

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Jaiden Boomsma

Sprinter/Jumper

Senior

Jaiden has been involved in three sports throughout her high school career and excelled in all areas of Track, Soccer and Gymnastics. She has used performance training to improve each year in all areas, but the biggest benefit to training was being able to come back from a severe back injury to be selected Female Athlete of the Year for the region in 2018. A few of her highlights are listed below.

Track

PR for the indoor 60 meter dash: 8.10 – School Record

PR for long jump: 18'0 feet

PR for triple jump: 35'2.75 feet

Anchored the 4x100 (6th at state) and 4x200 (5th at state) in 2018

Placed 5th in long jump in 2016, 3rd in 2017, and 2nd in 2018

4 Year Varsity Letter

Gymnastics

All State Gymnast in 2016-2017 season

Placed 5th on vault in the 2014-2015 State Gymnastics meet

Placed 6th in All around, 5th on the Balance Beam, and 6th in Vault at the 2016-2017 State Gymnastics Meet

Yankton High School Athlete of the year for Gymnastics 2015

4 Year Varsity Letter

Soccer

Leading scorer with 9 goals in the 2016 season

Led the team again with 9 goals in the 2017 soccer season.

Made All-Conference Soccer Team in 2017 & 2018

First Team All-State Soccer 2018

Team Captain 2018

ESD Champions 2018

Yankton High School Single-Season scoring record with 16 Goals 2018

Yankton High School Career Scoring Record with 35 Goals

Yankton High School Single Season Assist Record tied with 6 assists in 2018

4 Year Varsity Letter

2018- Press and Dakotan Female Prep Athlete of the Year

2019- National Honor Society

High School GPA: 4.0

Interested College Major: Medical Field

~Mark Roosen

Collinsville High School

Machenzie Robinson

Thrower

Junior

Machenzie has dedicated herself to strength and conditioning in order to improve her ability to compete in shot and discus. She qualified for the 5a Oklahoma state track meet, as a Sophomore, and finished 10th. She is currently a Junior and has made tremendous gains in strength.

~Adam Hass

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Goshen Central School District

Stephen Serkes

Offensive Line, Shot Putt, Discus

Senior

Stephen's hard work in the weight room to improve his strength, power and technique has resulted in development on the track, field and court. Stephen comes in to the weight room focused to get his work done but is also there to help less experienced lifters improve their technique. Stephen's biggest asset is his willingness to put in the necessary work to be successful.

~Robert McIntee

Hamilton Heights High School

Abigail Roth

Distance Runner; all-Around gymnast

Senior

"A spark plug of positive energy in and outside the weight room." Abby has the amazing ability to motivate fellow students and even a staff member or two with her own Herculean efforts of achievement in a Mighty Mouse physique. Early in her high school career, she remained focused on gymnastics, but switched to distance running for track and cross country during her sophomore year. She will regularly bench and power clean more than her body weight, double her weight in squat activities, all the while cheering on others to be bigger, stronger, and faster. She will compete in indoor and outdoor track as she finishes high school, consistently improving her times. Abby plans to continue her fitness regime in college this fall, where I am certain she will first surprise and then motivate all around her. ~Jan Clifton-Gaw

Kalinowski Performance Academy

Jeremy Goll

Thrower

Senior

Jeremy is a "quiet Giant". He lets his tenacity and performance talk for him. Jeremy has only been training at the Kalinowski Performance Academy for a short time, but has gotten significantly stronger and more powerful. He placed 7th at the 2018 SOL National Conference Championships in the Discus for the #1 ranked Pennsbury High School Falcons. He set a PR at 104'7". The 2019 season just started and he has already PR'ed in Discus and Shot. I expect this season to be his best, yet! ~John Kalinowski

Lincoln North Star

Addison Barrow

Thrower

Senior

Addison is an outstanding student/athlete with a GPA of 3.93. She is a multi-sport athlete that also plays Softball and is a member of the Powerlifting Team. Addison is one of the hardest working athletes in our weightroom and consistently gives maximum effort to everything she does.

~Stewart Venable

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Marquette University High School

Michael Szymanski

100, 200, 400

Senior

Michael has been an absolute pleasure to coach and work with. He is an individual that truly enjoys being in the weight room and has a sincere desire to maximize his potential. There is not a challenge which he won't except and attacks his goals with a relentless pursuit. Michael has competed in Football, Powerlifting, Weightlifting, and Track & Field. He has excelled in competition having competed at state competitions in powerlifting and track while attaining 1st honors academically. Upon graduation, Michael plans to pursue biomedical science and compete in track and field as a decathlete. Nathan has been a great team member and positive influence within our strength program. It has been an honor to coach Michael and we are confident that he will achieve great success in the future.

~Andrew Kossow

Ox Strength

Adam Park

Throws

Senior

Over the past year, Adam has found a completely new love for the weight room. He has grown from the typically high schooler mentality to the mind of a great athlete. With the revamping of his strength and dynamic training, Adam has gained 10 feet in the shot put solely based on his technical and strengths gains. There is no doubt in my mind that this kid will succeed in anything he puts his mind to and I am

excited to see what the college level will offer him. ~Jonathan Yohman

Payson High School

Meredith Kiekintvled

Hurdles

Senior

Meredith has been one of the hardest working athletes I have had the privilege to coach. Through her positive attitude and work ethic she has been able to succeed on the track, in the classroom and in the weight room. In the weight room Meredith has broken almost all female records including the Squat record of 250 pounds. Considering her body weight of 140 pounds this was a huge accomplishment. Last year she was the State Champion in the 300 Hurdles and she has done all of this while maintaining a 3.92 GPA. ~Bryan Burke

Pope John XXIII High School

Maura Campbell

Shot Put

Junior

Maura made incredible strides throughout the year as she dedicated herself to developing her strength and explosiveness. Maura is only a junior and she won the Non Public A State championship for the shot put. Most importantly Maura is a great person with a work ethic to match. This is why I am nominating her as an NSCA Strength and Conditioning All America.

~Joe Lopez

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Pope John XXIII High School

Emma Myer

Cross Country, Distance Runner

Senior

Emma is an athlete who has excelled at her own development over the last four years. Her dedication to strength and conditioning has allowed her to receive an athletic scholarship to the University of Virginia. Most importantly Emma is a leader on the track team and an inspiration for all of the underclassmen who want to follow in her footsteps. ~Joe Lopez

Princeton High School

Paul Brennan

Thrower

Senior

“Paul is a leader on the Track and Field team. He is an accomplished thrower who has helped his team win both the Mercer County Championship and New Jersey State Championship, as well as, achieving numerous individual titles and milestones. Paul is a proven leader who always takes the time to take young athletes and teammates under his wing to teach them and motivate them in the weight room. Paul will be attending Princeton University next year where he will be a member of the Track and Field team.” ~John Torrey

Princeton High School

Nils Wildberg

Jumper/Sprinter

Senior

“Nils is an accomplished jumper and sprinter for the Track and Field team. Nils has helped his team win both the Mercer County

Championship and New Jersey State Championship, as well as, achieving numerous individual titles and milestones. Nils is a weight room warrior. He is always looking to improve himself with consistent hard work in the weight room. His work ethic is an example that inspires his fellow teammates. Nils is a great teammate who always goes out of his way to help his fellow athletes reach their full potential. Nils will be attending Dartmouth University next year where he will be a member of the Track and Field team.” ~John Torrey

The Peddie School

Gianna Zanghi

Sprinter

Junior

Gianna sets an amazing example for the other girls in the weight room. She crushes the stereotype, “Heavy weight will bulk a girl up.” She is a terrific teammate and is an exemplary example of how to work hard and perform well when it counts. She is early to practice and stays late working almost every day. She finds time to get into the weight room year round while being a 3-sport athlete. Her best lifts are the Trap Bar Deadlift 225 lbs for 5 reps, the Barbell Back Box Squat 225 lbs for 5 reps, 25 push ups, and a 36” Box Jump. Her grades are at the top 10% of her class (3.89 GPA, A) and was a 2019 All-MAPL Track for 55-meter sprinter. ~Mike Volkmar

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The Peddie School

Dennis Zhang

Cross Country, Middle-Distance and Throws

Junior

Dennis is a rare breed in the sport of cross-country and distance running. He is a Powerlifter trapped in a Distance Runner's body. He has nearly a double bodyweight squat (225 lbs for 5 sets of 5 reps at a body weight of 135 lbs) with exquisite depth and technique. He also has the athleticism and power for a 135 lbs Hang Clean for 5 reps. In regards to upper body strength, his best effort is 17 pull-ups. As a versatile 3-season varsity athlete, he runs distance in the fall, middle-distance throughout winter and spring, and throws javelin to top it all off. Dennis is a quiet leader who leads by example and rallies the group to encourage every teammate to give their best effort. An amazingly well-rounded kid, Dennis carries a 4.08 GPA in the classroom, was one of the varsity 7 that lead boy's Cross Country to their first MAPL championship title since 2014, a freshman varsity letterman in the 800m, and the NJISAA Prep A Javelin Champion. Outside of running, he was inspired by his time spent training outdoors in the New Jersey wilderness and chose to give back by devoting much of his time as the president of the environmental club and advocating for conservation as the editor-in-chief and founder of a weekly environmental newsletter to his school community.

~Michael Volkmar

The Weber School

Shayna Leibowitz

Freshman

Shayna is a new lifter that has already exceeded beginner lifting expectations. She is always ready to take on a new challenge, and does so with enthusiasm, excitement and determination. In just a few short months of dedicated training, Shayna is able to deadlift about twice her body weight. She is extremely coachable, a good listener, a hard worker, and ready for the next challenge. All this hard work has prepared her for her first high school track season where she continues to excel. Her hard work in the weightroom has proven to be beneficial for her performance in her track and field events. I would take 100 more just like her in the weightroom.

~Jessica LaGala

Viking Performance Training

Isabella Belko

Cross Country

Sophomore

Bella is a very hard working individual and has made great athletic gain with her foundation in the weight room. Just because your sport is distance running does not mean that you should not focus on the weight room. ~Jonathan Yohman