

HIGH SCHOOL — ICE HOCKEY

Cheyenne Mountain

TUCKER GLEASON

Center

Senior

Tucker bought in to strength and conditioning as an incoming freshman and never looked back. His attention to detail, hard work and doing the right things outside of the weight room allowed him to grow quickly from an athletic performance perspective.

Tucker enjoys strength and conditioning so much, he is currently studying to sit for his NSCA-CPT. Tucker wants to continue living an active, healthy lifestyle and wants to share that with others through training. It has been a pleasure working with him for the past four years.

From Tucker:

“Strength and conditioning has been a passion of mine ever since I started playing hockey. It’s what got me into the weight room, and I haven’t left since. I love seeing the results not only on the ice but off the ice too. It started an addiction to getting stronger, getting bigger, looking better, and feeling my best. The weight room is a big reason I was as successful as I was on the ice. I appreciate the skills I’ve learned, the lifelong friends I’ve made, the gains, and the memories. Blake is the root of it all, he planted that seed in me, and it has continued to grow beyond just big hits on the ice.”

~Blake Brightwell

Yankton

ANDERS VAN OLSON

Defense

Senior

Anders is one of the key defensive players on his Ice Hockey team. Achieving the teams “IRON MAN” Award for top defensive player. Even as a defensive player, Anders had 3 goals and 4 assists on the year. He is also involved in Trap Shooting and is a member of the National Honors Society and a member of the orchestra. At 165 lbs, Anders has a squat of 475 lbs and a bench of 250! He is pound for pound one of the strongest athletes in the high school.

~Mark Roozen