

## HIGH SCHOOL — TRACK AND FIELD

### Carrollton School of the Sacred Heart

#### MICAH FRASER

##### Hurdles, Long Jump, Sprints

##### Freshman

Micah started weight training as an 8th grader in a P.E. class at Carrollton while on the Middle School Track & Field Team. As an 8th grader she broke the weight room record for highest box jump by successfully jumping 39". She showed great tenacity every day in the gym and refused to give up. This year she starts on the Varsity Track & Field team with a strong strength base and excellent potential in the long jump and hurdles. ~Kira Butler

### Gayville-Volin

#### NATHANIEL SELCHERT

##### Thrower

##### Senior

Nate has been selected 2x as an NSCA All-American in the past. A standout in sports; Track, Football, Basketball as well as in the classroom. Having qualified for the State Track meet 2x in the last year, Nate has a PR in the shot put of 48.35 and the disc at 124 ft 6 in. A 4 year starter in Basketball and Football, Nate also carries a 4.2 Grade point average, has been on the academic high honor roll 4 years and is involved with FCA and the local Church Youth Group. ~Mark Roozen

### Iowa City High School

#### IVAN SHINKUNAS

##### Throws: Shot and Discus

##### Senior

Ivan has been a "quiet" Leader for our Throws program for the last 4-years; his internal leadership skills has brought much to the table to both our young thrower student-athletes as well as to our

veteran squad this year. Outside of his strong numbers in the weightroom, Ivan is always "looking" for new training methods to better himself and to perfect his technique in his events, on top of leading by that example in practice and during competitions. He is one of those student-athletes that does not come around very often when it comes to these above qualities and attributes as his success is what every Coach wants, "between the ears" is what makes him great.

~Jason Dwight

### Joplin High School

#### MICAH HOLDEN

##### Hurdles

##### Senior

I want to take a moment to recognize Micah, a senior hurdler who truly personifies what it means to invest in a program. On the track, Micah's performances speak for themselves, with outstanding times of 49.72 in the 300 hurdles and 16.00 in the 100 hurdles. In the weight room, she has set an impressive standard with personal bests of a 170 lb bench press, a 300 lb squat, and a 180 lb clean—demonstrating her commitment to growth and excellence. Beyond athletics, Micah's impact reaches deeply into our school and community. She gives back through her work with Caring Closet and serves as a mentor to our freshmen through Fusion. Academically, she leads by example with a 4.2 GPA, membership in the National Honor Society, and active leadership through Student Council. Micah's dedication, character, and leadership have left a lasting mark on our program and our community. She represents the very best of what we hope our student-athletes strive to become.

~Michael Lawrence

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### Liberty Christian Academy

#### ELLISON WEAVER

##### Sprints and Jumps

##### Senior

Ellison Weaver exemplifies dedication, resilience and elite athletic performance in Track and Field. Ellison approaches every training session with focus and intent, demonstrating a relentless commitment to improving strength and speed. Her work ethic in the weight room directly translates to explosive power on the track. Ellison's discipline, coachability and consistency set her apart as a leader within her school's program. ~Sarah Kline

### Victoria High School

#### EMMA DINKEL

##### Sprints, Jumps

##### Senior

Emma is a talented multi-sport athlete with a combination of speed, agility and strength. This season she became the school's career leader in volleyball assists while leading the team to back-to-back state tournament appearances. She has earned all-league recognition, placed at the state track meet and set a school record in the triple jump. Emma is also an excellent teammate. Her team-first mentality sets a great example. She is supportive when someone is struggling and quick to celebrate their successes. At the same time, she works hard every day and is extremely coachable. Emma is a key contributor in everything that she does.

Emma has the 10 yard dash school record at 1.65 seconds. Bench Press 105 lbs. Squat 205 lbs. Hang Clean 120 lbs. Deadlift 225 lbs. ~Shawn Landers

### Watkins Memorial High School

#### MEGAN KEATING

##### Junior

Megan is an easy choice for this award! She is consistent and pushes herself as hard as any athlete I've trained. She is never satisfied and strives to improve daily, even while being one of the fastest female athletes at the school. She is easily coachable by constantly seeking feedback on her training and form, and asking questions when help is needed. She even goes out of her way to help others with their training if necessary. In every Speed and Power Testing metric that she has taken part of Megan is #1 in the Female Categories. She holds an impressive 8'4" Broad Jump and 27.2" Vertical Jump, which are just a few numbers that put her at the top! For her work ethic and the reasons above, Megan is extremely worthy of being named an NSCA All-American Athlete of the Year. ~Seth Dunaway