

HIGH SCHOOL — TRACK AND FIELD

COACH ROZY PERFORMANCE

Thea Chance

Distance Runner

Sophomore

Thea Chance is a sophomore at Yankton High School in Yankton, South Dakota. An outstanding cross-country runner and track & field stand out, Thea has a PR in the 5k of 18:56, is a 2019/2020 class AA top 25 in Cross-Country, was 2019 SD All-State in Cross Country, 2020 All-ESD Cross-Country. She is predicted to be one of the top runners in the State for the 2020 Track & Field - and had been selected as top runner this past year before COVID hit. She is also on the School Honor Roll and in on the Student Council. Thea has used the weight room to help improve her running times and ranking - not missing workouts since the summer of 2020 all the way through off-season, in-season cross-country, off-season winter programs and into the spring of 2021. ~Mark Roozen

COACH ROZY PERFORMANCE

Zach Fedde

Distance Runner

Sophomore

Zach Fedde is a sophomore at Yankton HS in Yankton, South Dakota. He as a personal best of 16:53 in the 5k. is the 2019 and 2020 Call AA Top 25 in Cross Country. Was All State runner in cross-country in 2020 as well as all ESD in the Conference in cross-country. Zach didn't get a freshman year of track because of COVID, but is expected to be a leader on the track this coming season. Zach is a leader in the weight room to the cross-country team and on the track teams distance running group. Squatting over 250 lbs, using plyometrics, power development and even doing speed work in the off-season has helped Zach to develop into a great runner - and predicted to be one of the states premier runners into high school. ~Mark Roozen

COACH ROZY PERFORMANCE

Andrew Gustad

Pole Vault

Junior

Andrew Gustad is a 3 sport athlete from Gayville-Volin School in South Dakota. He placed 3rd his Freshman year at the State Track Meet in the pole vault, but didn't get to compete because of COVID this past year. He is predicted to be one of the top vaulters again in the State in the Spring of 2021. On the GridIron, Andrew averaged 7.5 yds per carry with 7 touchdowns in 6 games. He averaged 12 yds per reception on offense as well. He as over 800 all purpose yards and accounted for 56 points during the season. He had 44 Solo Tackles and 45 Assisted tackses with 2 pass breakups in the season. On the basketball court Andrew averages 13 points a game, 7 rebounds a game and has 4 assists. In the weight room, Andrew leads the team, Squatting 405 lbs, Benching 315 lbs while having a 29 inch vertical, a 4.65 40 and a 4.3 pr agility run. ~Mark Roozen

COACH ROZY PERFORMANCE

Kayla VanOsdel

Thrower

Senior

Kayla VanOsdel is a three sport athlete at Gayville-Volin High School in South Dakota. She is a standout in all three sports as well as a leader in the weight room. Kayla was State Discus Champion in 2019 as a sophomore, did not have a track season last year, but is expected to be a top leader in the state in throw events. Her weight room work, with a 250 lb squat, a 140 lb bench, her dedication to not missing training is what allows her to compete at a high level. In Volleyball, Kayla had 837 kills, and 650 digs for her career. In Basketball, she averaged 10 ppg, 12 rebounds per game and 5 assists per game. She looks to continue her throwing career in college. ~Mark Roozen

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FOX CHAPEL AREA HIGH SCHOOL

Jessica McCann

Track and Field Thrower

Senior

Jessica McCann is an exceptional student and athlete at Fox Chapel Area High School in Pittsburgh, Pennsylvania. Jessica is an accomplished thrower who unfortunately was denied her junior season due to the pandemic where she would have definitely would have been among the top throwers in the state. Jessica throws shot put, discus, javelin, weight and hammer and has committed to continue her academic and athletic career at Seton Hill University this fall. Jessica has consistently demonstrated a dedication to training for her sport and is one of our most dedicated athletes in our strength and conditioning program at Fox Chapel High School. In addition to being an exceptional athlete, Jessica is a very accomplished student and artist. She maintains a 3.99 QPA and is a member of the National Honor Society. Jessica also is a national award winning artist having recently won the Design Arts competition from the National Young Arts Foundation. Jessica truly embodies everything we believe a student athlete should be. ~Brandon Peifer

GOSHEN CENTRAL SCHOOL DISTRICT

Andrew Svede

Offensive Line, Shot Putt, Discus

Senior

Andrew has been an inspiration to me over the last 4 years. Walking into the weight room without any experience, he has built himself into a leader in the weight room. First in, last out never missing a workout and finding a way to get things done. He has set a high standard for himself and his teammates. Andrew deserves this recognition through his hard work and dedication to improving every day. ~Robert McIntee

GOSHEN CENTRAL SCHOOL DISTRICT

Emma Wapshare

Senior

Emma is a hard worker. She will always go for the extra rep and look for what else she can do. Emma is willing to search for answers. Always looking for how to improve technique in the weight room and on the field. A great teammate she leads by example and is always willing to offer encouragement and help where she can. Emma deserves this recognition for her hard work and leadership. ~Robert McIntee

IOWA CITY HIGH SCHOOL

Mike Rew

Short Sprinter

Sophomore

Mike has showed great leadership to both the underclassmen and varsity sprinter groups for both the off-season and pre-season periods of training. Mike shows accountably at every workout and takes pride in his ability to train at a high level and to communicate lifting technique to those inexperienced lifters within the program. His commitment to helping make our other athletes "better" regardless of event, has been paramount to moving our program forward; something that is intrinsic, and cannot be coached, as Mike has been one of those athletes that has demonstrated this intrinsic attribute week in and week out in the weightroom. Mike, truly, demonstrates what it means to be an All-American Athlete in Strength and Conditioning. ~Jason Dwight

HIGH SCHOOL — TRACK AND FIELD

KEYS HIGH SCHOOL

Nate Fields

Runner

Senior

Nate shows up ready to work every day and has improved so much because of it. He leads by example because of his work ethic in the weight room. Nate never was the faster kid on the track and his work ethic with strength and conditioning this year has put him in a position to be very successful this season. ~Adam Hass

KEYS HIGH SCHOOL

Sierra Winkler

Runner

Junior

Sierra is one of the hardest workers I have ever met. She is a committed student-athlete. She maintains a 4.0 G.P.A. while being a multiple sport athlete, and a manager for the football team. She is a natural leader and pushes her teammates every time they are in the weight room. Sierra hasn't only improved her athleticism because of getting faster and stronger, but her entire team improved due to her leadership skills in the weight room. ~Adam Hass

NORTH STAR HIGH SCHOOL

Samantha Fox

Jumper

Junior

Samantha is an outstanding student/athlete who has been in a Weight Training Class every semester of her high school career. She has a very happy, outgoing and positive young lady. I often use her to demonstrate exercises and as a Student Coach to assist her peers during the training session. Samantha is a self-motivated and hard working young lady that will go on to inspire and help others. ~Stewart Venable

NOTRE DAME ACADEMY

Will Zellner

RB / DB

Senior

Will has been a leader in the weight room all four years. Always a role model for our younger athletes, always willing to help out in whatever way possible and always putting forth his best effort. ~A.J. Giovanetti

PEAK PERFORMANCE - KENOWA HILLS HIGH SCHOOL

Tamia Balli

Sprints

Senior

Tamia is a veteran member of both PEAK Performance as well as a Sprinter on our Track and Field and also a member of our highly successful Competitive Cheer team. The strength that she has developed in the weight room has allowed her to be an important member of our teams and her leadership has made her a valued part of PEAK Performance too. ~Todd Johnston

POPE JOHN XXIII HIGH SCHOOL

Afua Agyekum

Multi Event

Senior

Afua is a track and field athlete who competes in a variety of events including sprints, jumps, throws, and decathlon. Afua is near or at the top of nearly all of our categories on our weight room record board and still has not finished her senior year for winter and spring track. Afua is an excellent student, a phenomenal athlete, and an even better person. I am proud to nominate her as an NSCA All American. ~Joe Lopez

HIGH SCHOOL — TRACK AND FIELD

PRESS ON PERFORMANCE

Karly Just

Distance

Senior

Karly has an unwavering determination and work ethic. She has overcome many obstacles, yet continues to push forward to be in the best shape that she can be in. I am looking forward to Karly being an excellent leader for her T&F team this spring. ~Tyler Thielges

PROVIDENCE DAY SCHOOL

Falon Spearman

55m, 100m Hurdles

Junior

Falon Spearman has been a great addition to the Strength and Conditioning workouts for the track team. She has led by example and always puts in her best effort. Falon works very hard in the weight room and understands how it benefits her performance on the track.

3 X State Champion

2 X All American in the 100m hurdles

Ranked #5 in the US in the 55m hurdles

~Thomas Caruso

PROVIDENCE DAY SCHOOL

Brunner Williams

100m, 200m, 400m

Sophomore

Brunner Williams has been a great addition to the Strength and Conditioning workouts for the track team. He has led by example and always puts in his best effort. Brunner works very hard in the weight room and understands how it benefits his performance on the track.

2 X Independent Schools Champion

#1 Soph in NC in the 55m and #7 in the country

#2 Soph in NC in the 300m and the #25 in the country

~Tom Caruso