



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

## 2020 — HIGH SCHOOL — GYMNASTICS

### VIKING PERFORMANCE TRAINING

#### Makenzie Poe

#### Junior

"If I could be at the weight room for 4-5 hours a day, 6-7 days a week, I would!". "Can I push a car today?". Sentences any strength coach would love to hear from ANY athlete, let alone a petite, powerhouse high school gymnast! Makenzie is a weight room treasure, constantly pushing herself to become the best gymnast she can be, and a better, more confident version of herself as well. As a consistently positive person, Makenzie is a leader through work ethic, performance, and force of personality. ~Jerry Handley