

2020 — HIGH SCHOOL — FIELD HOCKEY

REACH YOUR POTENTIAL TRAINING

Shannon Tringola

Senior

Shannon is a highly dedicated athlete and displays a high level of discipline throughout her daily life. She is committed to being the best at her position and sport and this can be seen through her training habits in the weight-room and on the practice fields. Not only does she train year round but she volunteers her own time after training to help train the younger athletes to learn more about the WHY behind the program. Her on going and building attitude to learn and grow within strength and conditioning helps her to be a top level athlete in New Jersey. Gaining honors, all shore, all decade ,and breaking numerous records at her high school shows the kind of committed, consistent , and dominate athlete she is. ~Jacob Ruch

THE PEDDIE SCHOOL

Gianna Metzger

Midfield

Senior

Gianna is leading the way for our school's first Powerlifting club. She is wonderful example for other girls in the weight room and is constantly reaching out to help the younger girls. She has been part of the field hockey team the last 4 years. She was injured mid-season this year and has built herself back up through powerlifting. She always looking to get better, learning from each rep. She certainly has a great love of the iron. Her best lifts so far this year are a 215 lbs Back Squat, a 105 Lbs Bench Press, and a 240 Lbs Deadlift. Gianna is also a strong student in the classroom. ~Mike Volkmar