

2020 — HIGH SCHOOL — ROWING

THE PEDDIE SCOOL

Joe DiCola

Sophomore

Joe DiCola was our first IRON FALCON this year. The IRON FALCON is a program I created that quantifies our foundational exercises for Strength, Power, and Speed relative to her body weight. Only a Sophomore, Joe has an obviously love of strength and fitness. Highlighting his excellent relative strength, his best lifts are: 175 lbs Barbell Front Squat for 5 reps. 255 lbs Hex Bar Deadlift for 5 reps, 20 pull ups, and a 60 lbs Dumbbell Single Arm Snatch. Joe also takes time to mentor his peers in the weight room. He also a strong student in the classroom.

~Mike Volkmar

THE PEDDIE SCHOOL

Clara Middleton

Junior

Clara sets an amazing example for the other girls in the weight room. She has been involved in the weight room since her freshman year. Our weight room also houses our rowing machines, therefore she rarely leave. Her commitment to improve herself is contributed to 6am workouts and extra workouts after practice. Clara was apart of first boat that won 2019 MAPL Championship. A lightweight rower, her strongest lifts are Barbell Hip Thrust: 225 lbs for 12 reps. Squat: 175 lbs for 5 reps. Sumo Deadlift: 185 lbs for 5 reps. Bench Press: 85 lbs for 5 reps. She also a strong student in the classroom.

~Mike Volkmar