

## HIGH SCHOOL — TRACK AND FIELD

### Athens Academy

#### VERONIKA BABBITT

##### Shot Put and Discus

##### Senior

Veronika pursues excellence in everything she does. Her dedication, discipline, and relentless pursuit of improvement through strength and conditioning has helped her become one of the best High School throwers in the country. She has excelled in weight training, shot put and discus because she understands that success is built through consistent effort, proper technique, and mental toughness. Veronika is a leader and role model by setting the standard of pushing herself and teammates to reach their full potential. She has helped others demonstrate hard work, resilience, and sportsmanship because of her ongoing influence. She is committed to training and competing by embracing the grind, staying focused on her goals, and developing the character needed to lead in all areas of her life. As a reflection of her dedication and athletic ability, Veronica will continue her Track & Field at Stanford University. ~Bryan Pulliam

### Beresford

#### KOHEN SCHURCH

##### Sprinter

##### Senior

Kohen is a multi-sport athlete who plays football, basketball, runs track and also power-lifts. He squats 365, bench is 225, has a 4.49 in the pro-agility, runs the 40 yd dash in 4.7 and has a 31 inch vertical. In track he runs the sprints; 100 (PR of 12.6), 200 (PR of 25.1) and also is on the 4x100, 4x200 and the Sprint Medley Relay Team.

~Mark Roozen

### Berrien Springs High School

#### ZARIYAH MANCE

##### Sprints, Sprint relays

##### Senior

Zariyah is a naturally gifted athlete that used the weight room to better herself. Since her sophomore year, she has been a staple in our weight room and her work has paid off. She benches her body weight and squats and deadlifts nearly three times her bodyweight. Her hard work paid off as she is currently near the top of numerous individual school records in the 100m and 200m, and was part of the 2023 state champion 4x100m relay team and 2024 school record and state runner up 4x100m relay team. We are hoping for more great things out of Zariyah her senior year. ~Robert Taylor

### Bexley High School

#### ELI BOWMAN

##### Sprinter

##### Senior

Eli is very dedicated to the weight room. He has improved his bench press by over 50 pounds in the last year and he improved his squat by 125 pounds. He broke the schools long jump record. He is one of the most consistent athletes we have and his results show. It is for these reasons that I am honored to nominate Eli Bowman as an NSCA All-American. ~Jesse Padgett

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### **Bismarck High School**

#### **SYDNEY KIEFER**

##### **Pole Vault**

##### **Senior**

Sydney has been a consistent piece in Demon Strength, she is BHS's first two time NSCA All-American. She improved on her numbers this past February. With a 320lb squat, 195 Bench, 175lb in the 130lb weight class. ~Kelly Kooper

### **Cape Henry Collegiate**

#### **JOSH FREY**

##### **Senior**

Josh Frey has been a consistent participant in our program since his 8th grade year. He is a multi-sport athlete, serving as a standout on our Boy's Soccer team and a demanding travel soccer schedule. Josh's training has allowed him to be resilient and available to compete. To date Josh has achieved a front squat of 215, bench press of 185, and a trap bar deadlift of 405. He is a leader and role model in our community. ~Philip Reichhoff

### **Forged Iron Athletic Performance at the Jamerson Family YMCA**

#### **MAREN BENYO**

##### **Sprints**

##### **Senior**

Maren has prioritized strength training at FIAP for 5 years. She sets goals and does what it takes to achieve them. She has been a top competitor at the state and national level all 4 years of her high school career. Maren plans to study nursing in the fall and become a nurse anesthetist. It has been an absolute honor to coach Maren. ~Sarah Kline

### **Gayville-Volin**

#### **NATE SELCHERT**

##### **Throws**

##### **Junior**

Nate is one of the top leaders in the weight room, playing on the varsity football and basketball team. In the weight room, Nate squats 405, benches 315 and has a 26 inch vertical. In track, Nate got 2nd in the shot at the conference meet and placed in the State meet with a throw of 43'5" in the shot and 114'5" in the discus. ~Mark Roozen

### **Haltom High School**

#### **GRADY TUCKER**

##### **Punter / Tight End / Thrower / Choir**

##### **Senior**

Grady was awarded Texas Sportswriter's Honorable Mention All State Punter this year during the football season. He will graduate number 5 in his class overall. Grady has overcome three surgeries over his athletic career to achieve the athletic success he has earned. He is also a member of our track program and is expected to compete at a very high level. He is also a member of our choir program and regularly sings the national anthem. Grady exemplifies what it means to be a student athlete at Haltom High School. He has best lifts of 310lbs Clean, 500lbs Back Squat, and has jumped over 30in and has broken the 20MPH speed barrier.

~Monte Sparkman

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### Hill City

#### **BROOKE THAYER**

##### **Junior**

Brooke Thayer is an exceptional cross-country and track athlete who demonstrates remarkable dedication in the weight room. A true student of both her sport and her academics, Brooke consistently attends workouts and dedicates herself to extra training, often putting in extra miles and effort unseen by others. She wholeheartedly strives to excel as a student-athlete, maintaining a positive attitude and serving as a role model for her peers. Brooke embodies the qualities of a Strength and Conditioning All-American. ~Sophia Grohs

### Iowa City City High School

#### **ISAAC WASHPUN**

##### **Sprinter/110m High Hurdler**

##### **Senior**

Isaac, a 4-year varsity contributor and multiple letter winner, is a reflection on what it takes to be a success track and field athlete at not only City High School, but across the state of Iowa in Class 4A. Further than that, rather, is Isaac's relentless work ethic in the weightroom all of his four years; his commitment and focus to every Snatch, Clean, Squat, or Bench, is second to none; training at the highest level overall, in his event group. Isaac is a second coach for our program; helping the underclassmen in their movements and taking these groups through warm-ups, activation, strength, power, and or torso development when asked by his strength coaches week in and week out, year in and year out over his career; someone that can be counted on to both train and coach when asked upon without hesitation; his accountability and will

to be the very best, is what sets him apart from others. ~Jason Dwight

### Mandan High School

#### **KAYLA CORBIN**

##### **Junior**

Kayla Corbin is a standout athlete in both track and volleyball, known for her dedication, hard work, and team spirit. She has earned the prestigious Brave Award, which recognizes athletes who embody the values and qualities that coaches seek in a Mandan Brave athlete. Kayla's strength and commitment to excellence extend beyond the court and field, as she has been nominated Lifter of the Week multiple times. Her physical accomplishments include a 120-pound bench press, a 195-pound squat, and a 135-pound power clean, showcasing her dedication to training and athleticism. Kayla's leadership and work ethic make her an invaluable asset to the Mandan girls track program. ~Zachairy Morast

## HIGH SCHOOL — TRACK AND FIELD

### **Mandan High School**

#### **TRISTAN ULMER**

##### **Senior**

Tristan Ulmer is a dedicated track athlete at Mandan High, known for his commitment to both his sport and the weight room. His strength and athleticism are evident, with impressive lifts including a 260-pound bench press, a 340-pound squat, and a 245-pound clean. Tristan's focus on track has made him a standout performer, excelling in his events through hard work and discipline. In addition to track, he also plays football and basketball. Tristan's work ethic and physical abilities have earned him a spot in college football, where he will continue to compete at the next level, but his track accomplishments remain a central part of his athletic journey. ~Zachary Morast

### **Platteview High School**

#### **BRODIE BRUNSEN**

##### **OL/DL, Thrower**

##### **Senior**

Brodie is a leader in our strength & conditioning program, amongst his teams and within the hallways of our school. Brodie is a talented athlete with a work ethic that is unmatched, which is demonstrated by his consistent attendance in our strength & conditioning program over the last 5 years. Brodie is a true example of what any coach wants to see in an All-American athlete.

~Nicholas Crouse

### **Platteview High School**

#### **LYDIA STEWART**

##### **Middle Distance & Distance Runner**

##### **Senior**

Lydia is one of the hardest working and most talented Cross Country/Track & Field athletes I have worked with. Lydia is a competitor that will do whatever it takes to achieve her goals. Lydia holds two top 10 finishes at the state cross country meet along with earning All-State recognitions her junior year and Super State her senior year.

~Nicholas Crouse

### **Platteview High School**

#### **REIMAN ZEBERT**

##### **TE, F, Sprinter**

##### **Senior**

Reiman is a combination of all aspects you look for in an All-American athlete. He is a high achiever in the classroom, on the field/court/track and in the weight room. ~Nicholas Crouse

### **Preston High School**

#### **TY BURNETT**

##### **Distance**

##### **Junior**

Ty has been one of the most dedicated and influential young men we have on the track and in the weightroom. He has continued to influence and improve himself and others around him by the standards he follows to excel in his athletic career.

~Jamie Fuse

## HIGH SCHOOL — TRACK AND FIELD

### Preston High School

#### ELLIE NELSON

##### Thrower

##### Senior

Thrower

Ellie's dedication to training in the weight room has been huge in her athletic career as a thrower. Ellie was ranked 13th in the state of Idaho in 2024 and is going into the 2025 season ranked 7th over all divisions in Shot Put at 39' 4.5". Her leadership and dedication to strength and conditioning has no doubt been a huge part of her growth and success as an athlete. ~Jamie Fuse

### Saint Francis High School

#### SAVANNAH FILIOS

##### Thrower

##### Senior

Savannah's work ethic in the weight room is second to none. It shows in the constant improvement in both the amount of weight she lifts and the distance of her throws. On more than one of the lifts that we track, she lifts more than any other female athlete at our school. All because of the dedication she has made to becoming a better athlete. ~Jacob Siebert

### Victoria High School

#### EMMA DINKEL

##### Jumps/Sprints

##### Junior

Emma is an outstanding young lady and hard-working student athlete. She demonstrates high character by being quick to encourage others, always willing to help and serves as a positive influence for others to do the same. Her work ethic and athletic talents have also led to a school record in the triple jump, state track participant in multiple

events as well as all-league recognition. Emma is a pleasure to work with as she embraces being coached and is quick to support her teammates. She's one of the strongest athletes in school with testing numbers: Hang Clean 100, Squat 200, Deadlift 205, Vertical 24" and Broad jump 91". ~Shawn Landers

### West York Area High School

#### LILLIAN WEAVER

##### Hurdles

##### Junior

Lily is an elite track and field and multi-sport athlete who excels both on the track and in the classroom. Academically, Lily is currently ranked 1st in her class of 175, while earning 12 college credits as a junior. A member of the National Honor Society, Lily has received Academic Excellence Awards throughout high school, serves as the Class of 2026 Historian, is involved in Link Crew which involves guiding freshman through their first year of high school, and actively gives back to the community through tutoring, volunteering at BARK dog rescue, and youth coaching. Her dedication and commitment to better herself doesn't stop in the classroom, as Lily has pushed herself in Physical Therapy and during Strength and Conditioning as she has battled back from shoulder surgery and her dedication has played a key role in her success and resiliency in competition. Lily's discipline, leadership, and unwavering work ethic make her a deserving candidate for NSCA Athlete of the Year award.

~Zach Miller

## HIGH SCHOOL — TRACK AND FIELD

**Yankton**

**CONNOR SLABA**

**Sprinter/Jumper**

**Senior**

Sprinter/Jumper

Connor has been a stand out in both football and track & field. This past year his PR in the 100 meters was 11.06, his 200 meter time was a 22.53. He also clocked a 51.93 in the 400. As a member of the sprint relays, Connor was with a group that took part in the 4 x 100 at the state track meet, the 4x 400 at the State Track meet as well at the Nike Outdoor Nationals. He was on the State Championship Sprint Medley relay team at State and got 2nd at the Nike Outdoor Nationals. He has also long jumped 21'2". In Football, Connor played wide receiver and was part of the team that made a run for the State Championship. was All Conference and All State, running the 40 in 4.44 and having a 36.3 inch vertical. 1133 all purpose yards 41 rec 431 rec yards 702 ret yards 3 tds Academic All State Will to Win Award Team Captain. ~Mark Roozen