

## HIGH SCHOOL — TENNIS

### **Munster High School**

#### **BERLYN COMPTON**

##### **Sophomore**

As a freshman competing at the varsity level, Berlyn made an immediate impact on our tennis program. She helped lead our team to the state finals and earned a third place finish at state. Individually, she went 22 and 2 at Varsity 3 singles and 3 and 1 at Varsity 1 doubles. That level of performance as a freshman is extremely impressive. She was also named the team's Most Improved Player, which speaks directly to her commitment to consistent strength and conditioning and her drive to improve.

Berlyn also played a key role during our school's inaugural Girls Flag Football season. She competed at safety and contributed at running back, helping lead the team to the first sectional championship in program history. The team advanced to state and finished sixth, becoming the first Munster team sport to reach state since 2007. Her ability to compete at a high level in multiple sports is a direct reflection of the work she puts in year round. She earned Scholar Athlete honors in both tennis and flag football, proving she can balance elite performance with academic excellence.

Outside of school, Berlyn continues to pursue high level competition. She earned a spot on a competitive 17U girls flag football team based in Gurnee, Illinois, and was the only athlete at tryouts selected to compete with the organization's top team that will play at the Flag Football World Championships in Orlando. She also competes on a high level travel tennis team in Hinsdale and was nominated for a sportsmanship award at a major

#### **Yankton**

tournament, demonstrating that her character matches her competitive drive.

In the classroom, Berlyn maintains a 3.86 GPA while taking AP coursework. She is actively involved in Munster Athletic Council, Student Council, CEC, and Best Buddies, and was a member of National Junior Honor Society. She leads by example and carries herself with maturity and humility.

What stands out most about Berlyn is her consistency. She shows up every day ready to work and compete. Her success across multiple sports is earned through disciplined training and a commitment to improving every day. For these reasons, I strongly believe Berlyn Compton is highly deserving of the NSCA All American Strength and Conditioning Athlete of the Year Award ~Trenna Edgerton

### **Cape Henry Collegiate**

#### **GRAYSON KELLER**

##### **Junior**

Grayson Keller has been a dedicated participant in the Cape Henry Strength & Conditioning program since the 8th grade. He consistently trains in our after-school program, even after long academic days. Grayson believes in the program and has methodically progressed from Level 1 to Level 3 as a senior. He leads by example and helps his workout partners improve. At this time, Grayson has earned a 180-pound front squat, a 195-pound bench press, and a 205-pound trap bar deadlift, all at a body weight of 140 pounds.

~Philip Reichhoff

#### **NORA KRAJEWSKI**

## HIGH SCHOOL — TENNIS

### Tennis

#### Senior

Nora Krajewski won three singles and two doubles state championships for Yankton, teaming with sister Sabrina Krajewski to win the flight one doubles titles with undefeated seasons each of the past two years. She will graduate as Yankton's all-time leader in both singles and doubles victories.

The 2025 "Spirit of Max" award winner for her leadership and character, she excelled academically as a Valedictorian, four-time Roll of Excellence honoree, and Academic All-State selection. Nora plans to major in finance while continuing her success in both singles and doubles competition for the University of South Dakota Coyotes.

She used strength and conditioning to help prepare her for all her sports and activities she participated in. ~Mark Roozen