

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Andrew Jensen

Senior

After suffering a season ending knee surgery last year, Andrew was on a mission to come back faster and stronger. He showed up every day, was always on time, and out-worked many of the other athletes. His dedication to recovery led to an outstanding senior football season, earning all-state honors. He then went on to qualify for the South Dakota State Wrestling Tournament. ~Kyle McKelvey

Dobyns-Bennett High School

Cade Salyers

Offensive Line/Heavyweight

Senior

Cade Salyers can be described in one word. CONSISTENT. Cade consistently over the past 4 years has shown up every day, done exactly what he was asked to do, exactly the way he was asked to do it. All at a high level with a great attitude. As a multi-sport athlete he played football and wrestled. During his football career he compiled 34 starts, 59 knockdown blocks, 69 blocks leading to touchdowns, 9 tackles, 2 tackles-for-loss, and 1 pass break up. On the mat his career record was 80-18. He finished a 3x Region 1-AAA champion and obtained a 6th place finish at the state tournament in 2018. ~Tilden Fleming

Kalinowski Performance Academy

Chris Seifert

Heavy Weight

Senior

Chris has been training with me for 6yrs. He is one of the most determined and driven athletes that I have had the pleasure of training, He has become the strongest athlete in the history of Ewing High School athletics. Chris became a member of the Kalinowski Performance Academy 1400lb Club (Bench+Squat+Dead) this year. He competed in the 220 Class with a 34-1 record. In the Districts and the Region he moved up to the Heavy Weight class. He came in 2nd in the Region and won the 1st round of the States in Atlantic City. Chris is an outstanding athlete (Football and Wrestling), teammate, and young man. ~John Kalinowski

Perry High School

Kyle Rowan

106

Junior

Kyle is currently the strongest athlete at Perry HS (OH) pound for pound. He is an accomplished wrestler that finished as the state runner up as a sophomore. He also placed 6th at Nationals in Fargo, ND. Kyle went 7-0 at the Junior Freestyle Nationals at Tulsa, OK and claimed All-American status. Kyle is also a 2 year starter for the soccer team at Perry. ~Mike Crissinger

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Saint Francis Community High School

Shadryon Blanka

182 lbs.

Sophomore

Shadryon is continuously one of the first ones in the weight room and the last ones out and never skips any reps or sets. Over our Summer Strength & Conditioning Sessions, he had over a 95% attendance rate, only missing for sports related camps. Shadryon's determination and consistency continually sets him apart from the pack and he is quickly becoming one of our most powerful athletes in the weight room due to these characteristics. If Shadryon's work ethic continues to grow, the sky will be the limit for his achievements in the weight room and on the mat, as well as the football field. ~Nick Fawcett

The Weber School

Stephen Rusnak

Weight Class 182

Sophomore

Stephen has been a consistent face in the weight room since he started 9th grade at The Weber School. There is never a challenge too big for him. When faced with a new obstacle, Stephen tackles it at 100%. You will never hear anything negative from Stephen, only a "yes coach" or "no problem coach." Stephen branched out this year and wrestled on our Varsity Wrestling team. Even though this was his first year, the benefits from his strength training coupled with his coach-able attitude helped bring his team to a very successful novice season. Stephen is the epitome of an All American Strength and Conditioning Athlete of the

Year, taking the advantages he has gained from his strength training and translating that to success on the mat. ~Jessica LaGala

Veterans Memorial High School

Jackie Ghent

Senior

Jackie is a fixture in the weight room and mat room. She squats double her body weight. Cleans 170 at a bodyweight of 120. She is a two time Champion Wrestler in two different weight classes. She also is a member of National Honor Society and holds a 3.8 GPA. ~John Mitchell

Whitewater High School

Drew Munsey

120lb Weight Class

Senior

Drew is a 4 year Letterman of the varsity wrestling team at Whitewater High School. Over the course of the last four years he has improved his placement in the individual state competition up to 5th place in the 120lb weight class. He has been able to do this and maintain a high academic standing and be a leader in clubs, such as FCA at Whitewater. In the weight room, Drew became one of the strongest athletes in the school and on his team relative to size by Back Squatting over 260lbs (>200% of body weight), Benching 180lbs (150% of Body Weight), and Power Cleaning 200lbs (160% of Body Weight). He is a hard working leader and a great example of what the NSCA All-American Strength and Conditioning award represents. ~Evan Bryant