

## HIGH SCHOOL — SWIMMING

### Creighton Preparatory School

#### CAM NEWTON

##### Senior

Cam strives to improve himself each training session. He has emerged as a team leader and pushes his teammates to improve. His hard work and leadership has allowed himself to have great success at each meet and compete for state medals.  
~Trenton Clausen

### Mandan High School

#### GRACE BUGBEE

##### Sophomore

Grace Bugbee is a dedicated swimmer and softball player who has made a lasting impact both in the pool and on the field. A three-time letter winner, she has also earned Academic All-Conference honors every year of her high school career, showcasing her commitment to excellence both athletically and academically. Grace's sportsmanship and team spirit were recognized when she won the prestigious state Krista Rust Award, which is given to the athlete who exemplifies outstanding sportsmanship throughout the season. In addition to her athletic accomplishments, Grace's dedication to strength training is evident with a 120-pound bench press, 205-pound squat, and 130-pound clean. Her leadership, work ethic, and positive attitude make Grace a standout athlete and a role model for her teammates. ~Zachairy Morast

### Mandan High School

#### VINCENT KELLER

##### Junior

Vincent Keller is an accomplished swimmer known for his dedication and hard work both in and out of the pool. He has been recognized for his exceptional effort, earning the Mandan Athletic Boosters Athlete of the Month, the Hardest Worker Award, and the Most Improved Award, which highlight his growth and commitment to excellence. In addition to his swimming accolades, Vincent has showcased a great dedication to the weight room, with a 215-pound bench press, a 325-pound squat, and a 205-pound power clean. His relentless drive to improve and his outstanding achievements make him a standout athlete at Mandan. ~Zachairy Morast

### New Trier

#### ELYSE NEWLANDS

##### Senior

All-Conference, Honorable Mention All-State in the 200 IM and 100 Breast, 2023 All-American in 200 Free Relay, 2024 CSL Sportsmanship Award, Team Record holder. Elyse is one of a kind; she is someone whose understanding of what is right in the moment has helped her to be a force for good in our sport. In the weightroom, she is a true leader by example. Outstanding dedication to developing as an athlete, constantly deepening her understanding of strength work, of recovery, and nutrition practices. Exceptional work ethic has led to her growth into a critical member of our state championship in 2022 and runner-up finishes in 2023 and 2024.

~James Davis



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

## HIGH SCHOOL — SWIMMING

### **New Trier**

### **MARIN SHIMKUS**

#### **Senior**

All-Conference, First Team All-State, All-American in 50 Free, 100 Back, and 200 and 400 Free Relays. In 2024, Marin helped to set team records in 200 and 400 free relays, finished 2nd in the 100 back at State, and swam some of the fastest times in our team history in the 50 freestyle. Marin embodies what it means to be powerful in the water, and her success is the result of her exceptional work in the weight room over the last four years. Marin is an amazing athlete who has been essential to 2022 state championship and runner-up finishes in 2023 and 2024. ~James Davis