

## HIGH SCHOOL — BASKETBALL

### ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY EDISON REYES

**Center**  
**Senior**

Edison had huge improvements in the weightroom from Junior to Senior year! All of his lifts improved greatly with his deadlift making the top 5 at ACIT earlier in the year. His hard work in the weightroom showed on the court as the starting center helping ACIT to multiple victories this season. His leadership was something coaches love to have. He not only led by example, but also got vocal when needed whether it was keeping teammates on track or helping motivate teammates in the weightroom. Edison is a prime example of the difference the weightroom can make when you focus and put in the work. ~Vincent Mahoney

### BEAR RIVER HIGH SCHOOL MASON SORENSEN

**Forward**  
**Sophomore**

Mason has worked hard throughout the 12 month training cycle leading up to his sophomore year. In those 12 months, he added 12 inches to his vertical leap and 20 inches to his broad jump. His strength, mobility, quickness and speed also improved significantly during the training cycle. Mason is a leader in the weight room and never takes days off. He is an example to his teammates on the court, in the classroom and training in the offseason. He is determined to excel at everything he does and that work ethic will serve him well throughout the rest of his high school career and life in general. ~Tommy Nelson ~Reggie Shaw

### CAPE HENRY COLLEGIATE JILLIAN SOMERS

**Guard**  
**Junior**

Jillian Somers is tough, competitive, resilient, and a leader on multiple Varsity teams. Jillian's year around consistency has made her a stand out in our program. While balancing academics, three school sports, and a demanding club schedule she still finds a way to not miss workouts. Jillian has set an excellent example for younger teammates. The programs she has competed for are better because of it. Also a standout on the Varsity Field Hockey and Soccer team, Jillian has contributed to multiple Conference and State championships. ~Philip Reichhoff

### CAPE HENRY COLLEGIATE GEORGE CUTLER

**Point Guard**  
**Senior**

George Cutler is a senior basketball player who exemplifies the core values of our strength and conditioning program. Throughout the summer months George was one of our most consistent attendees and he continued this throughout the school year. Words I would use to describe George would be hard working, accountable, disciplined, and focused. At the time of publication, he holds a bench press max of 250, front squat of 270, trap bar deadlift of 410, and a 30.2 inch standing vertical jump. On the court George has been a four year varsity player, making an impact on four consecutive conference championships and one state championship. He has also earned a GPA of 3.2 over his years at Cape Henry. Next year George plans to continue his basketball career and studies at the collegiate level but has yet to make a decision. ~Philip Reichhoff

## HIGH SCHOOL — BASKETBALL

### **CENTRAL CATHOLIC GS SOLOMON LUKE RAMOS-BENAVIDES**

#### **Guard**

#### **Junior**

2nd Team All-District TAPPS D1 6A District 3. 3.46 GPA. 15.2 PPG, 2.3 AST, 2.9 DRB, 1.1 ORB, 29 MPG, 1.9 STL, 81.6 FT%, 38.5 3FG%, 57.5 2FG% Team's Leading Scorer. Solomon's dedication to strength & conditioning lead to massive improvements both in the weight room and on the court. Establishing himself as one of the hardest workers and leaders not only on the basketball team but in the schoolhouse as well. ~Glenn Revell

### **COACH ROZY - AVERA SPORTS SAVANNAH BEESON**

#### **Junior**

Savannah participated in every off-season, in-season, and summer strength & conditioning program throughout high school. She has had outstanding volleyball, basketball, and track careers where she's received all-state or all-conference honors in each. She is also involved in the Watchdog Leadership Counsel.

~Kyle McKelvey

### **COACH ROZY - AVERA SPORTS ASHTON TJADEN**

#### **Senior**

Ashton participated in every off-season, in-season, and summer strength & conditioning program throughout high school. He had outstanding football, basketball, and track careers. He will continue playing football at Minnesota State - Moorhead next year. He is also involved in the Watchdog Leadership Counsel.

~Kyle McKelvey

### **COACH ROZY PERFORMANCE**

#### **TAYLOR HOXENG**

#### **Guard**

#### **Freshman**

Taylor Hoxeng is a 5'6" 8th grader and already making an impact at the high school level in volleyball, basketball and track. On the hardwood, Taylor is averaging 10 pts per game, averages 3 steals a game, and as a guard position averages 6 rebounds a game along with 10 assists per game. In Track, Taylor has a PR in the 100 meters of 13.84, the 200 meters in 28.72, the 300m Hurdles in 57.14 where she got 5th in the conference meet. She was on the 4x800 team that got 3rd at Regionals and qualified for State as well as being on the Sprint Medley Relay that got 3rd at Regionals and qualified for State. In Volleyball, Taylor had 6.0 Digs per set for a total of 559 digs, 30 aces and 4 kills. Taylor also competes at the national level in rodeo in Breakaway Roping. ~Mark Roozen

### **COACH ROZY PERFORMANCE**

#### **ELLIE KAROLEVITZ**

#### **Guard/Forward**

#### **Senior**

Ellie Karolevitz is a 5'10" Senior on the Yankton High School Girls Basketball team in Yankton South Dakota. A top 10 player from the State of South Dakota for recruiting. She has been a standout for the basketball squad through out her high school career as a player and a leader. She had an injury that took her out of play for a few weeks this season, but is back to finish the season and averaging 17.5 ppg, shooting 52%, 8 rebounds per game and 3 assists per game. She maintains a 115 lb bench, squats 235 lbs and improved her VJ from 19 inches to 21 inches. She was part of the 2020 ESD Conference Championship team. She is a member of the National Honor Society and runs track for Yankton HS, is a member of the Y-Club and volunteers with a number of youth programs in the area. ~Mark Roozen

## HIGH SCHOOL — BASKETBALL

### COACH ROZY PERFORMANCE

#### SPENCER KARSTENS

##### Guard/Forward

##### Freshman

Spencer is a 6'1", 210 lb Freshman at Gayville-Volin, but is already making an impact on the basketball court, the football field and as well with Track & Field. In basketball, Spencer started on varsity as a freshman. Playing in 16 games so far, Spencer has 246 points, averaging 15 points per game, 2 steals per game and 2 blocked shots per game. While shooting 35% from the 3 point line and 80% from the free throw line. On the football field, Spencer played both ways, as a Tight End on offense he had 16 receptions for 138 yards and 1 touchdown. He also played Defensive End and picked up 33 solo tackles, 2 sacks and had 7 tackles for loss, helping his team make it into the State Playoffs. On the field of play and off, his leadership ability carries into performance training as he helps lead the younger players through workout sessions - being a roll model for other younger players. Spencer has worked hard, getting his top lifts to 275 lb squat, bench of 205 and has improved his vertical from 26 inches to 29 inches, while cutting his 40 yd dash time down from 5:12 to 4.91. Spencer also is a pitcher on the baseball field, is in band and involved with Fellowship of Christian Athletes.

~Mark Roozen

### COACH ROZY PERFORMANCE

#### MILES POLLMAN

##### Forward

##### Junior

Miles is a 6'2", 200 lb. Junior at Irene/Wakonda High School from Irene, South Dakota. On standout on the basketball court, Miles has averaged 13.8 points per game, 6 rebounds per game along with 4 assists and 2 steals per game. Miles also played football and 2 fumble recoveries, 28 solo tackles with 41 total tackles, 8 tackles for a loss. One of the key leaders in their new strength and conditioning program, Miles was able to take his

vertical up 2 inches in the off season, drop his pro agility from a 4.8 to a 4.6, improve his 40 yard dash from a 5.48 to a 4.95 (electronic timed), add 25 lbs on his bench, 65 lbs on his squat and 20 lbs on his hang clean. Miles also plays football and is on the track team. ~Mark Roozen

### COACH ROZY PERFORMANCE

#### DYLAN PROUTY

##### Point Guard

##### Senior

Dylan is a 6'0", 170 point guard from Yankton High School. His hard work ethic in the off-season, both on the court and in the weight room has helped him excel on the hard wood. With a bench of 205, squat of 335, vertical of 28 inches and a 40 yd dash of 4.85 he has been able to lead the Yankton Bucks into playoff contention this year. Last year in the state basketball tournament, Dylan had a career game-high of 25 points on 7 of 10 shooting in the opening game. He continues to hit 40.5% from the 3 point line this season, averages 3 steals a game, 6 assists and only 0.6 turn over average per game. Dylan also is a stand out on the baseball field, receiving All Region honors in Class A South Dakota High School Baseball. ~Mark Roozen

### CONESTOGA JR-SR HIGH SCHOOL

#### JACK WELCH

##### Guard

##### Junior

Jack is committed to developing himself into a better athlete and person each training session and practice. He gives his best effort each training session and will lead by example of what a dedicated athlete will do to be successful. He encourages others with his words and shows that anything can be accomplished through hard work through his actions. Jack's consistency to get better each practice and training session is evident to all of his teammates and coaches. ~Trenton Clausen

## HIGH SCHOOL — BASKETBALL

### EVERGREEN HIGH SCHOOL

#### KELTEN OCASEK

**Guard, receiver, safety, sprinter**

**Junior**

Kelten is a multi-sport athlete, participating in football, basketball and track. He understands that commitment to a strength and conditioning program is an essential component of success for all sports. Through 5:40 am workouts before school, weekend lifts and offseason dedication, Kelten consistently pushes himself in the weight room to get stronger and faster. Kelten earned first-team, all-state academic honors and was recognized as all-conference honorable mention for football. He accomplished these while missing his sophomore season with a broken leg and torn PCL. Kelten is viewed as a leader in the weight room across all sports, helping build a strong work-ethic and culture. ~Kyle Ocasek

### FORSYTH COUNTRY DAY SCHOOL

#### IVERSON KING

**Forward**

**Sophomore**

Iverson is a sophomore forward on the basketball team. He is a dynamic athlete. He has squatted 335 pounds, benched 165 pounds and cleaned 185 pounds. He has been one of the most consistent workers on the team this past year. On the court he is a starter and electrifies the crowd with his dunks. ~Marc Heinecke

### GREER HIGH SCHOOL

#### AMIYAH CLARK-LAMELLE

**Point Guard**

**Sophomore**

Amiyah is a two-sport athlete for us at Greer High School. She excels on both the basketball court and track. During her freshman year last year, she found her way to the weight room and was hooked. Last track season, she was part of our Women's 4x400 team that finished 5th at the 4A State Championships. This basketball season, she has inserted herself into the starting point guard role. She is averaging 13.6 PPG, 2.9 Assists per game and 3 steals per game. Amiyah exemplifies a work ethic second to none, a positive attitude and an unrelenting desire to get better every day. It is an honor to coach her on a daily basis and I am thankful for all she has given to our strength and speed program. ~Matthew Landreth

### GREER HIGH SCHOOL

#### MARK FRAISER

**SG, PF**

**Senior**

I was first introduced to Mark this past summer after he transferred in. I knew immediately he was a hard worker and wanted to win. We began working in the weight room, trying to put on a little size and add to his bounce. He began to see small changes and how they affected his game. I was also fortunate to have him in my weight training class this fall, where we continued to lay the foundation and get him ready for his senior season. This season he led his team in PPG, Rebounds and Steals, and was second in minutes played. He is a natural leader on and off the court and has a bright future ahead of him. It has been an honor and a privilege to coach Mark, even if only for a short time period. He is truly deserving of this honor and is a great representative of Greer High School. ~Matthew Landreth

## HIGH SCHOOL — BASKETBALL

### LIBERTY HIGH SCHOOL

#### NATE RIVERA

##### Shooting Guard

##### Junior

Dedicated, consistent, and committed are three words that best describe Nate Rivera. On the basketball court, Nate is considered one of the best perimeter shooters in our area, averaging eight points per game, and hitting 43 three pointers on the year. His hard work on the court extends to the classroom and to the weight room. Since June 14th, out of 63 sessions basketball has had in the weight room, Nate has been to 60 of them. He is the definition of consistency. His extraordinary focus enables him to deliver each repetition in the weight room with high quality, speed, and effort. His dedication as a student-athlete helped lead his team to the district tournament this year. He is an outstanding athlete, an incredible student, and an extraordinary human being.

~Adam Sankovsky

### LUDINGTON AREA SCHOOLS

#### ABI BANDSTRA

##### Forward

##### Senior

Abi Bandstra is an incredible human. She is a selfless teammate always putting others before her. She has recently earned all conference honors in basketball and has been Breakfast Club member of the year a couple times during her high school career for her attendance in our before school strength training. She lead as an underclassman. Her efforts were noticed by juniors and seniors when she was just a freshmen. She held them accountable. It's been a treat watching her bring her positive attitude and effort on a regular basis. She has worked hard coming back from a knee injury this year and to just recently earn all conference basketball honors was a great reward for her. She is the glue that holds her sports teams together especially her basketball team that just won the conference championship. Abi is a great teammate and difference maker. ~Rich Kirby

### LUDINGTON AREA SCHOOLS

#### PEYTON LACOMBE

##### Forward

##### Senior

Peyton is a special specimen of strength and determination. He is an incredible student athlete. He is blessed with height, but has made himself into an incredibly explosive basketball player and athlete. Peyton earned a full ride scholarship to attend Michigan Tech and work on his engineering degree while playing basketball for the Huskies. He loves the weight room and it shows. He has 42 dunks on the year. He will be missed mostly because of the type of human being he is.

~Rich Kirby

### MULLINS PERFORMANCE + FITNESS

#### BAYLOR FRANZ

##### Point Guard

##### Junior

Baylor Franz is a Junior at Memorial High School in Edmond, Oklahoma. Baylor is a member of the National Honor Society. Baylor has played both soccer and basketball most of her life. Baylor received a Youth National Team Regional Selection Soccer Invite in 2019 as a goal keeper. Baylor played both sports until this past year when she decided to focus on basketball. Baylor was selected to the Carl Albert Tournament team in 2021 & 2022 (MVP). Baylor was selected to the Bixby Tournament Team in 2020, the Enid Tournament team in 2019 & 2021 (MVP). Baylor was named All-District 2nd team in 2020 and All-District 2nd team in 2021. Beyond academics and athletics, Baylor has volunteered at school events, participated in Shop with a Cop, and was a volunteer at the Bulldog Soccer Kiddie Camp. Baylor has done strength and conditioning with me for four years. Baylor desires to be coached and to be coached well. Baylor does not back down from doing hard things and desires to serve our country in some capacity after she finishes college. Baylor truly leads by example in all areas of her life. It is an honor to nominate Baylor.

~Elizabeth Mullins

## HIGH SCHOOL — BASKETBALL

### NEW TRIER HIGH SCHOOL

#### JACKSON MUNRO

##### Power Forward

##### Senior

Jackson Munro has always a talented basketball player. His work ethic, commitment to his teammates, and his dedication to training has allowed that talent to shine. The 6'8" 215lb power forward is a 2x All-Conference performer, among numerous other accolades. He has had a dominant senior campaign, currently averaging 15 points, 7 rebounds, and 4 assists per game for the New Trier Trevians, who have been a top-ranked team in Illinois all year. Jackson trained hard through the pandemic and competed in New Trier's USAW HS Throwdown National Championship in Fall '21. His work ethic doesn't end on the court or in the weightroom, he's also a dedicated student who will be continuing his career at Dartmouth College. ~James (Jim) Davis

### NEW TRIER HIGH SCHOOL

#### NOAH SHANNON

##### Senior

Noah is one of the best players on one of the best teams in the state of Illinois. The 6'5" 205lb Captain has always been talented, but his work ethic in the weightroom has set him apart from the competition. Noah was a talented role player as a junior - this year, he has been nothing short of dominant. Noah is averaging 10 points, 4 rebounds, and 3 assists per game, and can guard anyone on the court. His dunks are a fan favorite and he credits his work in strength training for the added height on his vertical. Noah was also selected to the U18 Team USA for the Maccabi World Games. He has worked as hard as anyone we've seen to maximize his talent, and it has paid off. ~James (Jim) Davis

### NOTRE DAME ACADEMY

#### CAROLINE BRABANT

##### Guard

##### Senior

On a team filled with young stars, Caroline's leadership ability stands out in the weight room and her teammates look up to her. Caroline's work ethic has set an example for her younger teammates creating an atmosphere that benefits every player on the team. The girls basketball team is one of my hardest working teams and that is in large part because of the tone that Caroline sets every day. Being a multi-sport athlete, it can be hard to find time to train but Caroline has always been consistent with her training. Her commitment to her training has played a huge role in her increase in athleticism, which has made her a key contributor to her varsity teams.

~A.J. Giovanetti

### PRESS ON PERFORMANCE

#### MOLLY MUSLAND

##### G

##### Senior

Molly has elevated herself to an elite level in the weightroom this year. Her athleticism was on full display during this year's basketball season where she led her team to a district championship while earning district player of the year honors. Her leadership, commitment, and excellence in the weightroom, classroom, & on the court is an excellent example for her peers.

~Tyler Thielges

## HIGH SCHOOL — BASKETBALL

### PRESS ON PERFORMANCE

#### MAX MUSLAND

##### G

##### Sophomore

Max continues to grow and develop his athleticism with elite consistency. He is a rising basketball star that was an all-district player on a high achieving team this season. As Max continues to push himself in the classroom, weightroom, & on the court - he will continue to see well-earned athletic accomplishments come his way.

~Tyler Thielges

#### RAYTOWN SOUTH HIGH SCHOOL

#### JİYANI THOMPSON

##### Point Guard

##### Junior

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

#### SANTA YNEZ VALLEY UNION

#### NAYELI TORRES

##### Point Guard

##### Senior

Going into my second year here at Santa Ynez High School, I have gotten the pleasure to work with Nayeli Torres in two seasons of basketball due to the COVID pandemic. As a junior, Nayeli was one of the harder working basketball players I had in the weight room, and with such a small senior class that year - there was a sense of leadership and motivation that she would have to set an example of for the kids of the future. From the beginning of our off-season program to our current in-season program, I have never seen someone so enthusiastic to come into our weight room after a court practice. Given people may be tired after a basketball specific practice, Nayeli would continue to come in and lead her team through our 30 or 45 minute weight session. Being elected a team captain wasn't just

because of her skill on the court or role of seniority, but because she showed her teammates how it was okay to ask questions, answer questions with specific detail, and improve daily in our sessions. The first time we ever trap bar deadlifted, Nayeli was pulling 95 pounds for her working sets of 3, and not with the greatest form. In just about a year, Nayeli has a near-perfect hip hinge when trap bar deadlifting - pulling 195 pounds quickly and efficiently for our working sets of 5. What I believe has been the reason for this growth was seeing an elite senior teammate of hers the year prior do the same thing, and motivated her to try and be her best self so she can be the best player on the court as was that senior. This is why I believe Nayeli Torres should be considered an All-American Athlete of the Year. Someone who is not only dedicated themselves to be their best self, but to help motivate others to do the same. ~Tim Gauthier

#### ST. IGNATIUS HIGH SCHOOL

#### SHONDO GREEN

##### Forward

##### Senior

Shondo has shown a keen ability to lead our program. He continues to lead our guys, serving as a mentor for the younger athletes both on the court and in the weight room. You always know when Shondo is in the room. Whether he's moving heavy weights or providing support for teammates, his presence is felt by all.

~Aaron Short

## HIGH SCHOOL — BASKETBALL

### THE PEDDIE SCHOOL

#### MATT SINGER

##### Senior

This is a career achievement award for Matt. Matt's body has transformed during his High School career. He is the type of kid I envisioned when I created the IRON FALCON program. Matt was a typical freshman boy in regards to physical traits – Tall (ish), uncoordinated, and not strong. His progression over 4 years is what High School is all about. Some call it the "slow burn" process. These are reasons I am just as proud of his Consistency, Discipline, and Scholarship as his Performance. His best lifts are 298 lbs Back Squat, 215 lbs Bench Press, 340 lbs Barbell Deadlift, 215 lbs Front Squat, 20 Chin ups, 26 Dips, and a 450 lbs Hex Bar Deadlift at 170 lbs Body Weight. He is also a high achiever in the classroom. ~Mike Volkmar

### TYLER LEGACY HIGH SCHOOL

#### CAYDEN CALLIER

##### Junior

It has been a pleasure to watch Cayden's dedication to the weight room develop. His hard work has paid off, as he is on track to deadlift 500lbs before he leaves. ~Andrew Pichardo

### TYLER LEGACY HIGH SCHOOL

#### TORI RANSOM

##### Senior

Tori has been a role model in the weight room since I arrived. She is intrinsically motivated to better herself and it shows in the progress she's made. ~Andrew Pichardo

### TYLER LEGACY HIGH SCHOOL

#### XAVIER SMITH

##### Guard

##### Junior

Xaver's dedication to the weight room has been outstanding. He has set the record for the 4-jump test on the jump mat and is one of the most explosive athletes I've ever coached. ~Andrew Pichardo

### UNIVERSITY HIGH SCHOOL

#### HANNAH STEMPL

##### Freshman

Hannah is the quintessential hard-working, lead-by-example leader of her team in the weight room. The impressive part is that it's all as a freshman! Already breaking weight room records, Hannah absolutely loves working to become the best at her sport, and loves investing in the weight room to help her leadership and performance on the basketball court. ~Jerry Handley

### VISTA RIDGE HIGH SCHOOL

#### TYSON MONCK

##### Power Forward

##### Junior

Tyson is the type of athlete that every coach dreams of having. He works hard, is dedicated to his skills, and puts the team before himself. Above all of that, he is the kind of student-athlete that shows his true character at all times. Besides excelling on the Basketball court, Tyson also excels in the classroom with a 4.0 GPA. Tyson is also a part of the Vista Ridge Advanced Leadership Program, where he learns how to serve people. Outside of school and basketball, Tyson is heavily involved in his church's youth group as a leader and loves working with the younger students as a mentor or someone that shows these young students what they can do and accomplish. ~Justin Loudon





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

## HIGH SCHOOL — BASKETBALL

### WARREN CENTRAL HIGH SCHOOL

#### RAQUEL JORDAN

#### PG

#### Senior

Raquel has been a huge asset in the weight room here at Warren Central High School. She checks every box. She works and tries hard. She peer coaches. She brings a great attitude and commitment every day. Her bench, squat and clean have all achieved college level numbers. We are extremely grateful for Raquel and all that she's done for the program. ~Keith Swift