

HIGH SCHOOL — FOOTBALL

Archbishop Moeller High School

CALEB COE

CB/DB/S

Senior

Just looking at Caleb you will know that he is beyond committed to the weight room with a frame and physique that could arguably be chiseled from stone or marble. In the summer at our Football team's "Liftathon", he managed to achieve a total collective weight lifted over 1000lbs between the Hang Clean, Deadlift and Bench Press... all while at a body weight of 185lbs. While all the numbers and accolades in the room justify his nomination for NSCA All American, it truly is the consistency in who he is as a man and how he handles himself as a teammate daily. He lives and embodies a life of hard work, dedication and kindness to all and is as consummate professional in how he goes about his business... the epitome of a true Strength and Conditioning All American. ~Coach Chris Gray

Beresford

ASHTON OBERLE

QB and DB

Junior

A 5'10", 180 lb Quarterback, Ashton lead Beresford in football as their leading thrower and rusher on the team. A three sport athlete, Ashton excels on the Football field and also has success on the basketball court and the baseball diamond. He has used the weightroom to help boost his performance with a Squat of 325 lbs and a Bench of 250 while also dropping his 40 yd time by .2 of a second.

~Mark Roozen

Berrien Springs High School

WALTER WILLIAMS

Sprints/relays, WR/DB

Senior

Walter has been a mainstay in our weightroom since his freshman year and his hard work has paid off. He has been a main cog in our conference championship football and track teams the past few years. At only 148#, Walter bench presses, 240#, squats and trap bar deadlifts nearly 500#, runs a 4.5 40 and has a 35 inch vertical jump. He has been a great leader for others to follow and, pound for pound, one of the best athletes that we have had at our school. ~Robert Taylor

Bismarck High School

BRAXTON DUTCHUK

RB

Sophomore

Braxton is an exceptional candidate for NSCA All-American recognition due to his outstanding strength, work ethic, and leadership. At a bodyweight of 165 lbs, he has squatted 365 lbs, benched 275 lbs, and power cleaned 245 lbs, demonstrating elite-level performance relative to his size. Beyond his impressive lifts, Braxton exemplifies dedication by consistently giving maximum effort in every training session and following through on every program with discipline. He is a natural leader in the weight room, always coaching, encouraging, and supporting his teammates to reach their potential. His combination of athletic excellence, relentless work ethic, and selfless leadership make him highly deserving of NSCA All-American honors.

~Koooper Kelly

HIGH SCHOOL — FOOTBALL

Bismarck High School

ELIJAH HEUPEL

FB, LB

Senior

Elijah has demonstrated exceptional strength, resilience, and dedication that make him highly deserving of NSCA All-American recognition. Competing at 178 pounds, he achieved outstanding performance marks with a 495-pound squat, a 280-pound bench press, and a 275-pound power clean — numbers that reflect elite relative strength and a strong commitment to year-round training. Beyond his impressive lifts, Elijah's work ethic consistently sets the standard for those around him, as he approaches every session with focus, discipline, and a team-first mindset. His journey has not been without adversity, as he has battled multiple injuries, yet each setback has highlighted his perseverance and determination to return stronger. Elijah's athletic performance also translated directly to the field, where he earned 2nd Team All-State honors at linebacker, demonstrating that his strength and preparation positively impact competition. Through his measurable achievements, leadership, and resilience, Elijah embodies the qualities the NSCA All-American program is designed to recognize. ~Koopers Kelly

Castle View High School

JACKSON YOUNG

Offensive Line, Team Captain of Olympic Weightlifting Team

Junior

Jackson's performance on and off the field is remarkable. Jackson competes at the highest level as a captain for the football team and for the Olympic weightlifting team. He excels in the

classroom with a 4.0 GPA and is involved in many other clubs and activities on campus. He will be a 3-year varsity football player and a two-time USAW national qualifier for weightlifting with a chance to take a gold medal this year. In the weightroom, he holds school records for a 525lb back squat, 333lb clean and a 310lb clean and jerk. ~Jordan Boriack

Charlotte Catholic High School

AIDAN FLYNN

Kicker

Junior

Aidan Flynn shows up every day with consistency and purpose, setting the standard through his actions. He leads by example—through his effort, his focus, and the way he approaches every rep and every drill.

He is continually working to perfect his craft, especially in his kicking. Aidan actively seeks guidance, asks smart questions, and looks for every opportunity to refine the smallest details. His willingness to learn and relentless drive to improve set him apart.

Beyond the measurable progress, Aidan's influence is felt in the way he supports his teammates, reinforces expectations, and brings a steady, dependable presence to every session. He's the kind of athlete whose habits and attitude help define the culture around him. ~Michael Hazel

HIGH SCHOOL — FOOTBALL

Charlotte Christian School

COHEN KILGANNON

Linebacker

Senior

Cohen, alongside his identical twin brother Ryder, are what a high school strength coach wants their athletes to come natural: grit, toughness, do-everything-right mindset. Cohen was able to turn into a tremendous leader within our program. Cohen & Ryder never missed an opportunity to better themselves and the people around them, and were trustworthy in their relentless attack of the details of our program. Not only do their weight room numbers stand out, but they are tremendous humans and tremendous students, and we look forward to watching them compete at the next level at Elon University. ~Kyle Jacksic

Charlotte Christian School

RYDER KILGANNON

Linebacker

Senior

Ryder, alongside his identical twin brother Cohen, paved the path and will be the model that we want our student-athletes to strive to be for many years to come. There are no words that can be said about Ryder that cannot also be said about Cohen, as they do everything together to an almost scary level. They will continue to impress by doing things the right way and not letting even the smallest details fall by the waste side, and we look forward to watching Ryder play alongside his brother at Elon University for many years to come. ~Kyle Jacksic

Community School of Naples

GEORGE HASEOTES

OL/DL

Senior

George is leader among leaders. Off the field, he was actively involved in the community and a large contributor to the FCA for our school. He is always pushing his teammates while taking time to mentor younger athletes on the team and in the weight room. On the field, he was a 3 time team captain, 4 year starter on both sides of the ball, allowed 0 sacks his senior season, was voted All-Area and All-County, and received a US Army Bowl Invite. In the weight room, he Power Cleans of 275, Bench Presses 305, and Back Squats 515. He is a unanimous 3-Star by 247Sports, On3, Rivals, and ESPN. He has early enrolled at Vanderbilt University and will be a member of their 2026 football team. ~Evan Gentry

Community School of Naples

JADEN PHILLIPS

RB/LB

Freshman

Jaden is one of the most gift student athletes I have ever gotten to work with in my career. As a freshman he completed his second year on varsity finishing 3rd in tackles defensively and averaging 15.9 yard per carry on 41 carries, resulting in 6 touchdowns. Off the field he has one of the hardest work ethics I have seen. He is consistently looking for opportunities to push himself and improve any skill that he might be "lacking". His numbers include a Power Clean of 265, a Bench Press of 275, and a Back Squat of 415. In game, he consistently hits speeds of 20mph or more. ~Evan Gentry

HIGH SCHOOL — FOOTBALL

Community School of Naples

JAYVIAN TANELUS

RB

Senior

Jayvian is one of the most resilient athletes I've had the honor to work with. He has battled adversity at every turn and he rose up on each occasion. He battled back from an injury in his senior season spring ball to be able to produce 2,029 rushing yard in the fall on 177 carries. He also rushed for 31 TDs in 11 games. He was an honorable mention selection for the Florida Gatorade Player of Year award for 2025. Off the field he was able to conquer a double class load to be able to graduate a semester early. He has been a strong mentor to all of our athletes. In the weight room, he Power Cleans 275, Bench Presses 295, and Back Squats 395. He is currently early enrolled at Duke and will be a member of their 2026 Football team. ~Evan Gentry

Community School of Naples

JOSH LOIZON

OL/DL

Senior

Josh Loizon has been one of the hardest working kids in our program this year. He has maximized every resource around him to create the best version of himself possible. He is also a young man of great character and integrity that was demonstrated by his election to team captain. On the field he was a fierce competitor, allowing only 1 sack in 11 games. He was voted All-Area, and All-County. Josh's hard work and dedication has earned him an opportunity to continue his football career at the United States Air Force Academy this coming fall. ~Evan Gentry

Community School of Naples

REESE VAN GEMERT

LB

Senior

Reese has been a grinder since I've started working with him. He is constantly looking for ways to improve himself and surrounds himself with people who always push him to his limits. He has always been encouraging and willing to help younger athletes in our weight room and be mentor to those who are newer. On the field, Reese played with an extremely high motor which led him to be 2nd on our team in tackles. He also had 8 tackles-for-loss, 5 fumble recoveries, 3 sacks, and 11 hurries. He was also a team captain during his senior campaign. In the weight room he Power Cleans 235, Benches 275, and Back Squats 365. He has also hit speeds exceeding 18mph in game. ~Evan Gentry

Creighton Preparatory School

NICO KOCMICH

WR/DB

Junior

Nico has utilized our Strength & Conditioning program to his best to improve his on field performance. Each training session he puts forth his best effort and pushes his teammates to always improve. This past season he was the 3rd leading tackler on the team with 69 tackles, recorded 5 interceptions, 6 pass breakups and two punt returns for touchdowns. ~Trenton Clausen

HIGH SCHOOL — FOOTBALL

Eastchester UFSD

REDON GECAJ

Defensive/Offensive Lineman

Senior

Redon Gecaj has been a model of commitment to the Eastchester Strength program, consistently attending and fully engaging in every training session throughout his time in the program. His reliability and work ethic have made him a true leader both in the weight room and on the field, setting the standard for preparation and accountability among his teammates.

On the field, Redon served as the anchor of the offensive line and was a major factor in producing one of the program's highest rushing totals since 2007. He was named the league's MVP Offensive Lineman and earned All League, All Section, and 3rd Team All State honors. Defensively, he also made a major impact, recording 29 tackles, 4.5 sacks, 1 forced fumble, and 1 fumble recovery while leading the team in sacks.

Redon's consistent dedication to training directly translated to performance and leadership, making him a highly deserving candidate for NSCA Strength & Conditioning Athlete of the Year.

~Shane O'Connor

Elkhart High School

KROS JONES

Inside / Middle Linebacker

Junior

Height: 6' 1". Weight: 225 lbs. Vertical Jump: 27 in. Pro-Agility Run: 4.7 sec. Forty-Yard Dash: 5.0 sec. Bench Press: 285 lbs. Power Clean: 225 lbs. Back Squat: 305 lbs. Dead Lift: 500 lbs.

Kros has made a lot of strides, not only with his improvements in overall strength, but also in his overall conditioning. He has worked very hard to make gains in both speed and agility, as well as power and explosiveness. His hard work has translated into helping Elkhart High School to a conference championship with an 8-2 record. Kros made the All-Northern Indiana Conference Team with 94 total tackles, 58 solo tackles, 27 tackles for loss, 10 pass pressures, 4 total sacks, 3 caused fumbles, and 1 fumble recovery. Kros earned All-NIC honors by being named Player of the Week and was named Jr. All-State. His goal of playing college football at the Division I level is also enhanced by his 3.0 overall grade point average. — Conner Glon, CSCS and Michael Michelakis, CSCS

Elkhart High School

STEVEN SANDEFUR

Center / Offensive Lineman

Junior

Height: 6' 2". Weight: 270 lbs. Vertical Jump: 24 in. Pro-Agility Run: 5.0 sec. Forty-Yard Dash: 5.2 sec. Bench Press: 305 lbs. Power Clean: 245 lbs. Back Squat: 505 lbs. Dead Lift: 405 lbs.

Steven has made a lot of strides, not only with his improvements in overall strength, but also in his overall conditioning. He has worked very hard to make gains in both force output and flexibility, as well as power and explosiveness. His hard work has translated into helping Elkhart High School to a conference championship with an 8-2 record. Steven made the All-Northern Indiana Conference Team with his play on the line by allowing no sacks and having perfect snaps. Steven earned All-NIC honors by being named to the All-Academic Team.

HIGH SCHOOL — FOOTBALL

His goal of playing college football at the University level is also enhanced by his 3.5 overall grade point average. – Conner Glon, CSCS and Michael Michelakis, CSCS

Ezell-Harding Christian School

PEETI SMITH

RB, LB, S

Senior

Peeti is an athlete who truly shined his senior year. After missing his entire junior season due to an ACL injury, he returned with purpose and resolve. He pushed himself relentlessly in the weight room and on the field, refusing to accept limitations. His goal was clear: to be the best in the state.

His senior year, he developed into one of the top players in Tennessee—raising the standard not only for himself, but for everyone he competed with and against. He used the weight room exactly as it should be used: as a tool to enhance performance, build resilience, and separate himself from the competition.

That commitment paid off. Peeti earned a scholarship to compete at the next level, turning adversity into opportunity through discipline and work ethic. ~Justin Loudon

Gayville-Volin

PRESTON KARSTENS

Lineman

Senior

Preston has been starting on the varsity football team since he was an 8th grader. He is a 2 year All Conference Football Player, was picked for the South Dakota All-Start Football Game, is a 3x NSCA

All-American, is 4x All Conference in Basketball and has been a varsity starter for basketball since he has been a freshman. He also participates in Track, Golf and Baseball. he is involved with FCA, a leader in the youth programs at school and church and also plays in the school band, achieving All-State honors in band also. Preston has a 4.1 GPA based on a 4.0 system and is a leader in the school, for the sports teams and his church group. ~Mark Roozen

Grand Island Northwest

ETHAN MADER

DB

Senior

Ethan has demonstrated an incredible work ethic and drive to succeed the last four years in our program. His infectious personality is truly contagious. Ethan's teammates respect his work ethic and level of commitment. But most of all Ethan is a NSCA All-American person. Ethan is a great student and has over 40 hours of community service hours. This award is a testament to Ethan's hard work and dedication to reaching his utmost potential as an athlete. ~Troy McNeil

Jackson Christian School

TRISTAN NASH

Offensive Line

Senior

I am proud to nominate Tristan Nash for the NSCA All-American Award. Tristan exemplifies the highest standard of a student-athlete through his excellence in academics, athletic performance, leadership, and service to his community.

Academically, Tristan has demonstrated consistent achievement and intellectual growth throughout his

HIGH SCHOOL — FOOTBALL

high school career at Jackson Christian School. He maintains an outstanding 4.35 GPA while completing a rigorous academic schedule that includes multiple Honors and Dual Enrollment courses. His Honors coursework includes English I–III, Algebra II, Geometry, Chemistry I, Biology Honors, and Advanced Algebra & Trigonometry. He has also successfully completed Dual Enrollment courses in American History, English Composition I & II, Algebra, and Biology. Tristan earned a 22 on the ACT, further reflecting his commitment to academic preparation. His induction into the National Honor Society underscores his dedication to scholarship, leadership, service, and character.

Athletically, Tristan has distinguished himself as an elite competitor and leader. He is a member of the Varsity Football and Varsity Track & Field teams and has earned numerous accolades for his performance. He was named Varsity Football Captain for 2025, demonstrating the trust and respect of his coaches and teammates. Tristan earned All-State Football honors during the 2024–2025 season and was selected as a Blue-Grey Football All-American in 2025. Additionally, he has been recognized as an All-American Strength and Conditioning Athlete and was named Athlete of the Year for the 2024–2025 school year. His dedication in the weight room and commitment to performance development directly reflect the values promoted by the NSCA.

Beyond academics and athletics, Tristan has demonstrated a strong commitment to service and leadership. He has completed over 60 hours of community service through Jackson Christian, along with 10 hours serving with the Jackson Police

Department, 12 hours with Feed My Starving Children, and 4 hours with Lifeline. He has been an active member of Student Council (2023–2025), National Honor Society (2023–present), Cooking Club (2023–2024), and the Jackson Rotary Club (2025). His involvement highlights his well-rounded character and desire to positively impact his school and community.

The NSCA All-American Award recognizes student-athletes who embody excellence in athletics, dedication to strength and conditioning, academic achievement, leadership, and character. Tristan Nash exemplifies each of these qualities at an exceptional level. He is a disciplined competitor, accomplished scholar, respected leader, and committed servant to his community. He is highly deserving of this honor. ~Jonmarc Rasberry

Little Chute High School

GAVIN MCINNIS

OL/DL

Senior

Gavin is a prime example of what it means to be a hard worker and leader. No matter what the task is, he is there to push himself and those around him. Most importantly, he showed up every day of summer lifting to prepare for football. Gavin's hard work resulted in receiving Offensive Lineman of the Year in the North Eastern Conference, as well as second team All-Conference on defense. His efforts have also set him up for a very successful year as a Track & Field thrower. ~Zachary Schroeder

HIGH SCHOOL — FOOTBALL

Londonderry High School

MATT WOLF

Center

Senior

Londonderry Lancer Football senior Matt Wolf is nominated for the NSCA All-American Strength and Conditioning Athlete of the Year award, representing the elite standards of Londonderry High School's strength and conditioning program.

Wolf, an offensive lineman for the Londonderry Lancers, earned Second Team All-State honors in 2025 and finished the season as the strength program's top point-getter. His nomination highlights the "Lancer Strong" lifestyle—most notably demonstrated when he attended every training session while sidelined with a broken leg. This commitment to grit, leadership, and athletic excellence aligns with the NSCA's core criteria for All-American recognition.

Matt Wolf: Career Highlights

Team: Londonderry Lancer Football (#62, OL/DL)

2025 Honors: Second Team All-State (OL); Recipient of the Lancer Strong Legacy Award and the teams Leadership Award. Selection for CHaD State All Star Game.

Legacy: Consistent Top 20 performer from 10th to 12th grade. ~Michelle Hart-Miller

Manatee High School

STORM HENSE

Linebacker

Senior

All County First Team

FACA State All-Star Game Participant

Defensive MVP 2025 Season

4.0 GPA

Dedicated, disciplined, motivated. ~Richard Lansky

Menlo Atherton High School

JORDAN LAVULO

Defensive End and Tackle

Senior

Jordan Lavulo arrived at Menlo-Atherton High School already ahead of the curve — a middle school athlete with a solid foundation in Olympic lifting and a clear understanding of what hard work in the weight room looks like. That foundation became the launching pad for four years of exceptional physical and personal development. From the moment he stepped onto campus, Jordan committed himself to the process, making consistent gains in strength while also recognizing something many linemen overlook: that speed and explosiveness are just as critical as raw power at the line of scrimmage.

Over four years of dedicated training, Jordan's growth was steady, intentional, and measurable. He developed not only as an athlete but as a leader — someone whose daily standard in the weight room set the tone for what it meant to be a Menlo-Atherton Bear. He didn't just meet expectations; he defined them for those around him.

That development reached its peak in the 2025 season. Despite the Bears opening the year 0-4, Jordan's leadership and relentless motor helped turn the program around in remarkable fashion, culminating in a Central Coast Section Championship. On the field, he was the most explosive and physically dominant player in the Bears' front, bringing an intensity and violence to the position that consistently disrupted opposing offenses. His peers, coaches, and opponents all took notice — and rightfully so, as he was named PAL Defensive Lineman of the Year, a well-earned

HIGH SCHOOL — FOOTBALL

recognition of a career built one rep, one practice, and one standard at a time.

Jordan Lavulo represents exactly what the NSCA All-American Award was created to honor — an athlete who used the tools of sports performance to unlock his full potential and bring others along with him.
~Victor Brankovich

Notre Dame Academy

COLLIN CORMIER

Offensive Tackle

Senior

Over four years of committed training in the weight room, Collin transformed himself into a versatile and valuable player for our football program. His positive attitude toward both his training program and his willingness to play multiple positions on the field made him an invaluable asset to our team. Collin's hard work and physical development directly contributed to his ability to impact games in different roles. Collin's dedication to the weight room and contribution to a championship team exemplify the power of consistent, purposeful training. ~Anthony Giovanetti

Preston High School

ETHAN DAHLE

Junior

Ethan is one of the most dedicated and hard-working student-athletes I have had the privilege of coaching. His commitment to excellence is evident every day, both in the weight room and on the field. He consistently gives maximum effort on every repetition, every drill, and every workout. Whether in training or competition, Ethan truly “empties the tank” and leaves nothing undone.

While he may not be the most vocal leader, Ethan leads powerfully through his actions. His work ethic, consistency, and intensity set the standard for his teammates. Others follow his example because they see the level of commitment he brings to his preparation. He shows up ready to work, embraces challenges, and never takes shortcuts.

Ethan's character, discipline, and relentless effort reflect his ability on the field as a player. His influence extends beyond his own performance, positively impacting the culture of our program.

~Jamie Fuse

Strong Rock Christian School

HAYDEN HALL

Tight End

Senior

Hayden is a tremendously hard working young man who taken the lessons learned in the weight room & applied them to the football field. His effort has lead to him being named a Team Captain by his teammates & a starter on both offense and defense. He helped lead our team to 3 straight “Elite 8” finishes, while during his senior season earning 1st Team All-Region Tight End. ~Tobias Jacobi

HIGH SCHOOL — FOOTBALL

Syosset High School

JACKSON ADLER

Defensive Line

Senior

Jackson has been a standout in both the weight room and the football field throughout his 4 years at Syosset H.S. His commitment to the process and trust in the strength and conditioning staff has led him to being among the strongest in school history. As an all-county and honorable mention all-state football player, he maximized his potential through his work ethic. Jackson is a tremendous leader by example. His teammates elevate their effort and attitude whenever they are around him. ~Christopher Gagstetter

The Brook Hill School

EDWARD PARK

D Line

Junior

Eddy is willing to push himself to levels that separate him from his peers. He consistently attacks challenging weights, embraces intense training sessions, and refuses to be outworked. Fatigue does not deter him — it fuels him. He competes with himself daily, striving to surpass previous performances and raise his own standard.

At a body weight of 180 pounds, Eddy's strength numbers are exceptional. He can bench press 315 pounds and front squat 385 pounds — accomplishments that reflect not only elite strength but also disciplined preparation and technical proficiency. These achievements are a testament to his dedication and relentless effort in the weight room.

Beyond his personal performance, Eddy challenges everyone around him. His intensity and competitive

drive elevate the entire training environment. Teammates respond to his energy, and the culture improves because of his presence.

Equally important, Eddy is one of the most coachable athletes I have had the privilege to work with. He listens carefully, applies feedback immediately, and actively seeks ways to improve. His humility, combined with his work ethic, makes him a complete athlete. ~Todd Cofer

The Brook Hill School

NIKO MIETTUNEN

Defensive Back

Junior

Niko is exceptionally detailed in his approach to training. He does not simply go through the motions; he studies his technique, asks thoughtful questions, and takes coaching cues seriously. His attentiveness in the weight room is outstanding. Whether it is refining bar path, improving tempo, or executing the smallest correction, Niko is locked in and intentional. That level of focus separates good athletes from great ones.

His work ethic is equally impressive. Niko pushes himself extremely hard every session. He embraces demanding lifts and difficult conditioning without hesitation. There is no coasting in his training — he attacks every set with intensity and purpose. When challenged, he responds by elevating his effort rather than backing down.

What stands out most is his consistency. His attention to detail, combined with his willingness to push beyond his comfort zone, has led to measurable and sustained progress. He leads by example through his preparation, focus, and competitive drive. ~Todd Cofer



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — FOOTBALL

Windsor C-1 High School

LOGAN WILSON

Fullback/ Middle Linebacker

Senior

There has not been a more complete male trainee to come through Windsor Strength & Conditioning during my eight years as the Head Strength Coach at Windsor High School. Logan built himself into a physical force on the football field and a leader of his team through his relentlessly consistent work ethic. I look forward to seeing what he accomplished in his college football career. I'm honored to nominate Logan Wilson as an NSCA All-American!
~Ty Van Valkenburg

Yankton

PEYTON EUSTACE

OL/DL

Senior

Peyton, a 5'10", 235 lb lineman, was a key member of the offensive and defensive line that took the Bucks football team to the State Championship Game. A leader on the field and in the weight room, Peyton hit 365 in the squat and benched 235. Also a 4 year varsity wrestler, he is a 2x state qualifier and a team captain. ~Mark Roosen