

HIGH SCHOOL — ICE HOCKEY

Archbishop Spalding High School

KAYLEE DAIGLE

Goalie

Senior

Kaylee Daigle, senior goalie for the Women's Ice Hockey team at Archbishop Spalding High School, finished her high school career as the most accomplished goalie in program history. She is a four-year varsity player and three-year starter. She is a State Champion, State Finalist, and State Semi-Finalist. She made Second Team All-MAGHL in her senior year. She has the most career saves of any goalie in program history. She is also a decorated AA travel hockey player, having won league championships in the Chesapeake Bay Hockey League and the Atlantic Girls Hockey Federation. Miss Daigle had a late start in ice hockey and started playing at age 14, which makes her accomplishments even more impressive. Miss Daigle caught up with and exceeded her peers through her tireless commitment to on-ice skills training and off-ice strength training in the weight room. Kaylee Daigle very much deserves National Strength and Conditioning Association All-American honors. ~Phillip Tran

Mandan

KARLEY GANGE-GERHARDT

Right Wing

Senior

Karley Gange-Gerhardt is a versatile athlete who excels in hockey, golf, and soccer. A key player on her hockey team, Karley helped lead them to two WDA championships and was named team captain her senior year, demonstrating her leadership and commitment to her teammates. In addition to her success on the ice, Karley is a skilled golfer and

soccer player, showcasing her athleticism across multiple sports. Her dedication to strength and conditioning is reflected in her impressive physical achievements, including a 145-pound bench press, 225-pound squat, and 140-pound power clean. Karley's work ethic, leadership, and drive make her a standout athlete and a true asset to Mandan girls hockey program. ~Zachairy Morast

Mandan High School

LAYTON GIGGEE

Junior

Layton Giggie is a standout athlete at Mandan, excelling at hockey, football, and Track. Known for his relentless work ethic in the weight room, he leads by example and demonstrates unmatched dedication to his athletic development. As a football player, Layton earned WDA All-Conference honors and was named Second-Team All-State, showcasing his skill and leadership on the field. He is also a Silver Iron Brave member, a prestigious club for athletes with combined strength totals over 850 lbs, with a 275-pound bench press, a 405-pound squat, and a 255-pound power clean. Additionally, Layton earned second place in total weight lifted in his weight class at the Shanley Weightlifting Meet, underscoring his commitment to excellence across multiple sports. ~Zachairy Morast



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

HIGH SCHOOL — ICE HOCKEY

Yankton

TUCKER RENKEN

Wing

Sophomore

Tucker is a key member of the Yankton Hockey team that has qualified for the State Tournamanet for the first time in team history. Tucker h16 goals on the season, 19 assists and has 1 hat trick. One the the key leaders on the ice, and in the weight room, Tucker has used his off-ice training as one of the key factors in helping to perform at a high level on the ice. ~Mark Roozen