



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — HIGH SCHOOL — GOLF

COACH ROZY PERFORMANCE

Gavin Haselhorst

Sophomore

Gavin placed 6th this year at the Class AA State Golf Tournament as well as being selected to the State All-Tournament Team for Class AA. He was 3rd in the ESD Conference Championship and was selected as Team Captain and also the teams Most Valuable Golfer. Gavin was elected as the teams Clutch Buck Award winner and Grinder Award winner in his Freshman year, he continues to use that drive and determination in the weight room to improve his game. Over this last off-season, Gavin went from a 140 lb bench to a 180 lb bench at a body weight of 170 lbs. His squat max went from 220 lbs up to 275 lbs while improving his vertical from 26 inches to 28.75 inches. He has become a leader on the course and in the weight room with his team mates as well as other athletes in other sports. Gavin also competes in Track and Field in the spring. ~Gavin Haselhorst