

HIGH SCHOOL — FOOTBALL

APPLETON NORTH HIGH SCHOOL

WILL SCHROEDER

Center, Defensive Tackle

Senior

Will Schroeder has been an inspiration to work with over the last 4+ years. He is a role model "clinic film" student-athlete in all aspects of our high school. I decided to nominate him as this is something he deserves and picked him over a very talented group of athletes this year. Many of which are great in the classroom and are going to division 1 colleges on scholarship. His work ethic is 2nd to none when it comes to the classroom, weight room or practice. In the weight room he has tremendous grit and does not give in. He competes! Will developed from a quiet leader to a vocal leader through high school. Senior year alone these are some of his accomplishments: Unanimous 1st Team O-Line, 1st Team D-Line, FVA Offensive Lineman of the year, WFCA All-Region Offensive Line, WFCA All-State, AP All-State, Team Captain, On our Leadership Committee. Squat: 500 Bench: 315; Hang Clean: 315. In my opinion his biggest achievement: Academic All-State; Classroom: GPA: 3.98 (Consider he takes a full schedule of AP and advanced level courses; ACT: 32; In addition to this is his leadership is unprompted. I will be in the office and I often see him helping younger athletes through the window in the weight room with their form, effort, and encouragement. ~Kevin Bleck

BENNINGTON HIGH SCHOOL

CHEVALIER CURRY

DL

Senior

Chevalier has been an integral part of the Bennington High School football team the past 4 seasons due to his high energy, tenacious spirit, and willingness to sacrifice and work for the betterment of his team. This past season, Chevy helped the Badgers to compile a 13-0 record and a Class B Nebraska State Championship. For his abilities and achievements on the field, Chevy was

recognized as All-State and All-State Honorable Mention by several organizations. However, while Chevy's work on the field helped his teammates achieve greatness, it might honestly be the work and leadership that Chevy brought year-round - especially during off-season training - that solidifies this achievement from the NSCA. ~Brandon Mimick

CARDINAL SPELLMAN HIGH SCHOOL

JONATHAN GRAHAM

OL, DL

Junior

Jonathan Graham is the type of student that all coaches would love to work with. He follows directives, asks great questions, strives to outwork everyone around him, and maintains high grades in the classroom. On the field, Jonathan is the type of player that leads by example. He is always the first person out at practice and he can be found getting extra reps in before and after practice. This diligence to perfecting his "football craft" has truly paid off. In speaking with other coaches in the league, they all have an eye out for him. In the weight-room, Jonathan is our constant. He arrives everyday with the mentality that he will use every second of the session to get better and he always does. . Off the field, Jonathan has a diverse set of interests that makes him a very well-rounded student. He is part of numerous clubs and activities and his presence makes the entire Cardinal Spellman High School community better. He is truly an All-American in our eyes and we would love him to be in yours as well! ~Kyle O'Donnell

HIGH SCHOOL — FOOTBALL

CEDARBURG HIGH SCHOOL

JONATHON WEIR

Defensive End

Junior

I have witnessed Jonathon grow tremendously over the last 2 years. His intensity and passion are infectious as he leads by example on and off the field. He has emerged as a leader in the weight room by assisting with teaching the underclassmen. Jonathon strives to get better every day and encourages his teammates to do the same. ~Jon Verdegan

CENTRAL CATHOLIC HS

SYLAS GOMEZ

QB

Senior

2,854 Total Yards, 33 Touchdowns. Elite 11 Regional participant. San Antonio Sports All-Star Game participant. 1st Team All-State TAPPS D1 6A. 1st Team All-District TAPPS D1 6A District 2. TAPPS D1 6A District & Regional Champion. Built Ford Tough TXHSFB Player of the Week. Sam Houston State University Commit. 3.97 GPA. Sylas is a tremendous leader on the field, in the weight room, and in the schoolhouse. His dedication to the craft of playing quarterback is unparalleled, he displayed this every time he walked into a strength and conditioning session. ~Glenn Revell

CHARLOTTE CHRISTIAN SCHOOL

GAVIN MAJOR

Left Tackle

Sophomore

Gavin has been a varsity football player since his freshman year and has attacked that challenge head on. He puts in the work everyday and never misses a game, lift or practice even with injuries. Even though he is one of the younger athletes on the team he still leads and expects the most out of his teammates. Gavin is the type of athlete that every coach wants to have in the weight room. ~Cameron Lewis

COACH ROZY - AVERA SPORTS

JOSH LAWRENCE

Senior

Josh participated in every off-season, in-season, and summer strength & conditioning program throughout high school. He had a outstanding football career, which he will continue at Mount Marty University next year. He is also an all-state powerlifter and involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

COACH ROZY PERFORMANCE

KYLE HIRSCH

Running Back - Defenesive Back

Senior

Kyle Hirsch, the 5'11", 190 lbs senior, is a standout athlete at Gayville-Volin School in South Dakota, and a 3 sport letter winner. This past season, being selected as an All-State receiver on the grid iron, in 8 games played season, Kyle averaged 14.66 yards per reception for 440 yds and 5.6 yds per rushing. He had 826 All Purpose Yards, scored 84 points and help lead his team to the State Play-Offs. On defense Kyle had 19 solo tackles and 39 assisted tackles. He also had 9 pass breakups with 3 interceptions and 1 forced fumble with a recovery. On the hardwood, Kyle averages 11 points per game, 6 rebounds per game and 5 assists per game. He also was on the track team where he ran at State on two relay teams. He leads off the field as well and in the weight room has a 385 lb squat, benches 295 lbs, has run the pro agility run in 4.21 and has a 40 yd sprint of 4.58. ~Mark Roozen

HIGH SCHOOL — FOOTBALL

COACH ROZY PERFORMANCE

DAWSON JOHNKE

Running Back - Defensive Back

Senior

Dawson is a 5'8", 165 lb Senior at Irene/Wakonda High School. A leader on and off the field in football, also doing track and being one of the weight room leaders, Dawson was selected Champions on Track, an award given for having high Character. On the grid iron, Dawson had 237 yds rushing for 1 TD along with averaging 8 yds per catch receiving. He had 63 tackles in 8 games, 6 tackles for a loss, 1 interception along with 2 forced fumbles and 2 fumble recoveries. Dawson also runs the open 100 and 200 in track along with being on a number of relays for the team; the 4x100 and 4x200. ~Mark Roozen

COACH ROZY PERFORMANCE

TREVOR PAULSEN

Kicker/Punter

Junior

Trevor is a 6'1" 180 lb junior at Yankton High School and participates in football and is also a letter winner in track and field. On the grid iron, Trevor handles all the kicking and punting for the Yankton Bucks football team. A 2x Special Team Player of the Year, this past year Trevor was also selected to the 1st Team All State Football team, following his Honorable mention All-State honor his sophomore year. He is a 4 year letter winner as well. A Weight Room Captain, Trevor pushes his time to higher levels of performance while reaching PR levels with a 225 lb bench, a 325 lb squat, a 24 inch vertical jump, a 4.78 40 yard dash and a 4.58 pro agility run time. ~Mark Roozen

DACULA HIGH SCHOOL

KYLE EFFORD

Linebacker, Running Back

Senior

Kyle was not only the leader of our football team that made it's 3rd final four appearance in 4 years, he was also the leader of our strength & conditioning program. Kyle set the tone for every athlete around him each day with his effort, attitude, and attention to detail in our training and practices. Kyle is not only physically gifted, but he maintained the same mindset and effort level in the classroom as well and has a 3.4 GPA. Kyle will be attending Georgia Tech on a football scholarship in the fall. ~Brad Palmer

DISCOVERY HIGH SCHOOL

CHASE WESTON

Wide Receiver

Senior

Chase joined football his sophomore year. I picked Chase for a few reasons. One, I do not think he has missed a workout in almost 2 years. I checked some of my own records to be sure and I can't find a missed training session which is insane. Secondly, Chase always shows up ready to work. I can turn my back and he gives me the same level of effort and commitment. He helps those around him and is always trying to perfect his technique and get a little bit better. I know that with this kind of mentality, he will be successful in life no matter what he chooses to do.

As of writing this, he currently stands with a 210lb FSQ, a 230lb BSQ, a 145lb Push-Press, a 155lb Clean, a 180lb Bench Press, and was able to perform 14 Bodyweight Pull-ups. ~James Romaniw

HIGH SCHOOL — FOOTBALL

DOVER-EYOTA HIGH SCHOOL

BRAYDEN SWEE

Wide Receiver/Safety

Junior

Brayden is a prime example of how dedication and hard work pays off. He has demonstrated outstanding leadership and commitment to himself and his teammates by dedicating hours on end to improving his strength, speed, quickness, and agility. His strong work ethic and commitment lead him to become a two-way starter on the football field, a team captain (voted on by his teammates), and a 1st Team All-Conference selection as a Junior. Very few days were missed in his training and that showed out on the field. Brayden is the type of person that you push his hardest to succeed and uses failures to help drive him to be more successful. ~Isaac Vesel

EMERALD YOUTH SPORTS

JASON FOUST

LB/RB/Slot WR

Junior

Jason Foust (JJ) has been a 3 year starter and team captain on the Powell High School football team. Jason has a 3.3 GPA. His accolades include Athlete of the Year (2x), All Region (3x), All State (3x), and was a member of the 2021 5A Tennessee State Championship Team. He has been extended many scholarship offers, but has yet to announce his commitment. ~Walter Swint

FAIRMONT SENIOR HIGH SCHOOL

KOBY TOOTHMAN

Linebacker, Defensive End, Fullback

Senior

Toothman, or "Tooth" as he's called, is your quintessential hard-nosed football guy. Dedicated and loves the weight room and an absolute ball of energy on and off the field, his hard work and commitment to Strength & Conditioning, as well as giving 100% to his teammates on the field, was a key to the team's State Championship success as well as Koby's own Defensive Lineman Player of the Year Honors. It's been a blessing to have seen Koby grow over his 4 years! ~Jerry Handley

FREDERICK DOUGLASS HIGH SCHOOL

STEVE LAWSON

Offensive Line

Junior

Steve Lawson is a great human being who works extremely hard in the weight room and the classroom. He lives by our team core values, accountability, honesty, character and discipline. His positive attitude and great effort allowed him to fully recover from knee surgery, earn a starting spot on the offensive line where he helped lead his team into the state championship game. ~Ed Towle

GRAND ISLAND NORTHWEST HIGH SCHOOL

SAM HARTMAN

Quarter back, Defensive back

Senior

Sam has demonstrated an incredible work ethic and drive to succeed the four years in are program. His infectious personality is truly contagious. Sam's teammates respect his work ethic and level of commitment. Sam was all state first team and selected to the Nebraska shrine bowl. But most of all Sam is a NSCA All-American person. ~Troy McNeil

HIGH SCHOOL — FOOTBALL

GREER HIGH SCHOOL

BRYCE FOSTER

Spur, OLB

Junior

Bryce has been a consistent presence in the weight room ever since his 8th grade year. The kid just loves to work and strives to get better on a daily basis. He understands what it takes to succeed and be able to make it to the next level. He has had to overcome some injuries during his high school career and I've been able to witness his discipline firsthand. This past season, he stepped into the Spur position on defense. He finished the season with 89 total tackles (35 solo), 2 sacks, 1 INT and 1 fumble recovery. He maintained over a 3.0 GPA this fall, putting him on the Academic Award list for football. He is a leader in the weight room and on the field. For the past two seasons, he has won our Iron Jacket award, which is given to the individual that fully embraces our standards of excellence in the weight room. He is the first, two-time winner of this award. One of the reasons that I think so highly of him is his work ethic. I remember last spring when we were on a hybrid schedule, it was a day that didn't require him to be in school in-person. I got a text from a friend that they saw him walking down the road to get to school. That just confirmed to me the discipline that he has and that he would do anything to get to school to get a training session in. It has been an honor and a privilege to coach and mentor this young man. I am thankful to have him for another year and can't wait to witness his senior year success. Bryce is the true definition of what it means to be a Yellow Jacket!
~Matthew Landreth

HARKER HEIGHTS HIGH SCHOOL

RE'SHAUN SANFORD

Running Back

Junior

Re'shaun's hard work and dedication to strength training throughout the year enables him to withstand the physical punishment he goes through carrying the ball a high number of carries every game. It also allows him to develop his athletic attributes to their fullest capabilities, which led to him breaking a number of school records including rushing yards in a season 2,330 and rushing yards in a game 366. Re' is also a strong student and currently carries a 4.0 grade point average. ~Reb Brock

LINCOLN SUDBURY

RILEY O'CONNELL

Quarterback

Senior

Set school and state record in passing, completion touchdown. Voted all scholastic, captain football ~James Finn

LUDINGTON AREA SCHOOLS

EDDIE GAMBLE

Running Back and Linebacker

Senior

Eddie is a man built for others. He has been extremely committed to making himself the best he can be on the athletic field and in the classroom. He has and will continue to earn a Christmas list of athletic and academic honors between now and graduation. He has maintained a 4.0 gpa while playing several sports, but his love is football. His best characteristic is his willingness to bring others to his level of commitment. He is a come with me kind of guy who always gives his best effort.
~Rich Kirby

HIGH SCHOOL — FOOTBALL

LUDINGTON AREA SCHOOLS

NIKOLAI KEHRER

Senior

Nikolai is a beast of an athlete, yet he is an even better person. He has earned the nickname Beast for our local radio station hosts. He has amazingly managed playing 3 sports. Football, Wrestling, and Rugby. Not sure there is a tougher combination of sports to manage. He remarkably started and maintained a consistency in his training never seen before. He demonstrated a new school record in the deadlift of 530 pounds. Along with his many all conference honors in wrestling and football over his high school years he has maintained a 3.75 gpa. He will be furthering his education at Sienna Heights University as well as playing football for them. ~Rich Kirby

NORTH STAR HIGH SCHOOL

KADEN MEYER

Offensive Lineman

Senior

Kaden Meyer is an outstanding student/athlete with an incredible work ethic. Kaden has taken a Weight Training Class every year since he has been at North Star High School and his work has resulted in some excellent physical results. Kaden is a Thrower on our school's Track & Field Team and also works as a Student Assistant/Coach helping me instruct his peers. He excels in academics as well as athletics and is planning to attend the University of Nebraska and majoring in Exercise Science in the Fall of 2022. Kaden has already been accepted as an Intern at UNL and will be working with their S&C Staff as soon as he arrives at the University of Nebraska. ~Stewart Venable

NOTRE DAME ACADEMY

JAVONDRE STRAIN

Safety

Senior

Jay is an impact player on the football field winning multiple awards such as all-conference and conference defensive back of the year. But that is not what I think of when Jay comes to mind. When Jay comes to mind, I think of a young man who does everything correctly. Jay consistently is a shining light when things seem to be at their darkest. During COVID, when training under heavy restrictions and protocols, Jay was the one to always show up. Not only did he show up, but he brought in a positive attitude that was contagious and went a long way into making things seem somewhat normal. When football games aren't going as planned, Jay is the one that stands out and continues to play hard until the last whistle. Jay's consistent positive attitude and discipline are what contributes to his success in all facets, especially the weight room. Individually, Jay is one of the strongest players on the team but his leadership skills makes the whole team stronger. ~A.J. Giovanetti

ROCK CREEK HIGH SCHOOL

MATTHEW WAINWRIGHT

Senior

Matthew exemplifies the true definition of this award. He represents what our strength and conditioning program stands for both in and out of the strength facility. With unmatched dedication to our strength and conditioning program he has transformed himself in to a standout multi-sport athlete. Not only has he become a dominate athlete he is also a tremendous leader within our school, community and our sports programs. ~Coach Mark Oberkrom

HIGH SCHOOL — FOOTBALL

SALPOINTE CATHOLIC HIGH SCHOOL, TUCSON AZ

DAILAN GOODMAN

Running back, Linebacker

Junior

This young man transferred into our school approx 2yrs ago, and has made an immediate impact within our football program. We train at 6am most of the year and 99% of the time he is the first one here, ready to train. Always focused, always intense, always positive. Dailan is also a 3.9 student with aspirations of becoming a Navy Seal, and after coaching him for the last 2yrs I cannot see why his dream won't come true. He motivates his teammates to be better and to work harder without even saying a word. As a S & C coach with over 25yrs experience athletes that make your job "easy" are rare, Dailan is the epitome of that. I recently told his mother that if I was on the moon and sent him a workout, it would be done exactly as if I was standing right next to him. He is incredibly special, and I am proud to nominate him for this prestigious honor. And if you need #'s he's 5'10 185...PC-260, SQ-375 B-250ish 40yd-4.7 ~CARLA GARRETT

SLEEPY HOLLOW HIGH SCHOOL

JERRY AMAY

Sophomore

Jerry is a tremendous student-athlete and a consistent performer in our weight room. Jerry exemplifies every quality a coach wants. He has a work ethic second to none, a positive attitude, and a burning desire to get better every day. He is self-motivated and his work ethic has helped him develop into a better athlete.

~Enrique Rosario

SOUTHSIDE CHARTER HIGH SCHOOL

ADAM DENNISON

Linebacker

Junior

Adam is one of the most consistent athletes that I have worked with. There may be more gifted athletes but you will struggle to find many as dedicated as Adam to training. ~Deerick Smith

SOUTHSIDE CHARTER HIGH SCHOOL

DYLAN HODGE

OL

Junior

Dylan has been a fixture in our Strength program for the last several years. He brings the same attitude to training every day regardless of how his day has gone previously. He is one of the naturally stronger athletes that I have worked with but what I enjoy about coaching him is his attention to doing things right regardless of his brute strength. ~Deerick Smith

SOUTHSIDE CHARTER HIGH SCHOOL

DEERICK SMITH

Linebacker

Junior

Adam is one of the most consistent athletes that I have been able to work with. He shows up day in and day out and always does what is asked. There are more gifted athletes but you would be hard-pressed to find someone more dedicated to training than Adam. ~Adam Dennison

HIGH SCHOOL — FOOTBALL

SPARTANBURG HIGH SCHOOL

JUDAH MCJIMPSY

Linebacker

Senior

I have had the pleasure of coaching Judah McJimpsey at Spartanburg High School where he played football and ran track & field. Judah excelled in both the classroom (4.42 GPA) and on the field. His senior year he was an all-region, all-state linebacker, and Shrine Bowl all-star player. Judah is a model student athlete and an outstanding teammate. He is a servant leader and leads by example on and off the field. In the team setting, he is always supportive of coaches and teammates. Judah is always willing to do whatever it takes to help the team succeed. Therefore, Judah was elected during his 11th and 12th grade year as a captain of the varsity football team. He is intrinsically motivated and enjoys the challenge of hard work and rigor which has led him to a 500 lb back squat, 285 power clean, and 275 lb bench press. ~Andrew Caldwell

SPRING HIGH SCHOOL

IVAN AUTENREITH

Defensive End

Senior

Ivan came back from a real bad injury his Junior season. His work ethic in the weight room was huge for our team. His determination to not only return to play but make himself the best player he could be was inspirational to all of us. Ivan's strength numbers are Power Clean 305, Bench 325, and Squat 455. Ivan's play on the field has led to multiple scholarship offers and his leadership off the field is greatly appreciated. Ivan was a player we could always depend on and we hope nothing but success for him in the future. ~Ryan Slabaugh

ST. IGNATIUS HIGH SCHOOL

WILL ROBINSON

Defensive End

Junior

Will has shown that he is fully committed to every aspect that may make him a better athlete. He continues to set an example of high standards on the field, in the weight room, and in the classroom. From training to eating well and prioritizing sleep to holding his teammates accountable, Will has been what you are looking for out of a captain. He's taken advantage of open hours and extra sessions all the while bringing teammates with him. I can't think of anyone more deserving of this award than Will. ~Aaron Short

SYOSSET HIGH SCHOOL

QUINN BROGGY

OL/DL

Senior

Quinn's work ethic in the weight room certainly transitioned to his sports. Quinn was named All-County as a lineman, as well as a member of the National Football Foundation's 'Golden 11' as a top scholar athlete. Quinn also wrestled and always made time throughout the year to train in the weight room. He led the program in the squat and deadlift as a senior. His attitude while lifting has had a tremendous impact on his teammates. ~Chris Gagstetter

HIGH SCHOOL — FOOTBALL

TESORO HIGH SCHOOL

JACK BRUNDAGE

Linebacker/Fullback/Special Teams

Junior

Jack Brundage is an outstanding student-athlete and leader within the Tesoro High School football program. Jack was an All-South Coast League Selection and the Tesoro High School Defensive Player of the Year as a Junior. Jack has tremendous character on and off the field and a bright future in whatever field he chooses. His unique combo of character, commitment to academics, and impact on the field/in the weight room make him the ideal student-athlete to be recognized as an NSCA All-American Strength and Conditioning Athlete of the Year. ~Michael Zangl

THE PEDDIE SCHOOL

DANTE CANTALUPO

Senior

This is a career achievement award for Dante. Dante's body has transformed during his High School career, putting on 40 lbs of muscle. He is the type of kid I envisioned when I created the IRON FALCON program. Dante was a typical freshman boy in regards to physical traits – Tall (ish), uncoordinated, and not strong. However, he has a very analytical mind and was looking for a place away from home. Dante was a new 9th grade student from Beijing, China. The Weight Room became his sanctuary. It has become a home away from home since he has not been able to return to China for over 2 years due to Covid. It allowed him to study and practice multiple styles of fitness – Powerlifting, Olympic Lifting, and Body Building. The strength and confidence he built in the Weight Room allowed him to play Varsity Football as a Senior. 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 275 lbs x 5 Box Squat, 225 lbs x 5 Front Squat, 405 lbs x 6 Hex Bar Deadlift, and 10 pull-ups. Finally,

Dante has inspired many of his classmates from his robotics team and art / music to start lifting. ~Mike Volkmar

THUNDERRIDGE HIGH SCHOOL

TYLER CHVATAL

OL/DL

Senior

Tyler is one of the hardest workers we have ever had come through our weight room. He is very self-motivated and always driven to succeed in everything he does. Tyler sets very high expectations and goals for himself, especially in the weight room. He is a natural leader, not only with his teammates, but every athlete in our building. Tyler sets the standard for hard work when he is in the weight room. He has an uncanny ability to improve the work of those around him just because of how he works. Tyler sets goals that at times seem unattainable, but he always finds a way to reach them. Then, instead of celebrating and enjoying his accomplishment, he sets an even higher goal for himself because he always wants more. ~Mark Carnes

HIGH SCHOOL — FOOTBALL

TOPSPEED STRENGTH & CONDITIONING

NICK HERZOG

Offensive Line

Senior

In the 2021 season he was named 1st Team All-Metro (KS/MO) along with Kansas All-Class/State Team by the;

- > KS Coaches Assoc.
- > KS High School Athletic Assoc.
- > Wichita Eagle
- > KS Coaches Assoc.
- > KS High School Athletic Assoc.
- > Wichita Eagle
- > Eastern Kansas League
- > Preps KC All Metro
- > Sports In Kansas

Ranked by 247 as the #1 OL in Kansas and #3 overall recruit in the state. Rivals.com listed him as the #1 OL in Kansas and #7 overall in the state. Accomplished all this while carrying GPA of 4.02. ~Joseph Potts

TRIGG COUNTY HIGH

MATT LADD

Offensive line

Junior

325 bench. 465 squat. 270 clean. 3 year starter. Our hardest worker in the weight room. ~Dixie Jones