

## HIGH SCHOOL — LACROSSE

### Cape Henry Collegiate

#### NATE JOHNSON

##### Junior

Nate Johnson attacks his workouts before school, and year around, with a level of effort that is unmatched. He sets the tone and pushes his teammates by leading by example. Due to his approach, he has made quick and impressive progress in our program. To date Nate has achieved a back squat of 380, a bench press of 210, and a trap bar deadlift of 400. ~Philip Reichhoff

### Cape Henry Collegiate

#### LIZA PRIDGEN

##### Junior

Liza Pridgen has been a consistent participant in our program year round for multiple years, often training in our early mornings “Breakfast Club” group. Liza’s confidence and consistency separates her from her peers. She is never intimidated and always attacks challenges. To date Liza has achieved a front squat of 140, a bench press of 120, and a trap bar deadlift of 185. She is a leader and role model for our community. ~Philip Reichhoff

### Handley High School

#### ELLA BLAKE TURNBULL

##### Midfielder and Attacker

##### Junior

There is a difference between determination and obsession. EB is obsessed with becoming the best version of herself in every area of her game. Her raw talent matched with that obsession is going to take her far in life. She hit numerous goals in the weight room over the years and I know she'll demolish more in any area of her life. Congrats EB, this was earned not given! ~Coach Armel

### New Trier

#### ELLIE BORNHOEFT

##### Senior

Ellie is a 4-year Varsity starter for one of the top teams in Illinois. Her work ethic, determination, and attitude continues to push her to new heights in the weightroom, on the field, and beyond. Her numbers are Top 5 on the team for every strength and speed event we test. She is a returning All-State and USA Lacrosse All-American who is currently Top 5 in New Trier program history in draw controls, and is positioned to break the school record this year. An encouraging and supportive member of the team, committed to play college lacrosse at Cornell, her best is yet to come! ~James Davis

### New Trier

#### ALLIE TRUKENBROD

##### Senior

Allie is an unselfish and committed athlete. She is a leader by example, a great communicator, and a tough competitor who always puts team first. She supports those around her and has no fear of speaking up and taking initiative. Her relentless work ethic has translated to great success in the weightroom (Top 5 on the team in pro-agility shuttle, back squat, and hang clean) and on the field, where she is a 4 year Varsity starter. Entering her senior season, Allie has already been recognized as a 2-time All-State player, made the USA Lacrosse U-16 team, and was named USA Lacrosse All-American after her junior season. She is committed to play at the University of Virginia, and her best is yet to come! ~James Davis



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

## HIGH SCHOOL — LACROSSE

### The Walker School

#### FINLEY RADDING

##### Attack

##### Senior

Ever since his freshman year, Finley has been a mainstay of The Walker School weight room. He understands and values the benefits our strength training and conditioning program provides to help him remain healthy and achieve his goals on the lacrosse field. His passion for strength training and conditioning is evident in his personal life choices and the work ethic he provides, and has provided, on a daily basis for the past four years. In addition to being the school record holder for goals scored and assists on the field (154 goals and 153 assists at the time of this nomination), Finley has a (full range of motion) barbell back squat max of 2.4 times his bodyweight (350 lbs. squat at 145 lbs. bodyweight), barbell bench press 1.8 times his bodyweight (265 lbs. bench press at 145 lbs. bodyweight), has a PR 800m time of 2'30" and is able to run the mile in 5'18". Truly an all-around athlete with a work ethic deserving of success. ~Jeremy Gough