NSCA® NATIONAL STRENGTH AND CONDITIONING ASSOCIATION

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — SOFTBALL

BELLEVUE HIGH (UNIVERSITY OF WASHINGTON SIGNEE)
ALEXIS DEBOER
Power-Hitter / Infielder
Senior
Alexis is dedicated to her development on and off the field and brings an unwavering focus and determination to the weight room. Her grit, positivity, and growth mindset, particularly in the face of adversity, is inspiring. She is undoubtedly a fierce competitor with a bright future. ~Caroline Gonyea

BEXLEY HIGH SCHOOL
HELENA SIDEL
Junior
Helena's work ethic and attention to detail is second to none and as a result she has become an incredible leader for the softball team in the weight room. Helena is very kind and quick to help anyone who is new. She has a positive impact on everyone around her. She pushes herself hard every workout and as a result of her work ethic, she currently holds our school's broad jump record. The standard that she sets for herself elevates everyone in her vicinity. With Helena's work ethic, I know she will be successful in all that she attempts. It is my honor to nominate Helena Sidel as an NSCA All-American. ~Jesse Padgett

CHRISTUS HUMAN PERFORMANCE CENTER
SARA ECKERT
Junior
Sara is a standout softball pitcher who came to us after several injuries that looked to derail her athletic career. She put a tremendous amount of effort and hard work in during her off-season to get stronger so she can rejoin her team for the upcoming season. Even after a setback, Sara continued to show up to training and push hard towards her goal. Her determination and hard work ethic will continue to help her not only on the softball diamond but also outside of athletics. ~Ryan Dupre

GREER HIGH SCHOOL
TATE DAVIS
3B
Senior
Tate is an outstanding young woman and hard working student-athlete that has seen her strength, power and speed all increase because of her commitment to our program. She is a hard worker on the field and in the weight room. She is an excellent student-athlete and always pushes herself to get better in every aspect. ~Matt Landreth

MANDAN HIGH SCHOOL
SAVANNAH GUSTAVSSON
Senior
Savannah is a Senior at Mandan High where she competes in softball. In the weight room, "Gus" is a member of the silver Iron Brave Club (Bench, Squat, and Clean over 500) and has won lifter of the week. On the diamond she has been nominated as team captain, is a four time all academic performer, WDA all conference, team mvp, and awarded the Brave Award which is given to an athlete which most exemplifies what it means to be a brave on and off the field. She has a 130 max bench, 225 squat, and 140 power clean. Congrats Savannah! ~Zach Morast

RAYTOWN SOUTH HIGH SCHOOL
ABIBATOU VILANE
P
Junior
Abi, is a standout in two varsity sports. She also excels in the classroom. Abi has a great work ethic in the weight room and upholds the standard for those around her. Abi is a great example of what it means to be a Cardinal in the classroom, and in the field of play! Congratulations Abi! ~Monte Yancey

HIGH SCHOOL — SOFTBALL

SPARTANBURG HIGH SCHOOL
AMEELIYAH GETER
Junior

Ameeliyah Geter excels academically and has a 4.3 GPA. As a sophomore she finished 1st in the SCHSSCA female Strength meet unlimited division. This year, as a Junior, she finished 2nd in the unlimited division. She had the highest meet total at 620 lbs with a back squat of 410 lbs and a bench press of 210lbs. All of which are SCHSSCA All-time state records. She is considered the strongest SCHSSCA All-time female athlete. She has Cleaned 225 lbs.

Ameeliyah Geter is a model student athlete and an outstanding teammate. She is a servant leader and leads by example on and off the field. In the team setting, she is always supportive of coaches and teammates and is willing do whatever it takes to help the team succeed. She is intrinsically motivated and enjoys the challenge of hard work and rigor. ~Andrew Caldwell