

2020 — HIGH SCHOOL — BASKETBALL

ARDREY KELL HIGH SCHOOL

Meghan Rogers

Point Guard

Senior

Meghan has excelled in the weight room and on the court. She always gives great effort and is the leader you look for in a program. Her work in the weight room has helped her to excel on the court where she is the school record holder in assists for a single game, single season, and career. ~Brian Bosman

ATHLETIC PERFORMANCE TRAINING CENTER

Kendall McCormick

Guard

Junior

I have had the pleasure and privilege of working with Kendall for the past six years. Not only is she a hard worker in the weight room and talented basketball player; she is also an amazing young lady. ~Brian Lebo

BROOKINGS HIGH SCHOOL

Johanna Miller

Post/wing

Senior

Johanna is a natural leader on and off the court. She has the uncanny ability to get the best out of her teammates, even when the stakes are down. Johanna has played an integral part in the high number of female participants in our program. Johanna will excel at the next level as will compete in basketball at Augusta. ~Kerry Brown

COACH ROZY PERFORMANCE

Matthew Mors

Forward/Post

Junior

This is Matthew 3rd Year being nominated as an NSCA All-American. He has used strength and conditioning to elevate his performance in all areas of basketball - as well as being a stand out in Baseball and Track. Some of his accomplishments this year are:

Verbally committed to play Division 1 Basketball at the University of Wisconsin on September 29, 2019.

Also received Division 1 Basketball Scholarship offers from Creighton, South Dakota State University, University of South Dakota, Texas Christian University, University of Nebraska, University of Iowa, Iowa State University and University of Colorado.

2019 Yankton Press & Dakotan's Boys Athlete of the Year.

2019 Yankton High School Boys Track Team Most Valuable Athlete.

2019 South Dakota Boys Basketball Gatorade Player of the Year.

2019 South Dakota Class AA All-State Team.

2019 Class AA All-Tournament Team.

2019 All ESD Conference Team.

2019 Midco Sports Network – South Dakota Class AA Boys Basketball Player of the Year.

2019 Argus Leader – South Dakota Boys Basketball Player of the Year.

2019 Argus Leader First Five for South Dakota Boys Basketball.

2019 Argus Leader Sports Awards Finalist for South Dakota Boys Basketball Player of the Year.

2019 Sanford Pentagon/KELOLAND Media Group Finalist for South Dakota HS Boys Basketball Player of the Year.

2019 Yankton High School Basketball Team Most Valuable Player.

2019 National Strength & Conditioning Association All-American nominee in the sport of Basketball.

2019 (January 3-10) Awarded Midco Sports Network Game Ball for player of the week in SD.

2018 South Dakota Class AA All-State Team.

2018 Class AA All-Tournament Team.

2018 All ESD Conference Team.

2018 Midco Sports Network – South Dakota Class AA Boys Basketball Player of the Year.

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2018 Argus Leader First Five for South Dakota Boys Basketball.

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2018 Argus Leader Sports Awards Finalist for South Dakota Boys Basketball Player of the Year.

2018 Sanford Pentagon/KELOLAND Media Group Finalist for South Dakota HS Boys Basketball Player of the Year.

2018 South Dakota Boys Basketball Gatorade Player of the Year Finalist.

Member of 2018 Sanford Pentagon/KELOLAND Media Group's South Dakota HS Boys Basketball Team of the Year.

2018 Yankton High School Basketball Team Most Valuable Player.

2018 National Strength & Conditioning Association All-American nominee in the sport of Basketball.

2017 South Dakota Class AA All-State Team as an 8th Grader. First ever 8th Grade Boy to be selected to the SD Class AA All-State team. ~Mark Roozen

COACH ROZY PERFORMANCE

Madison Wuebben

Senior

Madison has been a stand out athlete in three sports over her high school career, in Soccer, Basketball and Track. She has a college scholarship to continue to play basketball in College at University of Sioux Falls. As a Sophomore, in basketball Madison was All Conference ESD, Offensive Player of the Year, Team leader free throw percentage 85%. As a Junior she was All Conference ESD, Offensive Player of the Year and All State. As a Senior, she helped lead the team to the ESD Conference Champions going 8-0, 3rd on Yankton High all time scoring list, featured in the Hansen-Anderson BB preview, Invited to play in the SD All Star game - postseason, holds the Yankton High School--Game/Season/All Time Total for 3 pointers, Team Captain, Team Leading Rebounder, total points this year and last year, Invited to play with the AAU North Stars. Played for two years, 4 year Letter Winner. In Soccer, she was All ESD Conference, All State, Most Improved, ESD Conference Champions, State Champions, 5 year Letter Winner (8th grade thru 12th). In TRACK Madison, in her Junior year Track letter winner all 4 high school seasons, Placed in the Long Jump at the State Meet (7th).

Madison has been using strength and conditioning to help improve her performance in all her sports with consistent training and hard work.

~Mark Roozen

CORE FIT

Josephine Howery

Point Guard

Senior

Josephine Howery is the embodiment of dedication, consistency, and relentlessness in the pursuit of her goals in her sport, as well as her life. She is not only an excellent basketball player, outstanding student, and an all around good person, but she is an ambassador to the game of basketball by virtue of her humble nature and cheerful demeanor in her relationships with her coaches, teachers, peers, and the public. Josephine's basketball accomplishments are too numerous to list, but highlights include: USA Today Basketball All-American, Colorado 3A Player of the Year, 2x Colorado 3A State Champion ("18,"19), school record 41pts in a game, and over 1500 points amassed in under 4 seasons. She is also an honor roll student, and going to play basketball at The Colorado School of Mines on a full scholarship. Josephine is just as dedicated to and enthusiastic about her weight training as she is basketball, and her weight room record is impeccable to say the least. She was awarded the NSCA Strength and Conditioning All-American Award in 2019 and at the end of 4 years in the Core FIT training program she will have accumulated over 550 training sessions, and has the strength numbers to illustrate her commitment. Josephine is not only an All-American in the weight room and on the basketball court, but she is an All-American in her life. ~Cass Barrett

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DOBYNS-BENNETT HIGH SCHOOL

Braxton Kulbacki

Post

Senior

Braxton dedicated himself to becoming the best he could become and it shows in the way he improved over his time at Dobyns-Bennett. He is an example what hard work can do to improve performance. He is an outstanding young man and is going to make a great impact in this world. ~Zack Fleming

GALLUP HIGH SCHOOL

Jordan Hanley

Senior

The leadership you possess on the court and in the weightroom describe the athlete you want to be. Having an open mind to whats to come is your biggest advantage in life, but most importantly following every detail to its finest point is where I see leadership. Thank you for letting me be your strength & conditioning mentor as you go forward into college and athletics. ~Travis Ashley

LUDINGTON AREA SCHOOLS

Katie Mesyar

Guard

Senior

Katie Mesyar is a great example of an athlete that consistently pursues excellence. Katie has earned a scholarship to Mid Michigan College to further her education and play basketball next year. On literally hundreds of invisible mornings before school you would find Katie strength training or fine tuning her basketball skills at LHS during her high school career. She has transformed herself into a strong and explosive athlete through her relentless and continuous efforts to do what others are not willing to do. Katie is a person of great character as well. As a multi sport athlete involved in several LHS organizations, she has maintained active membership in the National Honors Society. Katie is a compelled teammate. ~Rich Kirby

MARQUETTE UNIVERSITY HIGH SCHOOL

Samuel Capper

Power Forward

Senior

Sam Capper is a great asset to our strength and conditioning program, our school, his team, and all those around him. Throughout his high school basketball career, he has committed himself to improving as a basketball player on the court and a better athlete in our weight room. The improvements that he has made physically are a direct result of the consistency over four years and the intensity with which he has attacked his workouts. In addition to the gains Sam has made, he has helped others along the way and been a pleasure to coach. He is a leader in athletics, the classroom, and the community. This has been shown through the contributions made to the basketball team, achieving high honor roll, and performing service to the community. We wish him success as he moves on and continues to pursue his goals. ~Michael Duehring

MARSHALL SPORTS MEDICINE INSTITUTE

Jaemyn Brakefield

SF/PF

Senior

Jaemyn Brakefield is not only ESPN Class of 2020 #24 player in the nation, Duke commit, 3.0+GPA student, but a workhorse in the weightroom. Jaemyn for the past 2 years working with me has easily learned proper movement patterns for complex lifts and has the dedication to come in for 6AMs or post practice 9PMs. Brakefield works just as hard, if not harder, off the court as he does on the court. His understanding that nutrition and strength training is a big piece of success in basketball is why he has been named 2-time WV Gatorade Player of the Year and committed to ACC powerhouse Duke; and why he will excel at the next level. ~Kevin Brooks

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NOTRE DAME ACADEMY

Ashley Lemens

Guard

Senior

While being a three sport athlete, Ashley Lemens still finds a way to get into the weight room consistently all year round and is the strongest female athlete in the school. Her dedication to her training has contributed a lot to her growth in athleticism over the years and makes her a key contributor to all three sports she participates in. ~A.J. Giovanetti

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Ryan Bart

Guard - Team Captain

Senior

Ryan Bart is one of the most dedicated athletes with whom I've had the pleasure of working. His year-round commitment to strength and conditioning has become a model for younger players to emulate. A three-year member of our varsity basketball team, Ryan's physical strength and work ethic has allowed him to have a remarkable basketball career. I am proud to have been his Strength & Conditioning Coach. ~Todd Johnston

SOUTHSIDE CHARTER HIGH SCHOOL

Olivia Allen

Sophomore

Olivia has been a tremendous worker in our girls S&C program and is not only a leader for the girls but for our school and athletic development program as a whole. She never missed one session in the summer and always asked to do extra. She has been instrumental in the girls basketball team turning their program around this season. ~Deerick Smith

VIKING PERFORMANCE TRAINING

Fletcher Hartsock

Senior

Fletcher is a weight-room transformation come to life. A 6' 6" beanpole when he began weight training, Fletcher added 30 pounds of muscle to his frame over the next year and a half and is now recognized as one of his formidable basketball team's top threats as the inside man. Fletcher's intensity and commitment to training year-round have also made him fearless in the paint, willing to go up against anyone to take control of the court. ~Jerry Handley

VIKING PERFORMANCE TRAINING

Carson Poffenberger

Junior

Carson is a perfect example of how long-term, consistent effort in the weight room continues to improve performance and confidence. Training with us since the summer before his freshman year on a high-performing high school team, Carson has emerged in his junior season as one of the team's leaders and top players, using his strength and body to continue pushing the pace and taking control for his team. With another year of development ahead of him in high school, Carson will surely be something to watch due to his relationship with the weight room and hard work. ~Jerry Handley