

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — FIGURE SKATING

MULLINS PERFORMANCE + FITNESS REESE WILLIAMS

Athlete

Junior

Reese Williams is a junior at West Moore High School. Reese a very accomplished figure skater who began her journey in the sport at 3 1/2 years old. Reese has achieved the highest honors by passing all the Gold Medalist Tests in four disciplines offered by US Figure Skating: Gold Senior Moves, Gold Solo Pattern Dance, Gold Solo Pattern Dance, and Gold Senior Solo Free Dance. Reese has also passed 11 International Solo Dances. Reese was the 2012 Beginner Test Track an 8-time Southwest Regional Champion, is Regional/Southwestern Nine-States Competition, a 3time National Solo Dance Series Competitor (2019,2020, 2021), a 2019 Nine States Figure Skating Intermediate Excel Bronze Medalist, a 2020 National Qualifying Series Competitor, and a National Medalist in Senior Character Performance and Senior Duet. Reese is a member of the Oklahoma City Figure Skating Club (OKCFSC) and has received these awards: 2018 Team Spirit Award, 2019 Greatest Showman Awards, 2021 Nice on Ice Award, 2022 American Idol and Greatest Showman Award. Reese is a member of the Professional Skating Association, National Junior Honor Society, National Honor Society, National Technical Honor Society, Health Occupations Student & Competitor of America. Reese was one of the 36 of 184 students accepted into the Moore-Norman Technology Center Physical Therapy Technician Program. Reese also takes AP and honors classes. I have had the privilege of getting to train Reese for her off-ice conditioning over the past six years. During these six years, I have witnessed Reese be consistent with her training, work through adversity, show resilience and determination, and encourage others to see that they can do hard things. Reese has volunteered countless hours alongside her family to help other skaters in our community achieve their dreams on ice. Reese is a person of high character, a true friend to

others, always brings positive energy, and a wonderful role model on the ice and in the weight room. We have had other parents comment on how they appreciate the example she sets for their children to look up to. It is with great honor to nominate Reese for this award. Thank you for your consideration. ~Elizabeth Mullins