

2020 — HIGH SCHOOL — TRACK AND FIELD

ATHLETIC PERFORMANCE TRAINING CENTER

Emily Skoczen

Distance Runner

Senior

Emily is a hard worker and terrific young lady, who always strives to improve and excel, in the classroom and on the track. ~Brian Lebo

COACH ROZY PERFORMANCE

Jaiden Boomsma

Senior

Jaiden is a standout in multiply sports. In Track; she has the Indoor School Record in the 60 meter dash at 7.82, School Record in the indoor 100 Meter in 12.40, the outdoor school record in the 100 at 12.27 (FAT), has the School Record in the long jump of 18' 4 1/2 feet and has the 11th best jump in school history with a leap of 35' 2.75 feet. At State in 2019, she was 2nd in the long jump, 2nd in the 100, 5th in the 200 and 3rd in the 4x200 relay. Jaiden has been an all-state gymnast. In Soccer she lead the team with 14 goals, has been All Conference for the past 3 years, First Team All State in Soccer in 2018 and 2019, Team Captain in 2018 and 2019, Conference Champs for 2 years in a row, State Champs in 2019, Holds the school career scoring records with 49 goals, was MVP of the SD State 2019 Championship Game, was 2019 South Dakota Girls Soccer Player of the Year for the US Coaches Ass., 2019 United Soccer Coaches Fall High School All-Northwest Region Team, up for 2019 Argus Leader Soccer Player of the Year and 2019 SD Gatorade Soccer Player off the year. In 2018 and in 2019 she was the Press & Dakotan Prep Athlete of the Year, was a 2019 NSCA All-American, is going to South Dakota State University on a Track & Field Scholarship to major in the Medical Field with a 4.0 Grade Point Average.

~Mark Roozen

COACH ROZY PERFORMANCE

Andrew Gustad

Pole Vault

Sophomore

Andrew placed 2nd in the Pole Vault at the State B Track Meet as a Freshman. He is a 3 sport athlete that has used Strength and Conditioning, beginning as a 6th grader to elevate his performance in all sports. In football, over his first 2 seasons, Andrew, playing both sides of the ball, Andrew has averaged 4.8 yds per carry, has had over 1000 all purpose yards each year, recorded 99 tackles, 8 for loss, had 2 interceptions, 2 forced fumbles and 3 fumble recoveries. On the hardwood, he averages 11 points per game, has 112 rebounds this season and 24 steals. He has run the Pro Agility in 4.32 sec., squats 350, benches 250 and has a 28 inch vertical at a body weight of 180 lbs. ~Mark Roozen

COACH ROZY PERFORMANCE

Kayla VanOsdel

Discus and Shot Put

Junior

Kayla is a 3 sport athlete; competing in Volleyball, Basketball and Track & Field. In Track, as a sophomore, Kayla as Discus State Champion with a PR and throw of 125' 4". She also placed 7th at the State Track meet in the Shot with a put of 36' 3" also her PR. In Volleyball, Kayla was part of the 1st Conference Championship Team ever from the school and was part of the team that set the School Record for "Most Wins" in a season with a 24-9. In basketball, Kayla averaged 8 points per game, 6 rebounds, 17 steals, and 8 blocks for the season. In the weight room and performance area, Kayla is one of the top leaders in the school, with a 17.5 vertical, a 1.69 in the 10 yd dash, and a 4.93 pro agility run with a 245 lb squat and a 155 lb bench. ~Mark Roozen

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COLLINSVILLE HIGH SCHOOL

Kaleb Cunningham

Sprinter

Junior

Kaleb has dedicated himself to strength and conditioning and leads by example every day during training sessions. He participates in track and football with a mind set of making himself better physically and mentally. As a coach I couldn't be prouder of his effort and program buy in. He is a good character kid that puts the work in everyday! ~Adam Hass

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DOBYNS-BENNETT HIGH SCHOOL

Natalie Bates

All-Around

Senior

Natalie is the ideal student-athlete. Her accomplishments in the classroom and on the track have come through her decision to be the best that she can be. Her effort in all that she does is inspirational and I am excited to all that she accomplishes in life. ~Zack Fleming

GOSHEN CENTRAL SCHOOL DISTRICT

Gabriela Joseph

Shot and Disc

Senior

Gabi is a great person to be around. She is respectful and hard working. She is an example to both our female athletes as well as all our athletes. She has shown that the weight room can be an important part of their training and she is willing to put in the work to perfect her technique in all her lifts. Gabi has been a leader all through her High School career. ~Robert McIntee

IOWA CITY CITY HIGH SCHOOL

Ryan Carter

Sprinter/Hurdler

Senior

Ryan has displayed great commitment and leadership to our Track and Field Strength and Conditioning Program. His ability to take charge and teach not only the varsity groups, but the freshman and sophomore groups as is exemplified each and everyday in the weightroom and during our speed training sessions; Ryan has increased his numbers in his Bench Press, Back Squat, and Power Clean each year. Ryan sets a great example for our younger athletes to train hard that they may see what they are capable of in the sport of Track and Field. It has truly been an honor to coach Ryan. ~Jason Dwight

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KINETIC SPORTS PERFORMANCE

Aiden Barnhill

Long Distance

Junior

Aiden has a drive to get better every time he comes in to train. He consistently comes in to train around his busy track schedule and it has been an honor to see him improve and see him work towards achieving his goals. In his time running for Downingtown West he got 2nd at the district 1 meet, 6th at the PA state meet, and 9th at the Manhattan Invitational with a top PA time for the 4k among other achievements. I'm very excited to see where his running career will take him in his last few seasons in high school and in the future. ~Lukas Smith

LAMOURE HIGH SCHOOL

Karly Just

Distance

Junior

Karly takes her training very seriously. She has an uncommon desire to do things the right way and pursue her best. It is evident in her athletic performance growth over the last year. She is a well-rounded individual that is involved in many community/school events. As she continues to excel in track & field, we know that we can always count on her to give her best and compete with outstanding sportsmanship. ~Tyler Thielges

MARQUETTE UNIVERSITY HIGH SCHOOL

Adedapo Adeboyejo

100m, 200m, 4x100, 4x200, Long Jump

Senior

Coming off of successful season of Track/Field and Powerlifting where he set multiple state records, Adedapo entered his senior year with renewed commitment and dedication to the weight room. This is evident from Adedapo's unparalleled effort on each set and rep. Thus it is no surprise to the myself and the coaches that his strength and power gains have been remarkable. Adedapo is a leader in the weight room. He

positively influences others by bringing energy and encouragement to all students equally regardless of age, skill level, or experience. Moreover, he has done this while maintaining his academics, hosting a 3.80 GPA and becoming accepted into the U.S. Air Force Academy where he plans to continue training and competition. I heartily recommend Adedapo for this award.

~Andrew Kossow

NORTH STAR HIGH SCHOOL

Kaitlin Hellbusch

Long Jumper/High Jumper

Senior

Kaitlin is an outstanding young student/athletes with a 4.29 GPA. She is hard working, self-motivated and pushes herself relentlessly. Kaitlin holds the school record of 5'5" in the high jump is a Track and Field State Champion Athlete. She has received a scholarship and plans to attend the University of Nebraska Omaha after graduation. ~Stewart Venable

POPE JOHN XXIII HIGH SCHOOL

Bridget McNally

Sprinter / Long Jump

Senior

Bridget's dedication and commitment to getting better has paid off in her senior year. She qualified for Nationals and the Meet of Champions. She has been the model for consistency and steadily improving herself physically throughout her four years at Pope John. She will be attending Dartmouth University on a track scholarship next year. ~Joe Lopez

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PRINCETON HIGH SCHOOL

Kylee Silverman

Thrower

Senior

Kylee is a consistent weight room warrior. She is one of the strongest female athletes in the weight room and her presence, positive attitude, helping nature, and desire to perform at the highest level is an inspiration to her fellow track and field teammates. Kylee will be attending Denison University after graduation. ~John Torrey

PROVIDENCE DAY SCHOOL

Eliza Cardwell

100m, 300m hurdles, Long Jump, High Jump

Junior

Eliza is developing into a very explosive athlete. She leads by example in the weight room working hard every day with a mastery of all the Olympic lifts.

Maxes

95lbs Bench

105lbs Clean,

135lbs Back Squat

195lbs for the deadlift.

Team Captain

State Champion in the 300m hurdles

State Runner Up in the 100m hurdles

State finalist in the long jump and triple jump

School Record for the indoor long jump ~Tom Caruso

ST. LAURENCE HIGH SCHOOL

Kayleigh Pudil

Sprints

Senior

Kayleigh is a special kind of student athlete. She has a 4.21 g.p.a and is involved in 2 sports. Her main sport Track and Field has seen her excel over the last 2 seasons propelling her to pursue track in college at Lewis University. Within the weight room she owns 2 records in vertical jump and 10 yard dash, she is also top 5 in

broad jump. She leads by example never missing her lifting sessions and helping her teammates in the weight room. We are excited to see her PR this spring in her outdoor season. ~Brad Leshinske

STRONG ROCK CHRISTIAN SCHOOL

Emma Garmon

Shot Put & Discus

Junior

Emma competes in Softball and Track & Field here at Strong Rock Christian School. Her efforts in the weight room contributed to her having the opportunity to compete in the state track & field championship for throwing. She encourages those around her and serves her fellow classmates and teammates with a heart of humility. She has maintained a 4.1 GPA during her athletic pursuits while also attending mission trips with the school to serve those in need.

~Tobias Jacobi

SYOSSET HIGH SCHOOL

Evan Rosen

Shot Put, Discus, Weight Throw

Junior

Evan's work in the weight room has helped him tremendously in both football and track & field. He has excelled in his throwing events to be a top competitor in NY State. As a 10th grader, Evan hit the BFS All-American standards for his age and weight class in Power Clean, Squat, Bench Press, and Deadlift. His work ethic in the weight room is contagious, and much of his success in sport is due to his dedication to strength and conditioning. ~Chris Gagstetter