



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — GYMNASTICS

Mandan High School

TAYLOR ARNEGARD

Junior

Taylor Arnegard is an exceptional gymnast who has made a significant mark in her sport while also participating in softball. In gymnastics, she placed in vault at the WDA last year and has qualified in vault, bars, floor, and all-around so far this year, showcasing her versatility and talent across multiple events. Taylor's dedication to her craft is matched by her strength and determination, as reflected in her impressive strength stats, including a 150-pound bench press, 230-pound squat, and 135-pound power clean. Her hard work in the gym and on the floor makes her a standout athlete, and her commitment to excellence continues to push her to new heights in gymnastics. ~Zachairy Morast