

## HIGH SCHOOL — POWERLIFTING

### Athens Academy

#### GEORGE MCMASTER

##### Senior

George is passionate about the field of Strength & Conditioning, and he uses his passion to lead and inspire students to learn how to train. As a ninth-grade student, George was admittedly out of his element in the weight room but as he consistently experienced success, his confidence grew. Because of his dedication, George began competing in powerlifting competitions and serving as a role model in performance and character in our Strength and Conditioning program. This year, George is using his influence to start and lead Athens Academy's first ever powerlifting club, empowering other students to accomplish physical feats they never thought possible. George's progression over his 4 years of high school is truly remarkable, resulting in him qualifying for the national USA Powerlifting competition. It is so rewarding as a coach to see his thirst for knowledge and how he applies it - to help himself and others grow in confidence. George plans to major in Kinesiology and pursue a career in the sports performance field while further pursuing the sport of powerlifting. ~Bryan Pulliam

### Joplin High School

#### AMY KESSLER

##### Senior

Since her arrival on our campus, Amy has been instrumental in leading our women's powerlifting club. Amy's leadership is far reaching as she is involved with our volleyball and wrestling programs as well. Amy holds the powerlifting state record in the deadlift and has been the 155 lb. Girl's State Champion. Her best lifts include a 165 lb. bench

press, 330 lb. squat and 380 lb. deadlift. Amy's accolades include being awarded 2 volleyball letters, being named a team captain, and holding the season block record. Amy has lettered in wrestling three years and placed second and third in consecutive years in the conference championships. Amy's commitment to excellence extends to the classroom as she has a 4.2 GPA on a 4.0 scale and has been named to the honor roll all four years. Further, Amy models servant leadership through her work with our Fusion and Peer Buddies programs. ~Michael Lawrence

### Mandan High School

#### ABBY LANDEIS

##### Junior

Abby Landies is an accomplished athlete who shines in both soccer and powerlifting. In 2023, she earned Rookie of the Year honors and received the Hustle Award for her relentless work ethic and determination on the field. Abby has made a name for herself in weightlifting, winning four medals at the Shanley Weightlifting Competition over the last two years, where she placed 2nd in both total weight lifted and pound-for-pound weight lifted in her weight class. She boasts impressive strength, with a 150-pound bench press, a 285-pound squat, and a 150-pound power clean. As a member of the Silver Iron Brave Club at Mandan High, Abby has achieved a three-lift total of over 500 lbs. Her dedication to excellence earned her the Sanford Sports Athlete of the Month award, solidifying her as a standout athlete in multiple disciplines. ~Zachairy Morast

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### Mandan High School

#### **BRYSON MOSER**

##### **Senior**

Bryson Moser is an elite athlete known for his remarkable strength and dedication in the weight room. With a bench press of 335 pounds, a squat of 450 pounds, and a clean of 265 pounds, Bryson has demonstrated exceptional strength and power across multiple lifts. As a member of the Gold Iron Brave Club, an exclusive group for athletes with a combined bench, squat, and clean total over 1,000 pounds, he has proven himself among the strongest. At the Shanley Powerlifting Meet, Bryson earned 3rd place for the most weight lifted in his weight class, further solidifying his reputation as one of the top lifters in his division. ~Zachary Morast

### Pine Tree High School

#### **PEYTON DAVIS**

##### **275 Weight Class**

##### **Senior**

##### 275 Weight Class

Peyton has been a valuable part of our powerlifting & football team and athletic department as a whole. He has worked countless hours to better himself and others on the team in the weight room and on the field the last 4 years. He is a leader in the classroom and a lead by example type of student-athlete that our younger kids can always look to. Very proud of this young man! ~Cody Ellis

### Pine Tree ISD

#### **DEVYN GRAY**

##### **148lb weight class**

##### **Senior**

##### 148lb weight class

Devyn Gray is an extraordinary student-athlete. As an athlete, she excelled in powerlifting by advancing to the state meet for 3 out of 4 years of high school. After the completion of our regional meet on Thursday, Feb. 26 she will be a 4 year state finalist. She is a 3-time regional medalist, with an opportunity to gain her 4th this year. Devyn is graduating from high school with the class of 2025, but she is graduating from high school early. She is classified as a senior due to taking a considerably hard schedule loaded with dual credit courses and she has several hours of early college credit hours. I could not imagine a more deserving student-athlete for the NSCA award. ~Cody Ellis