

2020 — HIGH SCHOOL — BASEBALL

ATHLETIC PERFORMANCE TRAINING CENTER

Tim Baird

Pitcher

Senior

Tim is extremely dedicated and a hard worker. His achievement drive will serve him well as a college student-athlete, and beyond. ~Brian Lebo

ATHLETIC PERFORMANCE TRAINING CENTER

Brady Maciak

Outfield

Senior

Brady is a hard worker and role model who will continue his education and baseball career in college. ~Brian Lebo

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY

Tony Santa-Maria

Shortstop

Senior

Tony is constant presence in the weightroom as a leader and a positive influence for the younger athletes. He has a great attitude and is always open to suggestions and constructive criticism when it comes to learning new exercises or adjustments in his program/nutrition. Tony has Benched 205lbs, Cleaned 235lbs, Squatted 340lbs, Deadlifted 420lbs, and has a 30.6" vertical using a force plate. Tony is destined for success in whatever he chooses to do because of his dedication to academics, the weightroom, and baseball. ~Vincent Mahoney

BRIDGTON ACADEMY

TJ Keefe

C

Senior

TJ brings a tremendous amount of effort, but also charisma to the weight room. He is working hard, just as much as he is smiling or helping out another teammate through the lift. In my short time knowing him, I have watched him grow to appreciate his own accomplishments, and the ones of those around him. ~Sam Sahl

CATE SCHOOL

Kevin Morales

Junior

Kevin quietly and methodically gets his work done every day he is in the weight room. Coaches often preach about being good at the little things. Well, Kevin is a testament to the validity of that approach. Without fanfare, he listens to instruction and diligently applies himself until he's able to perform what it is we've asked him to do. The amount of focus and attention to detail he displays is impressive. As a result, he is a pillar to the culture of our program and we're proud to nominate him for this award. ~Erik Hansen

DOBYNS-BENNETT HIGH SCHOOL

Derek Thurston

1st Base

Senior

Derek transformed himself during his high school tenure. His leadership and enthusiasm have been contagious throughout the baseball team. He has become one of our strongest athletes and it has all come down to the effort he put into making himself the best possible player he could be. ~Zack Fleming

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GEORGETOWN PREPARATORY SCHOOL

TJ Williams

Center Fielder

Senior

As far as athletes go, TJ has been one of the hardest workers I have been around. His level of intensity and dedication to his craft has left the place better than he found it. ~Eamon O'Liddy

LAKE CENTRAL HIGH SCHOOL

Doug Loden

Infield

Senior

Doug is an outstanding young person. He has a great personality and well respected by both students and staff. Doug is a pleasure to have in classroom as well as the weight room. Doug is always willing to put in extra time to get better and to help his teammates to get better. His dedication and determination have allowed him to be one of our most consistent baseball players. ~Thomas Halterman

LAMOURE HIGH SCHOOL

Tate Mart

3B/SS

Freshman

Tate epitomizes humility combined with an exceptional work ethic. He does everything at such a high-level -- never makes excuses, always strives to get better, and excels on the baseball field. Working with Tate as he's contributed to a few state tournament babe ruth teams (including a state championship) and started for the school's varsity baseball team the last couple years has been a pleasure. He's as committed and consistent of a high school athlete as I've been around. ~Tyler Thielges

SAINT FRANCIS HIGH SCHOOL

Max Porter

Outfield

Senior

Max's dedication to improving his athletic ability by using strength & conditioning is second to none. In each movement we track he is by far the leader across all sports. We are excited to see his hard work and preparation put to use on the baseball field this spring. ~Jake Siebert

SOUTHSIDE CHARTER HIGH SCHOOL

Braden Jones

Pitcher

Senior

Braden has been a leader in our S&C program the last several years he is a multi sport athlete who has developed tremendously over the course of several years. He has been an asset to our baseball program as they have developed their S&C Program. ~Deerick Smith

ST. JOHN'S COLLEGE HIGH SCHOOL

Dylan Winebrenner

Catcher

Senior

Dylan has truly shown what hard work and training can do for athletic performance. He has constantly looked to get better every practice and workout session. As a team captain, he leads by example and has earned the respect of his teammates. He has also shown high level skills in the weight room, which has helped him behind the plate commanding the field. He will continue be a great athlete as he moves on to play Division 1 baseball next spring. ~Brandon Remalia

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ST. LAURENCE HIGH SCHOOL

Edwin Alvarez

Inf

Senior

Edwin is a true leader both on and off the field. Edwin had the biggest gain in the weight room this off-season going from a 355 pound squat to a 475 pound squat and also having the highest bench on the team. You can often see Edwin staying late working on his hitting and fielding. Edwin is a great kid who works hard each day. It has been a pleasure working with him for the last two off-seasons. ~Brad Leshinske

THE PEDDIE SCHOOL

Patrick Cettina

Catcher

Senior

Patrick made leaps and bounds this year in the weight room, transforming himself into a college baseball player during his four years in the weight room. As a catcher, Patrick knew he had to improve his leg strength. He accomplished that with Hex Bar Deadlift: 475 lbs, YOKE Bar Split Squat: 315 lbs, and YOKE Squat: 405 lbs. He was also a leader within his lifting group, a senior captain of the baseball team, and a fitness captain in the weight room. On the field last year, he was 1st Team All League, All Prep State, and All Area. He also a strong student in the classroom.

~Mike Volkmar

THE WEBER SCHOOL

Slaide Naturman

Catcher

Junior

Slaide is the star example of an athlete's increased performance on the field through dedication in the weightroom. Slaide came into the strength training program with a goal of gaining lean mass to improve his performance on the field and condition his body to help avoid non contact injuries. In 10 weeks Slaide was able to put on 6 pounds of lean mass and increase his arm strength allowing him to throw at a higher velocity than he had ever experienced before. Playing the position of catcher, Slaide has become a dominant defensive player and a true threat to all runners on the base path. Slaide has also set a positive example in the weightroom and influenced his teammates to work harder and push themselves as well. ~Jessica LaGala

TOPSPEED STRENGTH & CONDITIONING

Robert Moore

Second Base

Senior

Robert Moore is one of the top baseball players in America and a true testament to what hard work can achieve. As a freshman he boasted a vertical jump of just 18 inches, by the start of his senior year that number would be more than a foot higher at 31.4 inches. He was one of the most consistent athletes I have ever come across in all my years of coaching. His hard work wasn't limited to just work in the weight room either, he also turned himself into best players at his position, earning a ranking as one of the Top 20 high school players in the nation before foregoing his senior year to go start at second base for the University of Arkansas as a 17 year old. Then as if that wasn't impressive enough he was also named SEC Player of the Week and National Player of the Week in just his second week of college baseball.

~Joseph Potts