

HIGH SCHOOL — FIELD HOCKEY

CAPE HENRY COLLEGIATE

MACKENZIE WHITE

Midfield/Forward

Junior

Mackenzie White is a leader, a winner, and a mainstay in the Fitness Center year around. Her positive attitude and work ethic is contagious. As a junior, Mackenzie has earned a bench press max of 115, front squat of 135, and a trap bar deadlift of 210, and 8 chin ups with 10 pounds added. Mackenzie is a two sport, first team all state athlete. Excelling in both Field Hockey and Lacrosse. On the Field Hockey field Mackenzie helped lead her team to two state championships, two conference championships, named a member of the 2022 NFCA High School National Academic Squad, and 2019 Middle School Athlete of the Year. Mackenzie will continue her education and Field Hockey career at Virginia Commonwealth University. ~Philip Reichhoff

THE PEDDIE SCHOOL

TESS STAPLES

Junior

Tess is 2-time IRON FALCON winner based on her performance in the Weight Room. Yes, her performance in the weight is impressive. Yes, she helps her teammates. Yes, she leads by example. However, her greatest attribute is her WHY. Her WHY is also the reason I started my Instagram Story Series on Empowering Women in the Weight Room. Tess writes, "A part of life is struggling - everyone goes through tough times. But what you take from those experiences and how you much power you give to your struggles makes or breaks your character. I use the gym as an outlet for one thing: To feel good. It's more mental than physical. I forged my own path and I was driven by wanting to be better than I was yesterday." Oh yeah, and she is really strong. Her best lifts are Bench Press: 120 lbs, Back Squat: 185 lbs, Front Squat: 155, and Deadlift: 205 lbs at a body weight of 120 lbs. She was an All MAPL's Honorable Mention Field Hockey player in her Junior Year. She is also a high achiever in the classroom.

~Mike Volkmar