

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Payton Wolfgram

Junior

Payton Wolfgram is a member of the Class of 2020 at Yankton High School. Payton has used strength, conditioning and performance training to elevate her abilities in Soccer - Basketball and Track at the highest level. Payton does a great job of training year round to get the best results in training to carry over to sport. A few of her accomplishments over the past few years - and more to come as she moves into her Senior Year:

Sophomore Year 2017-2018

All ESD Conference - First Team - Soccer
AA All-State- Second Team - Soccer
AA State Qualifier in the 400 meter dash

Junior Year 2018-2019

All ESD Conference - First Team - Soccer
AA All-State- First Team - Soccer
Captain - Soccer

Other Academic Achievements and Affiliations

National Honor Society Member
Roll of Excellence - Freshman, Sophomore and Junior Years
Y Club Member
FCA Member

Service Work

Sacred Heart Church Bazaar
Coach at Yankton youth basketball camps
- Freshman, Sophomore, and Junior Years

Coach at Yankton youth soccer camps - Freshman, Sophomore, and Junior Years

Volunteer at The Banquet

Volunteer at Special Olympics State Basketball Tournament

Volunteer at concessions for soccer fundraiser

-Mark Roozen

Viking Performance Training

Jordan August

Keeper

Senior

Jordan is the student-athlete coaches and parents dream of - a leader in practice, an intelligent and vocal leader on the pitch, and a year-long competitor in the weight room. The commitment to improve herself and her game is a daily one, and guided by one simple reason - to be the best version of herself she can be for herself, her team, and her family. ~Jerry Handley

Viking Performance Training

Grace Stire

Junior

Grace has worked a great extent to better herself in the domain of soccer. One of the biggest contributors to her success is the fact that she shows extraordinary work effort in the weight room and does everything in her power to progress. There is no doubt that she will succeed in any sport she does and as a coach, I am blessed that she has given the effort she has to improve in the weight room and on the field. ~Jonathan Yohman