

HIGH SCHOOL — CROSS COUNTRY

CAPE HENRY COLLEGIATE

NATHANIEL JENSEN

Sophomore

Nate Jensen is a leader, focused, and determined worker. Nate trains consistently throughout the school year and summer months. A multi-sport athlete, Nate often finds time to lift weights even after competing in cross country and baseball. This consistency has earned Nate a bench press max of 205, front squat of 280, a trap bar deadlift of 580, and a standing vertical jump of 31.2 inches. Nate's approach makes him stand out in our program and I am excited to see him compete and lead in the years to come. ~Philip Reichhoff

COACH ROZY PERFORMANCE

ZACH FEDDE

Junior

Zach Fedde is a Junior at Yankton HS in Yankton, South Dakota. He has a personal best of 16:28.7 in the 5k and 14:05.8 in the 4K. Zach was 7th at the State Cross Country Meet, was on the Top 25 Runners - All Classes and max the Top 15 All Conference Runners List. He has run a 2:08 in the 800 meters, a 4:34.87 in the 1600 Meters and 9:49.16 in the 3200 Meters, finishing 3rd at the State Track Meet in 2021. Was All State runner in cross-country in 2020 as well as all ESD in the Conference in cross-country. Zach didn't get a freshman year of track because of COVID, but is expected to be a leader on the track this coming season. Zach is a leader in the weight room to the cross-country team and on the track teams distance running group. Squatting over 250 lbs, using plyometrics, power development and even doing speed work not only in the off-season but in-season as well, has helped Zach to develop into a great runner - and predicted to be one of the states premier runners into high school. ~Mark Roizen

WINDSOR HIGH SCHOOL

BRADLEY AHRENS

800m, 1600m, 3200m, 5000m

Senior

Very few people know what it feels like to exhaust themselves completely, to wring out every last drop of effort. Bradley Ahrens is one of those few. The path to success in long-distance running is a lonely road, and only those with plenty of patience and perseverance reach the top. Bradley defined success as "the sum of the small efforts, repeated day in and day out." Bradley lived his definition throughout his entire high school career. He made the most of every training session and never waived. Even during the pandemic, Bradley could be found running on his own throughout campus. The sum of all of his repeated small efforts in his training was becoming an All-State Cross Country and Track athlete. He set school records in the 800m, 1600m, and 3200m races. With a work ethic second-to-none, Bradley has undoubtedly earned the honor of being an NSCA All-American. ~Ty Van Valkenburg

WINDSOR HIGH SCHOOL

MEGAN TERRY

800m, 1600m, 5000m

Senior

Few student-athletes can juggle the demands of athletics and multiple extracurricular activities such as Band and succeed in each of them. More often than not, the time constraints from such demands result in student-athletes neglecting their strength and conditioning. However, Megan remained a staple in the off-season Cross Country and Long-distance Track training sessions, even throughout her pandemic-riddled sophomore and junior years. Dependable and mature, Megan became almost a second coach during many Cross Country strength training sessions. It was apparent that training was important to Megan, and she thoroughly enjoyed the challenge of getting stronger. Her work ethic and maturity in training will be missed. It is with great pleasure that I nominate Megan Terry as an NSCA All-American. ~Ty Van Valkenburg