

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

The Peddie School

Aylin Karagozoglu

Sophomore

Only a sophomore, Aylin was my first ever IRON FALCON. The IRON FALCON is a program I created that quantifies our foundational exercises for Strength, Power, and Speed relative to her body weight. A lightweight rower, she Barbell Front Squat 125 lbs for 5 reps, Hex Bar Deadlift 185 lbs for 5 reps, Barbell Back Squat 165 lbs for 3 reps, 5 pull ups, 25 push-ups, Barbell Hip Thrust 165 lbs for 10 reps, Box Jump 39", and Broad Jump 7'. She is a natural, no nonsense athlete in the weight room who inspires the rest of her teammates to give their best efforts in the weight room. Her grades are above the school average, top 25%, (3.57 GPA, A-). ~Mike Volkmar

The Peddie School

Zen Rizzuto-Flanbaum

Senior

Zen walks, talks, and looks the part of "Gym Rat". During his re-visit day of his 8th grade year, he promised (like so many others) to be in the weight room every day. Difference bring, Zen has kept up his side of the bargain. With our Rowers in the weight room and Zen a 4-year, 3-season rower, I am not sure any one student has spent more time in the weight room over his or her 4 years. With that time in the weight room, Zen has literally transformed his body into the body of a college rower. It is beyond the weight on the barbell for him. Zen has also persevered through injuries. From those experiences with injuries and his body transformation, he counsels his peers' proper exercise technique and nutrition habits. Zen's grades are above average for the school, top 20% (3.41 GPA, B+) and was on the boat of the first ever team at the Peddie School to win the 2018 MAPL title. ~Mike Volkmar

ATHLETE OF THE YEAR
AWARD