

## HIGH SCHOOL — HOCKEY

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Nolan Holtrop**

**Defenseman**

**Senior**

Nolan is a great example of hard work and dedication in the weight room carrying over into his sport. As a defenseman on our hockey team, Nolan's fitness has allowed him to excel on the ice including playing major minutes on a young team. Nolan's lower body power makes him a strong skater and his upper body strength help him to endure the collisions of the sport of hockey. He also is an exceptional student, and a leader in our school. I am proud to have him carry the honor of All-American status from the NSCA. ~Todd Johnston

### PENNSBURY HIGH SCHOOL

**Shane Siegmund**

**Forward**

**Junior**

I have had the pleasure of training Shane for several years now. It has been a pleasure watching him get bigger, stronger, and more powerful. Pound for pound he is turning into a monster. His training is paying off on the ice...he is 2nd in points for Pennsbury Hockey, so far this season. He went from 12pts (8th on the team) in 16 games in 2019-2020 season to 13pts in 8 games so far this season. I look forward to even more big things with Shane in the future. ~John Kalinowski