

HIGH SCHOOL — WRESTLING

CAPE HENRY COLLEGIATE

MASON REID

Junior

Mason Reid has demonstrated the all characteristics of an NSCA All American over multiple years. Mason was a mainstay in the Fitness Center prior to the COVID-19 shutdown and took ownership of his own training while campus was closed. Mason consistently followed workouts remotely, dedicating himself to his work even while no one was watching. Mason holds a bench press max of 185, front squat of 220, trap bar deadlift of 400, and a standing vertical jump of 28 inches. Mason is a contributor on the Varsity Baseball team, Varsity Wrestling team, and trains in Mixed Martial Arts outside of school. ~Philip Reichhoff

COACH ROZY - AVERA SPORTS

AARON LARSON

Junior

Aaron participated in every off-season, in-season, and summer strength & conditioning program throughout high school. He has had an outstanding football, wrestling, and track career. He is a 2-time state qualifier for wrestling. He is also involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

DOVER-EYOTA HIGH SCHOOL

GAVIN GUST

152 LB

Junior

Gavin defines what it means to be committed to your craft. Outside of playing 3 sports, Gavin committed his time to getting better in the weightroom and improving his speed, agility, and quickness. He dedicated himself to get better each morning without missing more than a few days throughout the entire year. Gavin's work ethic has paid off greatly as he has qualified for the state tournament 2 straight years, placing 5th as a Freshman and 3rd as a Sophomore. He has been an outstanding leader for all of those around him and an outstanding

example of what hard work in your training results to.
~Isaac Vesel

GREER HIGH SCHOOL

JILLIAN LACKEY

106

Junior

Jillian is an outstanding and hard working 2-sport athlete at Greer High School in South Carolina. She is a member of the wrestling team in the winter and soccer team in the spring. She placed 3rd in the 2021 Women's wrestling State Championship in the 106 weight class, earning All-State and All-Region awards. This season, she won the Women's wrestling State Championship in the 106 weight class and has qualified for the men's state championship! Jillian is a happy, outgoing and positive young lady. She has consistently demonstrated a dedication to training for her sports and is a natural leader in the weight room. ~Matthew Landreth

GREER HIGH SCHOOL

CHANDLER SEWELL

120

Sophomore

Chandler is an outstanding young man and hard working student-athlete. He is intense on the mat and in the weight room. Chandler always goes out of his way to make other students feel more confident in the weight room and praises their efforts, He currently is the #2 ranked SC Wrestler in 4A for the 120 weight class. He is an excellent athlete and always pushes himself to get better in every aspect (nutrition, training, etc.). He is a very friendly, positive young man and I have enjoyed the opportunity to work with him for the past two years.
~Matthew Landreth



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — WRESTLING

**RAYTOWN SOUTH HIGH SCHOOL
NORMAN SCHNEIDER**

**#126 Class
Sophomore**

Norman has demonstrated great leadership on the mat, in the classroom, and in the weight room. Thank you for representing Raytown South High School.
#CardinalStrong! ~Monte Yancey

**RAYTOWN SOUTH HIGH SCHOOL
ZAYLA VANN**

**#141 Class
Sophomore**

Zayla has demonstrated great leadership on the mat, in the classroom, and in the weight room. Thank you for representing Raytown South High School.
#CardinalStrong! ~Monte Yancey