



# NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## HIGH SCHOOL — GOLF

### PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

**Sam Foss**

**Senior**

Golf is increasingly being seen as a sport in which Strength & Conditioning can improve performance. For the last few years in PEAK Performance, it has been nice to watch Sam's commitment to his fitness have a visible impact on his play on the golf course. His swing speed has increased, his posture is much-improved and his scores demonstrate that. Congratulations, Sam on earning All-American status in Strength & Conditioning.  
~Todd Johnston