



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — FENCING

VISTA RIDGE HIGH SCHOOL

HEILA PEARSON

Junior

Heila has been a student-athlete that I would say is an uncommon student-athlete. Heila has been a part of our S&C program for the last year and a half. During that time, she has shown why she is at the elite level of Fencing, currently ranked 38th in the country. Heila's dedication, desire, and determination drive her intention of being the best version of herself, not only in the weight room but in all aspects of her life. With a respectable GPA, Heila is currently taking all Honor or AP classes, which includes learning the Aspects of the Arabic Language on the weekends. Heila is an active Air Force JROTC Student where she is the commander of the Saber Team and has been a part of the Drill Team. ~Justin Loudon