



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — RUGBY

ST. IGNATIUS HIGH SCHOOL

AIDAN MICZAK

Scrum Half

Junior

Aidan is steady, dependable, and diligent in his training and has had the results to show for it. He is a very uplifting spirit and a pleasure to have in the weight room. I am looking forward to seeing a continued translation of his hard work to the rugby pitch. ~Aaron Short