

HIGH SCHOOL — FOOTBALL

CEDARBURG HIGH SCHOOL

Frank Brezovar

Offensive Line

Junior

Frank personifies work ethic, character and pride. Frank is not satisfied with being average; he strives to be the best in everything he does, on the field and in the weight room. Frank's work ethic and passion have earned him 1st Team All-Conference this past season. He is a leader by example. ~Jon Verdegan

COACH ROZY PERFORMANCE

Kyle Hirsch

Running Back - Corner

Junior

Kyle Hirsch is a standout athlete at Gayville-Volin School in South Dakota. This past season, in a shorten season because of COVID, with 6 games; Kyle averaged 8 yards per carry and 15 yds per reception. Bringing his game average yards to per game; for a total of 876 yds of offense. He even threw for 37 yds and a touchdown. On defense Kyle had 19 solo tackles and 39 assisted tackles. He also had 9 pass breakups with 3 interceptions and 1 forced fumble with a recovery. On the hardwood, Kyle averages 11 points per game, 6 rebounds per game and 5 assists per game. Kyle has also excelled on the track as a sprinter - but missed this past season because of COVID. ~Mark Roozen

COACH ROZY PERFORMANCE

Bodie Rutledge

Offensive Line

Junior

Bodie Rutledge is a Junior at Yankton High School and is on the Bucks Football Team and part of the Track & Field Team. He was named to the Class 11AA All-State Football Team and the All-ESD Conference team after the Bucks Football team finished 9-2. The 6 foot 2, 240 lb led the offensive line which totaled over 2,200 yards rushing with a 5.2 yd per carry average. Bodie improved his squat from 355 to 410 in the off-season and his bench went from 275 to 325 during that same time. Bodie throws the shot and discus on the Yankton Bucks track team. ~Mark Roozen

CONWELL EGAN CATHOLIC

Andrew Garwo

DB/WR

Senior

Andrew has matured significantly over the last three years that we have been training together. He has grown to understand what it takes to be a student-athlete. Andrew became a leader on the field and in the weightroom. In addition, he earned his way into the 1200lb Club with PR's in Deadlift @500, Squat @445, and Bench @290. I look forward to watching him continue his academic and athletic career at Temple University next year. ~John Kalinowski

HIGH SCHOOL — FOOTBALL

DISCOVERY HIGH SCHOOL

Christian Gray
Defensive Tackle
Senior

Christian is a dominant athlete on and off the field. He is one of the strongest guys in the weight room, but more importantly, he holds everyone else accountable. He has maintained a 3.2 GPA and will continue his football career at Washburn University. ~James Romaniw

GEORGE WALTON COMPREHENSIVE HIGH SCHOOL

Conor Cummins
Kicker
Senior

Conor has been one of the hardest working athletes across all sports over the past 4 years. The progress and growth I witnessed him achieve with his hard work from his freshmen season through his senior season has been more than any strength coach could ever expect. He is a true leader in the weight room and on the field. I know his future college strength coach very well and cannot wait to see how he progresses at the next level playing college football. ~Chris Romano

GRAND ISLAND NORTHWEST HIGH SCHOOL

Brady Baasch
Running Back
Senior

Brady has demonstrated an incredible work ethic and drive to succeed the last four years in are program. His infectious personality is truly contagious. Brady's teammates respect his work ethic and level of commitment. But most of all Brady is a NSCA All-American person. Brady is a 4.0 student athlete and a top 15% of his class and has over 80 hours of community service hours. His award is a testament to Brady's hard work and dedication to reaching his utmost potential as a athlete. ~Troy McNeil

GRAND ISLAND NORTHWEST HIGH SCHOOL

Parker Janky
Guard, WR/K
Senior

Parker has demonstrated an incredible work ethic and drive to succeed the last four years in are program. His infectious personality is truly contagious. Parker's teammates respect his work ethic and level of commitment. But most of all Parker is a NSCA All-American person. Parker is a 4.0 student athlete and a top 15% of his class and has over 100 hours of community service hours. His award is a testament to Parker's hard work and dedication to reaching his utmost potential as an athlete. Parker has been a 2 year starter in basketball and a 3 year all state kicker in football. Parker received a Scholarship from Fort Hays State in Hays, Kansas for football, as a kicker. ~Troy McNeil

GUYER HIGH SCHOOL

Cooper Lanz
Defensive End
Senior

I am writing this recommendation on behalf of Cooper Lanz. In the past four years, I have had the opportunity and pleasure of working with Cooper as his strength and conditioning coach at Denton Guyer High School. Cooper is one of the hardest working, trustworthy, and committed athletes I have ever been around. As an defensive lineman, he is the example of what we want our defensive lineman to be at Guyer High School.

Cooper was named the 5-6A all district defensive player of the year. He was also named first team all area defensive lineman for Denton county. One of his greatest accomplishments this year was being named first team All-DFW defense.

As far as his performance in the weight room, Cooper power cleaned 315, squatted 500, and benched 300. At 245 pounds he jumped a 32 inch vertical. ~Kyle Keese

HIGH SCHOOL — FOOTBALL

JOPLIN HIGH SCHOOL

Scott Lowe

Linebacker

Senior

Scott anchored a defense for a team that qualified for the MO State Playoffs in three consecutive years including a runner-up finish his junior season. In those three years, Scott recorded 295 tackles. He was voted All-Conference, All-District and All-Area in both his junior and senior seasons. Scott's ability to overcome adversity has become his trademark as he meets obstacles head-on. Never one to miss an opportunity to improve, Scott joined the wrestling team as soon as the football season ended. Scott serves our school community as a positive role model as he reaches every corner of the building. Scott's current best lifts include a 245 lb clean, 410 lb squat, and 280 lb bench press. ~Michael Lawrence

KEYS HIGH SCHOOL (PARK HILL, OK)

Parker Sinclair

OL/DL

Junior

Parker is a good student, as well as, an athlete at Keys High School. He currently has a 3.4 G.P.A. and is a big part of the football teams success over the last three seasons! Parker is a multiple sport athlete who also competes in Powerlifting and Track. Parker has committed himself to the realm of Strength and Conditioning, and it has payed off for him. ~Adam Hass

LIBERTY HIGH SCHOOL

Anthony Jay

OL/DL

Senior

Anthony Jay is the definition of a student athlete. He is the epitome of hard work, commitment and dedication to not only his academics and sports but to his peers and the staff here at Liberty High school. He boasts a cumulative 3.9 GPA (AP and Honors classes). He is a 3 year varsity letterman in Football and a 2 year varsity letterman in Baseball. He was a 2nd team all area selection his junior year and 1st team all area selection this year. He was also selected to the Colorado All-Star game this year for Football. He is a member of the Lancer Strong club as well as the Lancer Lunatics. He also assists our special needs students during peer PE classes. Anthony is always available to volunteer his free time to help in any capacity at Liberty. It has been an honor to know him and an incredible honor to have been his S&C coach for the last 3 1/2 years. ~KC Bonnin

LONDONDERRY HIGH SCHOOL

Dan Gear

Lineman

Senior

This senior lineman was named a 2020 Summer Strong captain. He consistently showed great effort, leadership and coach ability and was always willing to put in the extra work. He had 100% attendance in our winter and summer program in 2020 and had better than 90% attendance for his career. He earned a freshman award given to a freshmen who demonstrates potential and he followed that up by earning Iron Lancer Awards in 2018 and 2019. He was second overall as a 2019 top 20 in our Iron Lancer points system. Dan Gear has earned every recognition as an Iron Lancer and has left our program in a better place. ~Michelle Hart-Miller

HIGH SCHOOL — FOOTBALL

LUDINGTON HIGH SCHOOL

Jake Plamondon

Tight End, Linebacker

Senior

Jake Plamondon is a compelled athlete that has earned a scholarship to attend Ferris State University. He is part of the #1 ranked recruiting class in the country for Ferris State Football. Jake demonstrates a great personality that is always saying "Let's Go"! Let's work hard, let's go have fun, let's go win! Jake is a come with me kind of guy. Jake leaves his high school chapter with many accolades. They range from All State Football honors to All Conference Track in the Shot Put. He has played at the Varsity level in Football, Basketball, and Track since his Freshmen year. What impresses me most is Jake's relentless effort to bring others to a higher level of performance. Most people have not seen the many invisible hours that Jake put into developing and preparing his body for his demanding athletic schedule since his junior high days to the present time. He participated in 4 years of 630am workouts during the school year and countless summer lifts. His effort to bring others with him over his high school years helped in changing a culture to where his football team won its first playoff game in school history. ~Rich Kirby

NOTRE DAME ACADEMY

Will Drake

Wide Receiver / Defensive Back

Senior

Will is a hard worker, that has a genuine love for the weight room. He brings the energy everyday. Will's consistent effort throughout his four years has lead to a lot of growth. He his someone that his teammates look up to and is a great role model for our young athletes. ~A.J. Giovanetti

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Branden Decker

Lineman

Senior

It is my pleasure to nominate Branden Decker for All-American status from the National Strength and Conditioning Association. Branden has been involved in PEAK Performance for the last several years and is an absolute joy to work with in the weight room. His commitment to Strength & Conditioning paid off over the last few season with noticeable increases in strength and power on the football field. Branden is also an important member of our highly ranked competitive Bowling team. His physical development pays dividends in that sport as well. But more important that his physical strength, Branden is a great teammate, a leader in our class and simply a fine young man. I am honored to nominate him for this award. ~Todd Johnston

ROYSE CITY HIGH SCHOOL

Ahmon Petty-Dozier

RB/ Safety

Junior

Has a Sophomore Ahmon was the 2019 Offensive Newcomer of the Year for Texas District 8-5A Division 2. With 1167 total yards at 140 attempts and 10 rushing Touchdowns. His Jr. year he was First Team All District Running Back & First Team All-District Strong Safety. His offensive stats 1103 total yards at 101 attempts and 12 Touchdowns. Ahmon is not just a statistical leader, he is also a vocal leader on the field of play and during strength & conditioning by hold other athletes accountable and leading by example. ~Kyle Alvarado

HIGH SCHOOL — FOOTBALL

SOUTHSIDE CHARTER HIGH SCHOOL

Cole Weaver

OL/DL

Junior

Cole has been in our program for 4 years and has grown not only physically but mentally. He has an infectious enthusiasm that spreads to our younger players. He always brings energy and a commitment to train that the other athletes learn from. He is a great model for our program. ~Deerick Smith

SPARTANBURG HIGH SCHOOL

Matthew Smith

Offensive Lineman

Senior

I have had the pleasure of coaching Matthew Smith at Spartanburg High School where he played football and lacrosse and also wrestled. Matthew excelled in each sport and achieved numerous honors competing as a student-athlete such as all-region offensive lineman as a junior. Matthew is a model student athlete and an outstanding teammate. He is a servant leader and leads by example on and off the field. In the team setting, he is always supportive of coaches and teammates and is willing to do whatever it takes to help the team succeed. Therefore, Matthew was elected during his 10th grade year as a captain of the varsity football team and continues to serve in that role. Matthew has earned the high distinction of Eagle Scout through service to his community. He is intrinsically motivated and enjoys the challenge of hard work and rigor which has led him to a 550 lb back squat, 335 power clean, and 325 lb bench press. ~Andrew Caldwell

ST. LAURENCE HIGH SCHOOL

Anthony Gonzalez

Sophomore

Anthony's consistency and work ethic in the weight room are unmatched. He's a great listener and loves being coached, which makes him a great leader to his teammates. His drive to improve everyday is evident through his attitude and energy. ~Jonathan Valentini

ST. LAURENCE HIGH SCHOOL

Cori Pinto

Offensive/ Defensive Line

Sophomore

Cori is an extremely hard working and dedicated athlete. Her consistency and great attitude in the weight room everyday displays her mentality of thinking "Anything is Possible". By competing in a male dominated sport and outworking her teammates, she is truly a leader amongst her teammates and peers. ~Jonathan Valentini

ST. LAURENCE HIGH SCHOOL

Andrew Rybicki

Junior

Andrew's quiet leadership and consistency make him a pleasure to coach everyday. His desire to improve and attention to detail are unmatched. These qualities will lead Andrew to a lifetime of success both in and out of sports. ~Jonathan Valentini



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — FOOTBALL

STRONG ROCK CHRISTIAN SCHOOL

Jackson Wilkerson

Running Back & Safety

Senior

Please accept this letter on behalf of Jackson Wilkerson of Strong Rock Christian School in Locust Grove, GA for earning the distinction of NSCA All-American for 2021. Jackson is a football player here at Strong Rock, during his time here he has shown a tremendous work ethic and passion for improving himself through training. He was our leading rusher this past fall with over 1,000 yards on only 100 carries, averaging over 10 yards per rush. He was also a key piece of our defense playing strong safety for us while also contributing on special teams as well. He was named 1st All-Region this past fall for his play on the football field. ~Tobias Jacobi

THE RIVERS SCHOOL

Kalyl Lindsey

Running Back/Wide Receiver/Defensive Back

Junior

Kalyl's dedication during this difficult year to being physically prepared for a Football season has been inspirational. When Kalyl was in middle school he would always be around the weightroom inquiring about exercises and doing drills, so it is not surprising now as a Junior he is committed to strength and conditioning. A 3-year Varsity Football player, Kalyl led the team in touchdowns a year ago and excels in Track participating in numerous running events as well as the long jump. Kalyl, now one of the Captains of the Football team brings his strong character and leadership to workouts every day which helps motivate others. He works just as hard in the classroom maintaining a 3.6 GPA and is an active participant in school clubs and organizations. ~Paul Sanclemente

TOPSPEED STRENGTH & CONDITIONING

Conrad Hawley

Quarterback

Senior

Was named All-State and the offensive player of the year in the state of Missouri. Led Raymore-Peculiar to the Missouri Class 6 state championship as a senior. Won the Simone Award, awarded to the best Kansas City metro area football player after throwing for 2,722 yards and 26 touchdowns as senior. Put on 20 pounds of muscle between his junior and senior season while also improving speed and power output, jump starting a huge wave of interest from FBS football teams. ~Joseph Potts