

## 2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

### ARDREY KELL HIGH SCHOOL

#### Michael Hetzel

#### Football and Lacrosse

#### Wide Receiver/Running Back/Safety

#### Senior

Michael's hard work in the weight room contributed to his on field success where he earned All-Conference honors while leading Ardrey Kell to the winningest season in school history. ~Brian Bosman

### ATHLETIC REPUBLIC

#### Bryce Collins

#### Soccer and Track & Field

#### Mid-Fielder, High Jump

#### Senior

Bryce has an unmatched work ethic and an unbelievable will to outwork his competition and do everything he can to become better and hit his goals. He not only pushes himself, but motivates and encourages every single other athlete that is around him. Bryce was named to the PA All-State Soccer team this fall, in which he is the first athlete from his high school to ever accomplish this. He is a district champion in the high jump as a junior and holds the school record in the event. He recently just qualified for the New Balance National meet in March and is a front runner for the gold medal at states this spring. This is all possible because of his work ethic and effort in his training which is unrivaled by any other athlete I have worked with. ~David Johns

### BENNINGTON HIGH SCHOOL

#### Nick Bohn

#### Baseball: Third Base/Pitcher

#### Basketball: Power Forward

#### Football: Quarterback, Punter

#### Senior

Nick Bohn has been a 3-sport athlete for us his entire HS career. In football, he has been a 2-year starter for us at Quarterback, throwing for over 3000 yards this season and earning all-state honors. In basketball, Nick has helped get his team to a current 16-4 record. In baseball last season, Nick helped our team win their first baseball state championship in school history. In the weight room, Nick's leadership and work ethic have helped drive himself and his team to a new standard, allowing our athletics to excel to new levels as of lately.

~Brandon Mimick

### CATE SCHOOL

#### Ophelia Ke

#### Squash and Swimming

#### Sophomore

No other athlete at Cate School has demonstrated more consistency in her workouts than Ophelia. Monday through Thursday, Ophelia arrives at the gym by 6:15am, gives her best effort, and then proceeds with the rest of her morning routine before heading to class. Every afternoon, she is either practicing for squash (at a national level) or at the pool training for the swim season. In my experience as a strength coach, athletes begin to see real results when they're able to combine consistency with effort. It is no surprise, then, that Ophelia is experiencing noticeable improvements in both her sports. Her hard work is paying off! ~Erik Hansen

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### CLARKE ATHLETICS

#### Tyler Gearman

#### Hockey and Track & Field

#### Forward / Center

#### Freshman

Tyler Gearman is an honest servant leader. Gearman performs at a high level on the ice and during dryland strength and conditioning. He leads his teammates through modeling good behavior and performance. Moreover, Gearman has shown perseverance through a shoulder injury and has worked back to be ready for his club and high school teams' playoff run. As part of the McKinney North Stars, he represents the USA Hockey ADM well by leading 'learn to skate' clinics and helping with the North Stars' 10U practices. Not only does he lead and perform on the ice but he also performs in the classroom, earning a weighted 4.44 GPA. ~Dennis Kelly

### DIVINE SAVIOR HOLY ANGELS HIGH SCHOOL

#### Jadin O'Brien

#### Basketball: forward

#### Track and Field: heptathlon, long jump, high jump, 4x100m, 4x400m, 100m hurdles, and 300m hurdles.

#### Senior

Jadin's work ethic is second to none as she balances academics in hopes of studying pediatric medicine with a rigorous dedication to her athletic pursuits, primarily within the track and field arena. Her track and field accomplishments include a combined 6-time conference champion, 5-time regional champion, 4-time sectional champion, 3-time state champion; AAU Junior National champion and third place at USA Nationals in the heptathlon; two-time conference athlete of the year; and is named to twelve school records, including relays. More impressively, Jadin's dedication is regularly expressed in the weight room with an unwavering commitment to learning technique, maintaining open communication with her coaches, and curiosity to learn the "whys" of the strength training program. She is incredibly encouraging with her peers and is quick to

smile and laugh, demonstrating an honest enjoyment of the workouts and being alongside her teammates.

~Shana McKeever

### DUTCHTOWN HIGH SCHOOL

#### Riley Lawrence

#### Football and Wrestling

#### Offensive Line

#### Senior

Riley is an extremely hard worker, multi-sport letterman, and football team captain. His commitment to strength and conditioning has helped him excel as an athlete and earned him football All-District Honors in both 2018 and 2019. He has also been named to All Parish, All Baton Rouge Metro, and the Baton Rouge Red Stick Bowl Teams. Riley is not only a great athlete, he is a tremendous student. He maintains a 4.0 GPA while also scoring a 29 on the ACT. He is a true leader on the field, in the classroom, and in the community. It is my honor to nominate Riley as a National Strength and Conditioning Association All-American because he truly embodies the characteristics of a great student-athlete.

~Daniel Keragan McCready

### FARIBAULT HIGH SCHOOL

#### Evan Larson

#### Basketball and Football

#### TE/DE, Forward

#### Senior

Evan's dedication to the weight room earned him a spot on the football field and basketball court his senior year. His attitude, effort, and selflessness on and off the field is something every coach dreams of. Evan also takes pride in the classroom holding a 3.4 GPA. He is always there when you call upon him, and always is willing to step up to be that role player. Evan is the first one to put the hard hat on and go to work, never backing down to new challenges, and most importantly he always puts the team before himself.

~Johnny Frank

## 2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

### FOX CHAPEL AREA SCHOOL DISTRICT

**Alex Wecht**

**Football and Wrestling**

**Outside Linebacker/Running Back, 160 lb. Wrestler**

**Senior**

High School Scholar All-American Award: National Wrestling Coaches Association and the United States Marine Corps

Pennsylvania All-Academic High School Wrestling Team by the PA Wrestling Coaches Association

2019 PA Big 56 Northern Conference WPIAL Northern Conference First Team Outside Linebacker

Nathan H. Kaufman Scholastic Athletic Award - from the Western PA Jewish Sports Hall of Fame

WPIAL Wrestling Qualifier, 3x All-County Wrestler

Football Team Captain

2x Wrestling Team Captain

Iron Fox Award Winner - voted on by HS S&C coaches as athlete most dedicated to Strength and Conditioning ~Brandon Peifer

### GOSHEN CENTRAL SCHOOL DISTRICT

**Andrew Robinson**

**Baseball and Football**

**Senior**

Andrew is a pleasure to work with. He started in the weight room before he entered High School and has been consistent thru his High School career in season and out of season. He always made time to get his lifts in, after school, in the evening or before the start of the school day. His commitment to the weight room has helped him improve on the baseball and football field. His dedication and hard work has made him a leader on and off the field. ~Robert McIntee

### GRAND ISLAND NORTHWEST HIGH SCHOOL

**Whitney Brown**

**Basketball and Volleyball**

**Guard, Setter**

**Senior**

National Honor Society, All-state Honorable Mention in volleyball, All-Conference in volleyball

Basketball- All-State 1st team, plans on attending The University of Nebraska for Basketball ~Troy McNeil

### GRAND ISLAND NORTHWEST HIGH SCHOOL

**Grady Griess**

**Football and Wrestling**

**DL, 220 pounder**

**Senior**

Grady is a great kid and wants to be a pilot in the Navy. All-state in football and returning state champion in wrestling. Grady is currently ranked #10 in the nation at 220 pounds. Grady has over 150 wins in his career. Plans on attending the Naval Academy on a wrestling Scholarship next fall. ~Troy McNeil

### GRAND ISLAND NORTHWEST HIGH SCHOOL

**Rans Sanders**

**Baseball and Football**

**Pitcher and Quarterback**

**Senior**

Rans is great kid on and off the field. Rans is a great student in the class room, and plays for the name on the front of the jersey, not the back. Rans was selected all-state in football and baseball, also selected as a captain in both sports. Rans plans to attend Cloud County on a scholarship in baseball. ~Troy McNeil

## 2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

### HAMILTON HEIGHTS HIGH SCHOOL

#### Katie Smith

#### Diving and Soccer

#### Captain, Midfield

#### Junior

In a summary from all of us who work with Katie: Genuine. She is an example of humble leadership. Everyone in the room works hard because of her energy. She motivates from the front with hard work, encouragement, and with investment in those she's trying to lead. Unafraid to call herself out in front of her peers for her shortcomings. Always search for the best in herself, in others, for any situation. Hardest working kid in the room. Someone I hope to be. ~Jan Clifton-Gaw

### HAMILTON HEIGHTS HIGH SCHOOL

#### Isaac Tuma

#### Baseball, Basketball, and Football

#### Utility, defense/offense, outfield.

#### Sophomore

In a world of specialization, Isaac IS the throwback, prototype athlete. He is invested in developing into the best version of himself, quietly leading his peers thorough his actions. When he does address a situation, his clear summation of effort and outcomes is powerful. He is not afraid or unwilling to be outstanding in one sport and work hard at the JV level for another; when many of his peers feel entitled to be 'given/assured' a varsity spot or quit, Isaac simply gets back to work building his sport skills and strength/conditioning needs for that specific endeavor. Said of him by a staff member, "I wish I did have 10 more of Isaac- I could spend more time on strategy and less on motivation. He is so driven to be the best he can be." Isaac is the athlete who will not be outworked in his preparation, is straightforward and humble, and would probably tape the ankles and drive the bus to an event if he needed to do so. ~Jan Clifton-Gaw

### HEREFORD HIGH SCHOOL

#### Slader McCracken

#### Football and Golf

#### Wide Receiver

#### Senior

Slader McCracken has been on of the hardest working athletes I've had at Hereford High, both on the field and in the weight room. He is a leader who constantly works to make everyone better by encouraging them and holding him accountable. I've been so blessed to work with him, see him develop as an athlete and a young man. This year in football, Slader earned 1st team all district honors as a wide receiver, led our team in receptions and receiving yards and was named THSCA 1st team Academic All-State. ~Sarah Baulch

### LAKE WORTH HIGH SCHOOL

#### Davion Haynes

#### Basketball, Football, Other, and Track & Field

#### Senior

This award recognizes Davion's athletic accomplishments and dedication to strength and conditioning. Davion has earned this award for his dedication, passion and commitment for improving himself physically and mentally thru strength and conditioning. ~Quentin Posey

## 2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

### LUDINGTON AREA SCHOOLS

#### Riley Calhoun

**Basketball – Guard**

**Football - QB**

**Senior**

Riley Calhoun is a compelled athlete. He excels in multiple sports and is a great leader. As his basketball coach would say, "He is a man built for others." Riley is a well done is better than well said kind of guy. He is a come with me kind of leader. He has maintained a 4.0 GPA while leading his basketball team to the final 4 his junior year and quarterbacked his football team to the playoffs the last two seasons while earning several all conference accolades over his career. He never misses a training session for any of his teams as well as strength sessions. Riley has transformed his body into a lean and powerful athlete. Riley is a compelled athlete.

~Rich Kirby

### MAINE SOUTH HIGH SCHOOL

#### Peter Skoronski

**Basketball - Center**

**Football - Left Tackle**

**Track & Field - Shot Put/Discus**

**Senior**

This athlete has sustained an amazing work ethic often strength training early in the morning before practices in afternoon. Being a 3 season athlete should take a toll on academics but he has maintained above 4.0 GPA and taking 4 advance placement classes. Peter has also been named All State in both football and track for 2 years.

~Jerry Bornhoff

### MARYSVILLE HIGH SCHOOL

#### Jose Aceves

**Football and Track & Field**

**Center, Defensive Tackle, Discus, Shot Put**

**Senior**

Jose has an outstanding work ethic and the results show. He is a great track and field athlete, our hardest worker in the weight room, and was a strong leader on the football field. The only thing more impressive than his athletic ability and work ethic is his character. He is an outstanding young man and has a bright future ahead of him. Jose is helping lay the foundation for multiple programs on campus, and for that we will forever be indebted to him. ~Jordan Holmes

### MOUNTAIN VIEW HIGH SCHOOL

#### Carsyn Milburn

**Lacrosse and Volleyball**

**Middie and Outside Hitter**

**Senior**

Carsyn is an extremely hardworking student-athlete and an excellent representative for our school and community. Carsyn has played four years of varsity lacrosse as well as two years of varsity volleyball. She was named offensive MVP for volleyball her senior year and has been a scholar athlete every year she has played. Carsyn's best lifts are a 245 lb. back squat, 255 lb. deadlift, 125 lb. bench press, and 145 lb. power clean. All of her accomplishments have been achieved while maintaining a 3.93 GPA. ~Brad Palmer

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### MOUNTAIN VIEW HIGH SCHOOL

#### Jeremy Tuider

**Football, Track & Field, and Wrestling  
Defensive End**

#### Senior

Jeremy is an outstanding student-athlete and community member at our school. Jeremy is a two year starter for football, and was selected by his teammates as one of our captains his senior year. Jeremy was also named to the 1st Team All-Region, and 1st Team All-County teams as a senior. He is also a varsity wrestler and shot put and discus thrower for our track and field team. Jeremy is an excellent representation for our school, community, athletic program, and strength and conditioning program. His best lifts are 475 lb. back squat, 315 lb. power clean, 275 lb. bench press, and 600 lb. deadlift, as well as having a 37" vertical jump. Jeremy has accomplished all of this while maintaining a 3.65 GPA. ~Brad Palmer

### PROVIDENCE DAY SCHOOL

#### Kevin Sangmuah

**Football and Wrestling  
Linebacker**

#### Junior

Kevin comes to the weight room with intensity and purpose. He understands his hard work in the weight room has contributed to his success in his chosen sports.

**Max** Bench: 265 Clean: 245 Squat: 405

#### Football

All-Conference Linebacker

Won Linebacker Award for the season

2-way starter

#### Wrestling

3x CISAA Conference Champion ('18, '19, '20)

NCISAA State Runner Up ('19)

NCISAA State Champion ('20)

~Thomas Caruso Sr.

### SOUTH FREMONT HIGH SCHOOL

#### Tristan Olson

**Football, Track & Field, and Wrestling  
Running Back, Weakside End**

#### Senior

From the conclusion of his junior year through his senior year Tristan has been a model of hard work and dedication. Tristan had near perfect attendance for summer conditioning and is always willing to put in extra work. A reflection of his hard work is the accolades he received as a player. He was named the district defensive player of the year (70 tackles, 7 TFL), second team all-district running back (5.34 YPA), and won the district wrestling championship at his weight class (160 lbs). Additionally, he enters the state tournament as the #1 seed. Above this, his presence as a leader in the weight room drives his teammates and sets an example of how great athletes should approach training. He is the epitome of what a coach wants in a student-athlete! ~Justin Jicha

### ST. CLOUD HIGH SCHOOL

#### Kaylin White

**Diving and Olympic Weightlifting**

#### Senior

Four-time state qualifier for Florida High School (FHSAA) Weightlifting, runner-up her sophomore and junior year and state champion her senior year. 150lb bench press and 180lb (unofficially ties the state record) CJ in the 110lb weight class senior year. Multiple conference, district, and regional titles in both weightlifting and dive in addition to holding multiple school records in weightlifting. Placed 9th this year at the FHSAA Dive State championships. Also a national qualifier for Olympic weightlifting and a former high-level gymnast.

~Cory Aun

## 2020 — HIGH SCHOOL — MULTI-SPORT ATHLETES

### **STRONG ROCK CHRISTIAN SCHOOL**

#### **Saralyn Green**

#### **Basketball and Track & Field**

#### **Junior**

Saralyn competes in Basketball and Track & Field here at Strong Rock Christian School. Her dedication to improving her performance has been apparent as she has competed in the state track & field championship for throwing. She pushes her teammates to be their best and serves those around her with a humble heart. She serves others by attending school mission trips and has maintained a 4.56 GPA in the midst of playing sports and being involved in other school activities. ~Emily Mayer

### **STRONG ROCK CHRISTIAN SCHOOL**

#### **Ethan Roberts**

#### **Baseball and Cross Country**

#### **Senior**

Ethan competes in both Cross Country & Baseball at Strong Rock Christian School. His hard work & dedication to improve his physical performance has aided him in earning a college scholarship to play baseball at Truett McConnell College next year. He has earned the highest honor in our Strength & Conditioning program by earning Elite Patriot multiple times during his high school career. ~Emily Mayer

### **USTA PLAYER DEVELOPMENT, TRAINING CENTER EAST**

#### **Olivia Fermo**

#### **Tennis and Cross Country**

#### **Singles, Middle Distance Events**

#### **Freshman**

Olivia exemplifies what it means to be a student athlete and has done so consistently for the six years I have know her. She not only pushes herself to get -better each and every day, but is also a terrific role model and leader for the athlete's she trains with. Olivia places a high value on her physical training by making time to include strength and conditioning into her lifestyle as well as in her pursuit of athletic excellence. ~Mark Lerman

### **WILLS POINT ISD**

#### **Juan Martinez**

#### **Football, Powerlifting, and Track & Field Offensive Tackle, Shot Put thrower**

#### **Senior**

Juan is a three time all-district offensive lineman in football and this year he graded out at 90% and had 56 pancake blocks in eleven games. Last spring he was an Track and Field Regional Qualifier in Shot Put with a 48 foot 6 inch throw. Last year in Powerlifting he Qualified for regionals and placed 4th with a total of 1,485 pounds in the Squat, Bench, and Deadlift. He currently holds the school record with a 505 pound raw squat. He has gained over eighty pounds of body weight since his freshman year. Juan currently is number one in the region for his weight class 275 pounds and has already qualified for regionals with a 1,555 total in powerlifitng. ~Robert Gail

### **WILLS POINT ISD**

#### **Alexa Morones**

#### **Cross Country, Powerlifting, and Track & Field**

#### **Junior**

Alexa last spring was apart of the Area Qualifying Girl's Mile Relay Team, She also was a part of the Regional Qualifying Cross Country team this past Fall. Last year in Powerlifitng she Quallified and placed Second at Regionals, then went on to the Texas High School Women's Powerlifting Association State meet in Waco, Texas and broke her Personal Records in Squat 215 pounds and Deadlift 220 pounds at a body weight of 95.4 pounds. This year she is currently in second place in the region trailing first place by five pounds and broke her own personal records in Squat with 240 pound and Bench Press 85 pounds. ~Robert Gail