

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Sydney Nelson

2B/SS

Senior

Sydney is a natural leader. She used strength & conditioning as a tool to pursue a collegiate softball career. Along with being a highly recruited softball talent, she was a standout basketball player. Whenever Sydney wasn't traveling for softball, she was in the gym preparing herself for the next level. She was also the one that got all the other teammates and athletes in her group fired-up for workouts. She has a great energy, work ethic, and determination.

~Kyle McKelvey

Collinsville High School

Mackenzie Crow

Pitcher/1st Base

Junior

Mackenzie is a multi-sport athlete who competes in softball and track. She has been training since she was a sophomore and has reaped the benefits as a Junior. She was an All-District player and Regional honorable mention softball player in 2018, and is currently training to compete throwing the discus. ~Adam Hass

Dobyns-Bennett High School

Griffin Mullins

Outfield

Senior

Griffin Mullins, daughter of a former powerlifter, was not too excited to come to the weight room as a freshman. 4 years later, I can't get her to leave the weight room. Griffin has truly fallen in love with the weight room and the process of getting better every day. She consistently comes ready to

work at a high level and loves to push herself and those around to reach their best. Although she plays softball in HS, she plans on getting into competitive Olympic weightlifting in college. I am excited to see her growth and development in the sport of weightlifting because of natural internal drive to be great at whatever she is doing. From dreading the weight room to being one of our most consistent, hard-working athletes, Griffin has truly earned what we call, the Iron Indian. ~Tilden Fleming

Jonathan Dayton High School

Rachel Rodrick

Catcher

Sophomore

Rachel is the type of athlete who goes above and beyond in her training, and will do anything needed to make her teammates and the program succeed. Rachel is always the last one to leave the weight room each day, regularly putting in extra work upon completing group training sessions to improve her fitness. Rachel played a large role starting in the varsity line-up during her freshman year, and while she may not have had the performance she was looking for, her sport coaches see the potential she is going to bring to the team in the following seasons. She is also incredibly coachable and always eager for feedback in order to improve her performance on the field and in the weight room. Having the highest off-season workout attendance of all our female athletes, Rachel sets the bar for commitment, hard work, and dedication to improving all aspects of her game. Rachel is the definition of a student athlete as she brings that hard working attitude and competitive spirit into the classroom as well. ~Mark Cugliari

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Lincoln North Star

Hanna Roth

Short Stop

Junior

Hanna Roth is an outstanding student/athlete with a 4.09 GPA. Hanna has played softball since she was a little girl and performs just as well on the softball field as she does in the classroom. Hanna is truly dedicated to her chosen sport of softball and has been a constant presence in the weightroom. She is an excellent lifter and displays extraordinary technique. Hanna has been a pleasure to have as an athlete.

~Stewart Venable

Payson High School

Raci Miranda

Pitcher

Sophomore

As Freshman Last year Raci excelled on the softball team earning All Region honors her first year on varsity. This may have been a surprise for some people, but if you saw her effort in the weight room it was not a surprise at all. As a sophomore she Benched 135, Squatted 225, and Power Cleaned 135. Her work ethic is what sets her apart and what will drive her to continue being successful throughout her high school career. On top of being named by our school as "best Freshman Athlete" she has maintained a 3.95 GPA. ~Bryan Burke

Sacred Heart Academy

Kate Karamouzis

Catcher & 3rd Base

Senior

A leader on the diamond, in the classroom, and in the weight room; Kate's level of consistency and dedication to be the best

athlete is topped only by her desire to better herself the next day. Over the past three years, Kate's progress in the S&C setting has improved immensely. Her strength, speed, endurance, and power improvements have had a direct correlation to her on-field improvements. Evidence of this was by being selected to play for the Greek National Softball team and having the chance to compete in the 2020 Olympics. Finally, through her discipline and constant work in the S&C setting, she has enhanced her leadership abilities which in turn have helped raise the level of play of all her teammates around her. It has been an honor watching Kate grow and mature to be an amazing young student-athlete. She will excel at the collegiate level because she already has the tools that are required to succeed. ~Phillip Giackette

The Peddie School

Jane Anderson-Schmitt

SS

Junior

Jane sets an amazing example for the other girls in the weight room. She crushes the stereotype, "Heavy weight will bulk a girl up." She loves the traditional Barbell lifts and has personal records of a 185 lbs Sumo Deadlift and 135 lbs Back Squat. However, beyond the numbers, Jane embraces the process of getting stronger each day in the weight room. She is a leader by example as she goes about her warm ups and work sets with a quiet determination that inspires other girls in the weight room. As only a sophomore last year in the weight room, Jane acted as an assistant coach helping the other girls in her group. She accomplished all this while earning a 3.57 GPA (A-). ~Mike Volkmar