

HIGH SCHOOL — BASKETBALL

Brookings High School

LOGAN SMIDT

Guard

Senior

Logan has been a leader for her teams (volleyball, basketball, throws) in the weight room the last few years. Logan has a determination and drive to “get better every day” and will push herself and her teammates to get there. By utilizing the weight room throughout her career, Logan has been able to break the school record in the javelin, as well as win conference and medal at the state track meet. Logan's greatest successes have come on the basketball court. She is a two year full starter, and started or played in several games her sophomore year. She plans to attend SWMS this fall to play basketball. ~Kerry Brown

Cape Henry Collegiate

AURA EVANS

Senior

Aura Evans has been a consistent participant in our program for multiple years. Her attention to detail and focus separates her from her teammates. She is a role model for her peers both on and off the court. To date Aura has achieved a front squat of 190, bench press of 140, and a trap bar deadlift of 260. ~Philip Reichhoff

Cape Henry Collegiate

AYDON EVANS

Senior

Aydon Evans dedicated himself to year round strength and performance training for multiple years. His dedication to physical preparation translated to his development on the court. Aydon progressed from role player to star and helped

spearhead the turnaround of our program. To date Aydon has achieved a front squat of 250, bench press of 185, and a trap bar deadlift of 350.

~Philip Reichhoff

Ezell-Harding Christian School

MJ GIBBS

Shooting Guard

Senior

This young man is the embodiment of determination and perseverance. Every day, I have challenged him, pushed him, and demanded more—and every time, he has not only met those challenges but exceeded them in every way. What sets him apart is his ability to carry that relentless mindset beyond the weight room and onto the court. Through hard work and unwavering dedication, he achieved the monumental milestone of becoming a 1,000+ point scorer while playing a pivotal role in leading his team to an impressive 20+ win season. But his success isn't just about personal accolades—it's about elevating everyone around him. He embraced the grind of the weight room not just as a tool for self-improvement but as a means to inspire and motivate his teammates. He's a leader, a role model, and the kind of athlete who exemplifies what it means to face adversity, put in the work, and achieve greatness with heart, grit, and an unshakable commitment to excellence.

~Justin Loudon

HIGH SCHOOL — BASKETBALL

Ezell-Harding Christian School

BRILEE PRICE

Guard

Junior

Brilee has emerged as a true leader in the weight room, complementing the leadership she has always displayed on the court. As only a junior, she has already surpassed the 1,000-point milestone, helped lead her team to another 20+ win season, and secured a district championship. However, it's her recent dedication in the weight room that has taken her game to another level. Brilee has pushed herself to new limits, fully committing to every aspect of the program and constantly striving for more. Her work ethic has not only elevated her own performance but has also inspired and motivated her teammates in the weight room. This growth has fueled her confidence and made her an even more impactful player. Not only did she help her team win the district championship, but she was also named the district MVP. Brilee's relentless determination and drive set her apart, and her growth as a leader is evident both on the court and in the weight room.

~Justin Loudon

Ezell-Harding Christian School

ARYANNA RIDGEWAY

Small Forward

Senior

Ary's journey has been different from most. She has always been an incredibly hard worker, both on the basketball court and in the weight room, but what truly sets her apart this year is her unwavering dedication to making a comeback. After tearing her ACL during her junior season, Ary refused to let the setback define her. She worked tirelessly every single day, displaying a determination and resilience that is nothing short of inspiring. She never took "no" for an answer and proved her commitment not only to herself but also to her team. Trusting the guidance of the strength and conditioning staff and the athletic training staff, she tackled every challenge thrown her way. Through her hard work, Ary not only came back stronger but also became a key reason her basketball team achieved another 20+ win season, secured a district championship, and earned her All-District honors. Ary's relentless dedication to the weight room elevated her game to the next level and solidified her place as a leader and role model for her team. ~Justin Loudon

HIGH SCHOOL — BASKETBALL

Ezell-Harding Christian School

REGHAN WILLIAMS

Point Guard

Senior

Reghan exemplifies hard work, determination, and grit—everything a coach looks for in an athlete. She is one of the most coachable players I've had the privilege of working with, bringing relentless drive and competitiveness to the court. In the weight room, her potential is limitless; she shows up every day ready to put in the work, and it shows in her performance. Reghan is never satisfied with just being good—she pushes herself, her teammates, and those around her to strive for excellence, not just as athletes but as people. Her leadership has played a key role in the team's success, contributing to back-to-back 20+ win seasons, a district championship, and earning All-District honors. Her impact goes beyond leadership, as she was named All-District Tournament MVP and surpassed 1,000 career points, solidifying her place among the program's elite players. ~Justin Loudon

Forged Iron Athletic Performance at the Jamerson Family YMCA

TORR SORENSEN

Senior

Torr is a testament to the long term benefits of consistency in the weight room. He gives 100% to every training session so he can give 100% on the court. Within his 6 years of training, Torr has gotten stronger, faster and more explosive as an athlete while staying injury resilient. Torr has committed to play basketball at Liberty University, a Division 1 school in Lynchburg VA. It has been an honor and privilege to train Torr. ~Sarah Kline

Gayville-Volin

PRESTON KARSTENS

Center

Junior

Preston is a multi-sport athlete, involved in Football/Basketball and Track. He is a leader in the weight room with a squat of over 500 lbs, a bench of 315 lbs with a 27 inch vertical at 6'4" at 300 lbs as a Junior. Last year, in basketball he averaged 10 points pg, 3 rebounds pg, 2 assists pg and has started on the varsity 3 years, while being selected to All conference for 3 years in a row. He was just nominated to the top 15 list of Linemen in the State and competes in the throws in Track & Field.

~Mark Roozen

Ludington High School

TY REED

Guard

Senior

Ty has been a positive and consistent presence in the wt for over 4 years. He is a very coachable individual who looks out for others. Ty is always willing to help anyone and everyone with their training. He is a master of technique and pays special attention to details. ~Richard Kirby

HIGH SCHOOL — BASKETBALL

Mandan High School

ZIAH GREYBULL

PG

Senior

Ziah Greybull is a standout basketball player who has earned numerous accolades for her skill and dedication. She was awarded the Mandan Athletic Booster Athlete of the Month and Sanford Athlete of the Month, recognizing her impressive athleticism and leadership on the court and in the weight room. Ziah's hard work has also earned her a full college scholarship, where she will continue to excel in basketball. Currently, she is part of the Mandan Girls Basketball team, which is ranked #3 in the state, further showcasing her contributions to the team's success. Off the court, Ziah has proven her strength and commitment with a 105-pound bench press, 175-pound squat, and 115-pound clean, solidifying her as a well-rounded and determined athlete. ~Zachairy Morast

Mandan High School

DOUG SHELDON

Forward

Senior

Doug Sheldon is a dedicated and well-rounded athlete, excelling in basketball, track, and football. As a basketball team captain, Doug was recognized for his growth and leadership, earning the Most Improved Player award last season. He has also been honored with the Brave Award three times, an accolade given by coaches to athletes who exemplify the qualities of a model competitor both on and off the field. In football, Doug earned second-team All-State honors for his standout performance. His lifting PR's are 205-pound bench press, a 350-pound squat, and a 245-pound power

clean, showcasing his commitment to excellence in all aspects of athletics. ~Zachairy Morast

Notre Dame Academy

PEYTON MUSIAL

Forward

Senior

Peyton Musial is a highly motivated athlete both on and off the basketball court. She consistently puts in extra work and does whatever it takes to succeed. Always the first to arrive and the last to leave the weight room, Peyton's work ethic serves as an excellent example for her teammates on how to improve as an athlete. Her daily habits have led to tremendous strength gains, increased athleticism, and significant improvement on the court. Peyton's off-court habits have been instrumental in leading her teams to two state championships and a state runner-up. It is my honor to nominate Peyton for NSCA All-American Strength and Conditioning Athlete of the Year. ~Anthony Giovanetti

Preston High School

BRANSON SMITH

Junior

Branson Smith is a great young man. He always gives 100 percent in everything he does. Every drill, every practice he gives an A effort. He is a great example to his teammates and always has a positive attitude and does whatever it takes to help the team! His dedication in the weightroom is undoubtedly noticed and plays a part in his success in sport. ~Jamie Fuse

HIGH SCHOOL — BASKETBALL

Preston High School

MACKLEY WHITE

Point Guard

Sophomore

Mackley has been an amazing example of going above and beyond. The leadership and work ethic she shows in the weightroom has been a staple to the program and her athletic career. Her continued growth and dedication in the weightroom is inspiring. ~Jamie Fuse

Victoria High School

BRINLY LICHTER

Guard

Junior

Brinly has worked her way to being a strong contributor in multiple sports. She is a great representative of our weight program by exhibiting leadership, resiliency and toughness. Her leadership helped to create a team culture of year-round weight training. Consistency and effort have made her into one of the strongest girls in the high school. Brinly is also an example of not letting setbacks stop you. Instead of using challenges as an excuse, she doubled down and worked through them. When she gets knocked down, she bounces back better than ever. Her numbers include Hang Clean 150, Bench Press 125, Squat 210, Deadlift 220 and a Vertical of 22.5. ~Shawn Landers

Yankton

CARSON NESS

Point Guard

Senior

A 6'1" point guard, Carson lead the team in PPG, Assists and Steals this year. A two time All State Football Player, 2x All-Conference Player and a Nike All American, Carson is a leader on the field and track and in the weightroom. He will continue to play football in College at Northwestern.

~Mark Roozen