

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Payson High School

Raegen Ashby

Middle Hitter

Senior

Raegen Ashby is an exceptional student athlete who excelled in both Volleyball and in Basketball while maintaining a 4.11 GPA. Her performance on the court was not a surprise if you saw her effort in the weight room. Raegen benched 105, back squatted 205, and power cleaned 125 pounds. Her effort has allowed her to 1st team earn All-Region honors 3 years in a row and this year she was selected as the Offensive player of the year. ~Bryan Burke

Saint Francis Community High School

Katie Wurm

Sophomore

Katie has quickly fallen in love with the weight room and is often times seen putting in work on her own time. Katie is a competitor both inside of the weight room, as well as on the volleyball court and is always striving to improve herself. With Katie's consistent work ethic inside the weight room, she will continue to be one of the strongest females and an example for others to follow. ~Nick Fawcett

TopSpeed Strength & Conditioning

Audrey Klemp

OH

Senior

The 6-foot-2 senior outside hitter led the Thunder to a 34-8 record and a second-straight Class 5A state championship this past season. Klemp slammed 527 kills to go with 100 digs, 39 service aces and 30 blocks while posting a kill percentage of .528 and a hitting percentage of .395. An American Volleyball Coaches Association Second Team All-American selection, she was a setter as a junior before moving to hitter for her senior year. She has signed to play college volleyball at Loyola Marymount. ~Joseph Potts

Viking Performance Training

Alayna Corwin

Setter

Sophomore

Alayna has been an honor and blessing to have in the weight room - athletic and talented, hard-working, humble yet always working for improvement, and most of all committed. Though only a sophomore she is seen as a leader on her teams and is always one of the hardest workers and most vocal leaders in the room. With a couple of years still go to at the high school level, I am VERY excited for Alayna's future! ~Jerry Handley