, and exercise programs. Furthermore, Jamie was the head of Mental Health Awareness Week at Sidwell Friends, in which, he organized

guest speakers, presentation, and parent meetings.

Jamie managed handle all of these obligations while maintaining an unweighted 3.83 GPA taking honors level courses, being on the staff of the school newspaper, and having a relentless level of devotion to training 4 times/week during the off-season and 3 times/week during in-season.

Jamie truly embodies all of the characteristics that every student-athlete should strive to be, and I am pleased and honored to nominate him to be apart of the NSCA All-American Strength and Conditioning Athletes of the Year.

Back Squat: 385/Deadlift: 475/Bench Press: 275/Hang Clean: 275x2/40 yd: 4.73

-Chan Cho

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

## **Viking Performance Training**

**Zach Frazier**

**Football, Wrestling**

**Lineman, Heavyweight Wrestler**

**Junior**

There isn't much you CAN'T say about Zach - polite and well mannered in person, an absolutely dominant machine in football and wrestling. A serious student, and an equally serious and committed athlete. Zach loves the preparation, and the outcome even more. As a captain in the weight room and on the field of FSHS's undefeated championship football season, and a 3-time state champion in wrestling, Zach still has a year to go. The entire community benefits from that. Zach is a pleasure and an honor to coach.

~Jerry Handley

## **Wills Point ISD**

**Kaylee King**

**Powerlifting, Track & Field**

**Cross Country**

**Sophomore**

Kaylee King as a freshman went to State as a pole vaulter and currently has a personal record of 11'6". She was an important contributor to the District Winning Girls Cross Country Team. She qualified for regionals in powerlifting in the 123 pound class with a 230lb Squat, a 120lb Bench and a 245lb Deadlift. She also has a 4.6 GPA on a 4.0 scale. Kaylee works very hard at everything she does athletically and academically.

~Robert Gail



STRENGTH AND CONDITIONING  
ALL-AMERICAN  
ATHLETE OF THE YEAR  
AWARD

**HIGH SCHOOL – MULTI-SPORT ATHLETE**