

HIGH SCHOOL — WEIGHTLIFTING

Cornerstone Christian Academy

EVAN RODGERS

Athlete

Freshman

You know those athletes you have that just make you smile when they walk in? When Evan's walks in his energy, enthusiasm, and curiosity set the tone for sessions. He asks questions to learn, then relentlessly works until the time is up. I'm excited to see what the next 4 years has in store for this guy. Congrats Evan, this is earned not given.

~Coach Armel

Mandan High School

GABRIELE FROHLICH

Junior

Gabriele Frohlich is a versatile athlete excelling in both soccer and volleyball. She was named the MVP for her club indoor soccer team, showcasing her leadership and skill on the field. In addition to her success in soccer and volleyball, Gabriele has made a significant mark in the world of weightlifting, earning four medals at the Shanley Weightlifting Competition over the past two years. She placed 2nd in total weight lifted and 2nd in pound-for-pound weight lifted in her weight class. She hit PR's of 125-pound bench press, a 215-pound squat, and a 150-pound power clean, highlighting her dedication and athleticism across multiple disciplines. ~Zachairy Morast

Mandan High School

ELIJAH WADESON

Senior

Elijah Wadeson is an exceptional athlete and a proud member of the Silver Iron Brave Club, a prestigious group for those with a combined bench, squat, and clean total over 850 pounds. With impressive maxes of 295 pounds on the bench, 415 pounds on the squat, and 255 pounds on the clean, Elijah showcases his dedication to strength and fitness. His hard work was further recognized at the Shanley Lifting Meet, where he earned second place in pound-for-pound lifting in his weight class and third place in overall weight lifted. Elijah's focus, discipline, and remarkable lifting abilities make him a standout in the world of strength sports.

~Zachairy Morast

HIGH SCHOOL — WEIGHTLIFTING

The Brook Hill School

ADORA AKIODE

Junior

Adora is an outstanding athlete whose dedication and relentless work ethic have led to remarkable achievements in the weight room. In just one year, she increased her squat by 100 pounds, her bench press by 50 pounds, and her power clean by 40 pounds. Beyond raw strength, she has also improved her vertical jump by nearly 9 inches—an incredible testament to her explosiveness and athletic development. What truly sets Adora apart is her unwavering drive to improve. She constantly seeks out ways to get better, asking, What else can I do? Her intrinsic motivation fuels her success, and her attitude and effort are second to none. As her Strength and Conditioning coach, I could not be more proud of the hard work she has put in and the incredible progress she has made. Adora embodies what it means to be a committed, disciplined, and elite athlete. Her future is bright, and I have no doubt she will continue to achieve greatness.

~Todd Cofer

Yankton

EASTON FESER

Junior

Easton has been a top leader in the weight room for off-season training. He has dropped his pro-agility time from 4.6 to 4.39, his vertical has gone from 25 to 28.4, he max squat is 425 up from 265, and his bench is 280, up from 245. Easton plays football and baseball and will use his off-season training to excel in both for the 2025 season. ~Mark Roozen

Yankton

MATTHEW SHELDON

Linebacker

Senior

Linebacker

Matthew is a 6'1", 215 lb Multi Athlete; who has played Football, Basketball, Baseball and done Track & Field. After this last season of football, Matthew had surgery on his shoulder which he injured, but played all season with; and was selected to the All State Team as well as the All American Team for linebacker. Matthew has used the weight room to get back to sports after his surgery and took his training to another level to prepare for playing college football at Mount Marty University.

~Mark Roozen