

## HIGH SCHOOL — FOOTBALL

### Athens Academy

#### JEREMIAH WINGFIELD

##### RB, LB & Special Teams

##### Senior

Jeremiah is a talented athlete, student and leader. He is truly the hardest working, most dependable, and responsible high school student I have ever had the pleasure of coaching. Jeremiah maximizes every opportunity and resource he has available to him to be the best version of himself in all that he does. Best of all, he is a young man of high character and integrity exemplifying what it means to be a servant leader. As a reflection of his dedication and athletic ability, Jeremiah will continue his football career at the United States Naval Academy. I am grateful for the privilege to coach him and look forward to the positive impact he will have serving our country. ~Bryan Pulliam

### Beresford

#### COOPER NELSON

##### Lineman

##### Senior

Cooper is a multi-sport athlete, participating in Football, Basketball, Track & Field and Baseball. He as a 4.1 GPA on a 4.0 scale and is also in the High School Choir. He will be going to Northwestern play football on go into Secondary Education. In the weight room, he squats 335, bench is 235, has a 4.68 in the pro-agility, has a 25 inch vertical and runs a 5.21 in the 40 yard dash. ~Mark Roozen

### Bismarck High School

#### BRAXTON DUTCHUK

##### RB

##### Freshman

Braxton came to us last summer as a wide eyed freshman. He has put his down and worked extremely hard. This past February, Braxton hit a 365lb Squat, 225lb Bench, 205lb clean. We are very excited for Braxton's future and development as a Bismarck Demon. ~Kelly Kooper

### Brookings High School

#### ANDREW HAHN

##### Guard

##### Senior

Andrew lived the story of "the weight room is an equalizer." As an undersized lineman, Andrew was always smaller than his opponent on the other side of the line. However, Andrew gained plenty of strength, increased his speed, and became a very efficient lineman over the course of his 3 years, 2 as a starter. Andrew has been a leader in the weight room since his freshman year, and has always enjoyed lifting and training. He wasn't very confident in himself as a freshman, but as a senior, he was a 2 year starter, team captain, and all-state player. Andrew continues to shine in the weight room as a rack leader, and role model for the younger athletes. ~Kerry Brown

## HIGH SCHOOL — FOOTBALL

### Creighton Preparatory School

#### JAKE BROCK

##### Defensive Line

##### Sophomore

Jake has utilized our Strength & Conditioning program to elevate himself as a team leader and top defensive lineman. He trains with a purpose to improve himself and push his teammates each training session. He finished the 2024 season with 2.5 sacks and 5.5 tackles for loss. ~Trenton Clausen

### Eastchester High School

#### DYLAN BURBRIDGE

##### Linebacker, Quarterback

##### Junior

Dylan Burbridge exemplifies the qualities of an All-American athlete through his dedication, leadership, and outstanding performance both on and off the field. As a sophomore, he was named MVP at our annual combine, placing first in the L drill, pro agility, 40-yard dash, med ball toss, broad jump, and vertical jump, while finishing in the top three in every other event against multiple schools. As a junior, Dylan excelled offensively as the team's quarterback and led the defense in both tackles and sacks. In the weight room, he never misses a session, consistently goes beyond program requirements, and sets a high standard for his teammates. His exceptional performance has earned him All-Section and All-League honors in football. Dylan's relentless work ethic and commitment to excellence make him a deserving candidate for this prestigious honor.

~Shane O'Connor

### Ezell-Harding Christian School

#### WILLIS FRASIER

##### QB, LB

##### Senior

From the first day I met Willis to now, he has become a completely different person. His growth has been remarkable, not only as an athlete but also as an individual. He has transformed his body into that of a true football player, pushing himself to new heights through sheer dedication and hard work. After overcoming a knee injury during his junior year, Willis returned stronger than ever, becoming a key leader on the team during his senior season. His efforts earned him the title of Offensive Player of the Year (QB) and district honorable mention. What truly sets Willis apart is his selflessness and willingness to help those around him. He is someone who values family deeply, and that sense of loyalty and connection drives everything he does. To witness the transformation from where he started to where he is now would make any coach proud. Willis exemplifies resilience, leadership, and the kind of character that leaves a lasting impact both on and off the field. ~Justin Loudon

## HIGH SCHOOL — FOOTBALL

### **Ezell-Harding Christian School**

#### **AILJAH WALKER**

##### **O/D-Line**

##### **Senior**

This is the kind of student-athlete every coach dreams of working with. From day one, three years ago, he has embraced every challenge I've given him—and always wanted more. He has not only pushed himself to be the best but has also inspired those around him to improve. Coming from a family of athletes, he has carved out his own name through relentless dedication and hard work. He leads by example, leaving a lasting impact at Ezell-Harding not just as an athlete but also as a mentor. Ailjah excels in the weight room, striving daily to outwork himself, and his dedication translates directly to his performance on the football field. As a testament to his work ethic, he has earned 2x Region Defensive Lineman of the Year, played in the All-American Game, and was named to the 615 Preps Second Team All-Mid State. ~Justin Loudon

### **Fox Chapel Area High School**

#### **LUCA POLI**

##### **Offensive and Defensive Line**

##### **Senior**

Luca Poli is the embodiment of the qualities that we look for in our student-athletes at Fox Chapel Area High School. Luca is a three-year letterwinner and starter on both offense and defense for the football team and has demonstrated exceptional dedication, earning recognition as the 2023 Quest for Excellence Point Champion (best overall student-athlete), 2024 Team MVP, and 2023 Offensive Lineman of the Year. In 2024, he further showcased his leadership by serving as a team captain. Luca's dedication to physical preparation throughout his

high school career has been exceptional. He has consistently demonstrated strong leadership skills in our training sessions and on the field. As a result, he is highly respected by his teammates, coaches and teachers. ~Brandon Peifer

### **Gayville-Volin**

#### **CARTER BARRON**

##### **Running Back/Defensive Back**

##### **Junior**

Carter has used the weight room to be a varsity starter in multi sports with Football and Basketball, as well as running track on the team. For football in 2024, Carter had 231 rushing yards on 15 carries, 46 receptions for 650 receiving yards, 308 return yards on punts and 9 touchdowns. He was selected on the All-Conference Honorable Mention team. In the performance area, Carter clocked a 4.54 in the pro-agility run and a 4.63 in the 40 yd dash. In the weight room he hit 195 on the bench and 315 on the squat. ~Mark Roozen

### **Haltom High School**

#### **DOMINIQUE MOUNIVONG**

##### **Quarter Back**

##### **Junior**

Dom had a catastrophic season ending knee injury early in last year. This off season he has completely overcome the injury and has surpassed all of his previous PRs. His PR's include a 275lbs clean, a 33.89in vertical, and a back squat of over 1.7 times bodyweight. He has achieved this including surgery without missing a day of school and has over a 4.0 GPA. He is more than deserving for this award. ~Monte Sparkman

## HIGH SCHOOL — FOOTBALL

### Hill City High School

#### DEVIN BUEHLER

##### Senior

Hill City High School's all-time leading scorer, QB1 Devin Buehler, embodies the dedication and discipline of a top-tier high school athlete. His unparalleled commitment to the program is evident in his consistent preparation and eagerness to push his limits. Devin's exceptional work ethic shines through not only in his completion of every prescribed exercise, but also in his motivation of others and active pursuit of feedback for continuous improvement. His infectious positive attitude fosters a supportive training environment both in the weight room and on the field. Beyond his individual achievements, Devin exemplifies leadership by willingly assisting and encouraging teammates. Devin's remarkable progress is a testament to his unwavering dedication, making him a true role model and deserving candidate for NSCA Strength and Conditioning All-American.

~Sophia Grohs

### Jackson Christian School

#### TRISTAN NASH

##### Offensive Line

##### Junior

Tristan is the definition of toughness, grit, and resiliency. He does everything asked of him and more on the field and in the weight room. I believe he is an all American on the field and in our weight room as a leader in this program and for this school. I am thrilled to nominate this high level athlete!

~Jonmarc Rasberry

### Joplin High School

#### JOSIAH HAZLEWOOD

##### Defensive Line

##### Senior

Josiah exhibits those characteristics in a student-athlete that every coach dreams about coaching. Josiah is a 3 year letter winner in football and wrestling. Josiah also earned 4 letters in tennis at Joplin High School. He has been nominated as an All-Conference, All-District, and All-Area performer at the defensive line position. Josiah's weight room bests include a 335 lb. bench press, 545 lb. squat, and 335 lb. clean. Josiah is the epitome of a student-athlete as he carries a 4.36 GPA on a 4.0 scale. He is a member of the National Honor Society, Philanthropic Society, and has attended Boy's State. For his work, Josiah has been selected to the Academic All-State team the previous two years.

~Michael Lawrence

### Lake Central High School

#### RYDER FERNANDEZ

##### Defensive Back

##### Senior

Ryder has demonstrated his leadership skills in the weight room and on the field, holding himself and his teammates accountable for trying to be the best student-athletes they can be.

~Thomas Halterman

## HIGH SCHOOL — FOOTBALL

### Ludington High School

#### DOMINIC WHEATON

##### Defensive End

##### Senior

Dom is a very strong, intense, and kind soul. Dom has very high standards for himself. Daily his efforts in the wt room and at his practices you would see the intensity he brought on a consistent basis. Dom showed up! He made sacrifices for his teammates that not everyone is willing to do, but he did. We will miss his consistency and intensity. Doms best characteristic though is his kind soul. Don't let his tough exterior fool you. Dom has left a legacy for others to follow. ~Richard Kirby

### Mandan High School

#### KADEN RITZ

##### OLB

##### Senior

Kaden Ritz is a dedicated football player who has earned recognition both on and off the field. He won the Raise the Bar Award in 2018, 2019, and 2023, reflecting his unwavering commitment to improving and pushing his limits. A three-year letterwinner in football, Kaden has consistently demonstrated leadership and skill throughout his career. In addition to his athletic achievements, he has been recognized as an Academic All-Conference athlete, excelling in both his studies and sports. His maxes include a 215-pound bench press, a 295-pound squat, and a 210-pound power clean.

~Zachary Morast

### Menlo Atherton High School

#### DEVIN HYDE

##### Defensive End

##### Senior

Devin's drive to be the best at everything truly set him apart. His work ethic as a high school student was second to none. He was one of the rare players who never missed a lift—whether in-season, off-season, or during the summer. This dedication was evident in his growth and development; he arrived as a freshman weighing 170 lbs and finished his high school career at 255 lbs as a senior. His attention to detail in training and nutrition was truly awe-inspiring for both coaches and teammates alike. ~Victor Brankovich

### Notre Dame Academy

#### ASA POISTER

##### OT / DE

##### Senior

Asa Poister exemplifies how four years of dedicated training can lead to great achievements on the football field. His daily habits and efforts have resulted in tremendous physical growth. Asa is also a great source of energy in our weight room, consistently motivating his teammates and improving everyone around him. In the weight room, he leads both by example and as a vocal leader. His leadership elevated the group daily, and the team's consistent effort led to a 14-0 season and state championship this past season. It is my honor to nominate Asa for NSCA All-American Strength and Conditioning Athlete of the Year.

~Anthony Giovanetti

## HIGH SCHOOL — FOOTBALL

### **Pine Tree High School**

#### **SETH MCFARLAND**

##### **Linebacker**

##### **Senior**

Seth has been an amazing leader in the weight room, classroom and field throughout his 4 years here at Pine Tree. He is going to play D1 football at the Air Force. He has done everything we have asked of him and is the type of person I would want my son to grow up to be. I am very proud of this young man not just for what he does for our school but who he is as a person as well! ~Cody Ellis

### **Preston High School**

#### **CONNER IVERSON**

##### **Running Back**

##### **Junior**

Conner accounted for 1,181 yards of total offense and 9 TDs as Preston's starting running back. He is a tough, reliable player. He sets the tone daily with his work ethic on the field and in the weight room. Can't wait to see what he'll do his senior year. ~Jamie Fuse

### **Saint Francis High School**

#### **TREVOR DONG**

##### **RB/LB**

##### **Senior**

Trevor is the epitome of using Strength & Conditioning to better himself on the field. We feel he has truly optimized his abilities at this level because of his dedication to the weight room. He is the "lead by example" type that will never miss a workout and put in a high level of effort every session. Definitely deserving of this award.

~Jacob Siebert

### **St. Albans School**

#### **KENNY DILANIAN**

##### **Linebacker**

##### **Senior**

Upon Kenny's arrival on campus, he immediately helped shift and elevate the culture of our strength and conditioning program. Over the course of his career, Kenny has taken full ownership of both his physical and mental development, excelling in the weight room and on the football field. His dedication to addressing his weaknesses while consistently building on his strengths is unmatched. Kenny is one of the most competitive athletes I've had the pleasure of coaching. He has overcome adversity while maintaining an elite level of leadership, toughness, and work ethic. Always humble, he has accepted hard coaching with an unwavering commitment to improvement. For all of this, he is truly deserving of this honor. Kenny currently holds the school records in the following lifts: Bench Press – 285 lbs; Back Squat – 475 lbs; HBDL – 605 lbs. ~Christopher Tarullo

## HIGH SCHOOL — FOOTBALL

### Watkins Memorial High School

#### JIMMY BOGLE

##### Offensive Line

##### Senior

Jimmy has earned this recognition from his dedication, and consistent practice to become the best athlete he can be. His Junior Year he was 2nd Team All-Advocate Offense, 2nd Team All-Region. As a Senior, Jimmy was Team Captain, graded out on 90% on assignments and 91% on effort. Gave up 0 sacks, while gaining 54 pancake blocks. He finished the season 2nd Team All-LCL Buckeye, All Central District Division 1 2nd Team OL, 1st Team All-Region and was also invited to play in the Ohio North South All-Star Game. These awards and accolades are a direct reflection of his work ethic. This is why he is also deserving of being an NSCA All-American Strength and Conditioning Athlete of the Year as he embodies the exact commitment and effort you want from all athletes that step foot in the weight room. ~Seth Dunaway

### Windsor C-1 High School

#### EVAN WESSELS

##### Senior

Evan Wessels has helped raise the standard for what is possible with strength training at Windsor High School. In his four years at WHS, Evan broke and set the boy's school records in the Jerk, Back Squat, and Deadlift. Since starting training in middle school, Evan has been committed to pushing his limits. He took it upon himself to get extra training outside of school to make sure no stone was unturned in his quest for athletic strength and power. His relentless pursuit for improvement helped earn him All Conference and All District honors multiple years as a football player. Evan's teammates also recognized

his work ethic and positive influence as he was selected as a Team Captain of his Football Team. His passion for training will be missed. I'm happy to cement Evan's legacy in Windsor High School's Strength & Conditioning and nominate him as an NSCA All-American. ~Ty Van Valkenburg

### Yankton

#### BRYCE KRAL

##### Linebacker

##### Senior

Bryce Kral plays Football and Basketball for Yankton HS. A starter on the varsity bb team, Bryce helped his team into the Sweet 16 playoff rounds. In Football, Bryce was 1st Team All-State at Linebacker and help the team make it to the semi-finals in the State Play-offs. He is an Acedemic All Stater, holds a 3.7 GPA, is involved in Fellowship of Christian Athletes, the National Honor Society and volunteers to Coach for the little kids 7 on 7 play and is a camp Coach for kids at local Football and Basketball camps. ~Mark Roozen