

HIGH SCHOOL — WRESTLING

Beresford

REESE OLSON

Sophomore

Reese takes part in Wrestling, Softball, Track & Field, Cheer and Volleyball. She is a 3x State qualifier in wrestling and placed 7th and 3rd at State the past 2 years. She is in Choir and is involved in Fellowship of Christian Athletes. She is looking to go into Physical Therapy when she goes to college. She has used the weightroom to excel in her sports. She squats 225, benches 130, has a 20 inch vertical, has run the pro agility in 4.77 and maintains a 3.9 grade point ~Mark Roosen

Brookings High School

JOHANNA STEINLICHT

Senior

Jo (Johanna) is hands down the most impressive female athlete I have ever had in the weight room. Jo started her athletic career (high school) in track, and lifted throughout the year to prep for it. As a sophomore, with a little encouragement, she joined the fledgling girls wrestling team. After a fairly successful campaign, she turned her attention to building her strength further, along with improving her speed and quickness. As Jo approached her junior year, she set a school record in the deadlift, and continued perfecting her craft on the mat. Her dedication led her to an undefeated state championship. Post season, Jo's career took a sharp turn. While competing in a national meet, she sustained a season ending injury. Jo didn't stop pushing forward. She continued to train and eventually would break another record, the bench press. Although Jo wasn't able to wrestle as a senior, her dedication is second to none as a leader in the room and on the mat. ~Kerry Brown

Brookings High School

GABE STERN

Senior

Gabe is an athlete that every coach dreams about. Hard working, dedicated to his sport and the weight room, a leader, and most of all a genuine person. Gabe has always put his best foot forward in the weight room, and has led since he was a freshman. Gabe is looking to place in the top 3 this winter in wrestling, and was a captain of our state quarterfinal football team. The most impressive part about Gabe is his dedication to athletic development and drive to return. Gabe had two major hip surgeries, that most athletes would have hung it up after. Gabe relentlessly continued his pursuit to be an athlete and it has shown on the field and mat this year. I am proud of how far Gabe has come, and he will leave a lasting legacy in our school. ~Kerry Brown

Creighton Preparatory School

JOE NOVERO

157

Junior

Joe is a great example of an athlete that uses Strength & Conditioning to elevate sport performance. He trains with a purpose and has achieved success through his hard work. Joe earned a 4th place finish at state wrestling and was a member of a team state championship. ~Trenton Clausen

HIGH SCHOOL — WRESTLING

Haltom High School

CARLA CAMPOS

Wrestling - 185lb Weight Class

Senior

Wrestling - 185lb Weight Class

Carla Campos recently won the 6A, the highest classification in Texas, state wrestling championship. Four years ago, she was a student in a PE class. She found wrestling and she has developed herself into a national level wrestler. Because of her success, it will afford her the opportunity to attend college. I have witnessed her dedication and tremendous work ethic first hand. She has an amazing “can do” personality, and has never had a bad day. ~Monte Sparkman

Preston High School

HAZEN BAIRD

Senior

Hazen is a multi sport athlete and one of the hardest workers in the room. He never missed a single summer training in the weightroom and always set the standard example for his teammates. He’s a friend, a leader, and strong competitor. ~Jamie Fuse

Preston High School

PRESLEIGH BENNETT

Senior

Being a two time state wrestling qualifier, Presleigh has consistently pushed herself above and beyond. Being a leader and someone to set the tone for any competitive setting is the role she steps into each day. ~Jamie Fuse

Yankton

BODE THURMAN

Senior

Bode is a multi sport athlete; competing in Football, Wrestling and Track & Field. He was a 3 year Letter winner in football, a 2 year starter and part of the 2023 11AA State Runner Up team. He will play college football at Mount Marty University. In wrestling, Bode is 25-14 in the 138 lb division. He is competing in the 2025 State Wrestling Tournament. Bode is also a leader in the weight room in each sport, helping to make each team member complete at the highest level. ~Mark Roozen