



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — GYMNASTICS

MORGANTOWN HIGH SCHOOL

MAKENZIE POE

Senior

Makenzie has dedicated herself to the weight room all 4 years of her high school career and has truly become a leader and inspiration to others around her who look up to her infectious positive attitude, amazing strength, and work ethic! ~Jerry Handley

UNIVERSITY HIGH SCHOOL

SOPHIA RICE

Sophomore

Sophia is committed to high performance and giving her best effort wherever she goes. As soon as she stepped foot into the weight room last summer she was giving 100% with attitude, effort, adding weight to the bar, and doing it all with a contagious positivity. I'm proud to have seen Sophia become a leader in the weight room! ~Jerry Handley