

2020 — HIGH SCHOOL — SOCCER

COACH ROZY PERFORMANCE

Sadie Fedders

Goal Tender

Senior

Sadie is a three sport athlete excelling in Soccer, Basketball and Track & Field. As a goalie for the soccer team, Sadie racked up 21 career shut-outs, going 2 years without giving up more than 1 goal in a match. She was nominated for Argus Leader Soccer Athlete of the Year, Selected as Defense Player of the Game at the State AA Championship where her team finished off a 15-0-2 season as State AA Champions, 1st Team All-State as goalie. The team was also 2x Conference champions and she was on the 1st Team All Conference Squad. In basketball, she has helped the team to the 1st Conference Championship in 14 years, working for 10 wins in a row and going 8-0 in Conference play. She is also a thrower in track with PR's in the shot of 30' 5" and 101' 11" in the disc. Sadie is also a leader within the strength and conditioning program using performance training to help her achieve success on the field, court and in the ring. With her 245 lb squat, 135 lb bench, 19.2 inch vertical jump, 5.12 in the pro agility run and a 1.61 in the 10 yd sprint, Sadie excels in the weight room to help achieve in her sport. ~Mark Roozen

COACH ROZY PERFORMANCE

Payton Wolfram

Senior

Payton is being nominated for NSCA All-American for her 2nd Year; as a Junior and now as a Senior. She is part of the AA State Championship Soccer Team that went 15-0-2 and was selected to 1st team All-State, was selected to First Team All-ESD Conference Soccer Squad, lead the Yankton Soccer team to it's second straight ESD Conference Title, recording a 7-0-1 record.. She is a basketball standout who so far this season has helped lead the Yankton Gazelles to the Conference Championship going undefeated in conference play, and

being an outstanding track athlete as well. Payton's honors over the past three years include:

Junior Year

- All ESD Conference – First Team – Soccer
- AA All-State – First Team – Soccer
- Team Captain – Soccer
- 3 sport athlete including basketball, soccer and track
- MVP of Yankton High School soccer team

Sophomore Year

- All ESD Conference – First Team – Soccer
- AA All-State – Second Team – Soccer
- AA State Qualifier in 400 meter dash
- 3 sport athlete including basketball, soccer and track

Freshman Year

- 3 sport athlete including basketball, soccer and track

Other Academic Achievements and Affiliations

- National Honor Society Member
- Roll of Excellence – Freshman –

Sophomore – Junior Years

- Y Club Member
- FCA Member
- Yankton High School Student Council Member
- Coach at Yankton youth basketball camps – Freshman, Sophomore and Junior Years
- Coach at Yankton youth soccer camps – Freshman, Sophomore and Junior Years

~Mark Roozen

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COLLINSVILLE HIGH SCHOOL

Joey Rigby

Forward

Sophomore

Joey is sophomore that plays football and soccer and contributes to both of those varsity teams. He is a leader by example with super high character! When he trains, he punches in and he goes to work. He is an outstanding young man! ~Adam Hass

COLLINSVILLE HIGH SCHOOL

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Forward

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JONATHAN DAYTON HIGH SCHOOL

Hunter Gollin

Center Back

Senior

Hunter is a four-year varsity player for the soccer team, and a two-year captain as a junior and senior. Hunter's commitment to our strength & conditioning program has shown not only in his level of play on the field, but in his disciple, focus, and consistent effort every day in the weight room. Hunter can always be seen helping our younger athletes through their exercises or picking up empty water bottles after everyone has already left. Hunter has become one of the hardest working athletes to walk through our doors, and that attitude will be on display next year when he goes on to the next level to play for Drew University in the 2020 season.

~Mark Cugliari

VIKING PERFORMANCE TRAINING

Michaela August

Defender

Sophomore

A disciple of the weight room since middle school, Michaela has grown up understanding the benefits of strength and conditioning to the soccer pitch, watching older sister (and past NSCA S&C All-American) Jordan transform her game. As a result Michaela has taken the same approach, and has become one of the most powerful players on the field, and a tough-as-nails leader for the team. With a squat over 200lb and Clean & jerk of 125lb while only a sophomore in high school, Michaela's abilities to impose her will against opposing offenses will only continue to improve. ~Jerry Handley