

## HIGH SCHOOL — SOFTBALL

### **Bexley High School**

#### **KAYLA DUFFEE**

##### **Catcher**

##### **Junior**

Kayla is an outstanding softball player and a very hard worker. Her dedication to the weight room is second to none. She front squats 175 pounds and benches 110. As a captain of the softball team, she leads by example. She will often train with some of younger student-athletes and helps them during their workout. Her drive and determination will help her be successful in all that she attempts. It is for all of these reasons that I am honored to nominate Kayla Duffee as an NSCA All-American. ~Jesse Padgett

### **Dacula High School**

#### **LIANNA RODRIGUEZ**

##### **Infield**

##### **Junior**

I've worked with Lianna for 2 years now. She comes to the weight room to work. She pushes herself and other around her. She is currently the school Power Clean record holder in her weight division with 110 lbs, and she is 5 lbs away from hitting a 200lb Back Squat and 100lb Bench ~James Romaniw

### **Gayville-Volin**

#### **AYLA DIMMER**

##### **Pitcher**

##### **Junior**

Alya is a multi-sport athlete playing volleyball, basketball and softball. In softball, last season she hit .367, had an on-base average of .500. She had 14 wins on the season, 23 wins in her career on varsity, with a win percentage of .750, with 107 innings pitched. She also had one No-Hitter. She

also had 96 strikeouts in a season and has had 176 strikeouts in her career. In the weight room she squats 210 lbs and benches 110 and has a 17 inch vertical. ~Mark Roozen

### **Hahnville High School**

#### **AMBERLY DEMPSTER**

##### **Outfielder**

##### **Senior**

Amberly has always brought a mature approach to her training sessions. She is a professional in how she approaches her academics, nutrition, performance, and preparation. Amberly is arguable the most mature athlete I have ever coached in a high school. She has grown into a leader and elevates the group around her and holds her teammates to high standards of accountability. She has the highest Hang Clean ever recorded by a female athlete in our weight room. Amberly is a 2-time All-District selection in Softball while maintaining a 3.79 unweighted GPA. She is committed to play softball next year at LSU-Eunice. ~Taylor Dunn

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### **Mandan High School**

#### **MCKENZIE YANTZER**

##### **Outfield**

##### **Senior**

McKenzie Yantzer is a standout athlete known for her impressive skills in both softball and hockey. She was honored as the Mandan Athletic Boosters Athlete of the Month, showcasing her dedication and excellence in the sport. McKenzie served as a team captain for her softball team and helped lead them to a state qualification. In hockey, she is a two-time WDA champion, demonstrating her versatility and leadership across sports. Last year, McKenzie was named an NSCA All-American, a testament to her athleticism and strength. Her strength training stats include a 135-pound bench press, a 200-pound squat, and a 135-pound power clean, solidifying her as a well-rounded and driven athlete.

~Zachairy Morast

### **Northrop High School**

#### **BAYLEE HUTH**

##### **1B/P**

##### **Junior**

Baylee is a truly a remarkable young woman who is highly dedicated to her success on and off the field. Over the last year Baylee has seen tremendous improvement in her strength, power, and speed due to her high level of commitment in our program and her impressive .522 batting average last season is a testament to that. Baylee is a role model not only for her teammates but for all whom she encounters. It is my honor to nominate Baylee Huth as an NSCA All-American Strength and Conditioning Athlete Of The Year. ~Tyler Carroll

### **Watkins Memorial High School**

#### **SIERRA FUCHS**

##### **OF**

##### **Junior**

Sierra is one of the most consistent athletes to step foot in the weight room. She is always one of the hardest workers in the room and this has led her to being one of the strongest girls in the weight room, constantly pushing herself to get better. Her attention to detail and high effort day in and day out are what you want from all athletes. For these reasons, Sierra is more than deserving to be an NSCA All-American Strength and Conditioning Athlete of the Year. ~Seth Dunaway

### **Windsor C-1**

#### **SAMMY WILSON**

##### **Senior**

No other female student-athlete at Windsor High School has been as committed to pushing the limits of strength and power over the last four years as Sammy Wilson. She is one of just three female student-athletes to have earned her Elite Athlete Classification multiple years, and currently holds the female school records in the Clean and Front Squat, along with multiple Softball all-time records. Her commitment to training helped earn her All-Conference honors as a Softball player her senior year as well. Sammy has undoubtedly helped raise the standard for what is possible for a female student-athlete to achieve in the quest for strength, power, and speed at Windsor. Her quiet intensity was regularly on display during training and would often elevate the intent of those training around her. Sammy's passion for training will be truly missed and I'm happy to nominate her as an NSCA All-American. ~Ty Van Valkenburg