

HIGH SCHOOL — LACROSSE

BUFORD HIGH SCHOOL MADISON WELCH

Midfield/Defense

Junior

Madison came to me to help improve her lacrosse skills as she has been working to play in college. We have worked on various lifting techniques in the gym, so she has a well-rounded base to be ready for the college level. She has only played about a year and a half, but works harder than most athletes I have coached. She makes training enjoyable because of her work ethic, willingness to learn, and drive to succeed. She made varsity this year, and continues to improve her skills through working with me and on her own throughout the week after practices and on weekends. She's the definition of excellence, both on and off the field. I know she will do great things with her remaining years in high school, throughout college, and after. I am thankful to be a part of her path. ~Emma Chorney

CAPE HENRY COLLEGIATE MADELEINE KEOGH

Attack

Sophomore

Madeleine Keogh is a leader on our campus and a great role model for her younger classmates. Maddy is a three sport Varsity athlete contributing in field hockey, basketball, and lacrosse. She is committed year around and takes pride in being one of the most physically fit players on her teams. On the lacrosse field Maddy is a leader on Attack, helping lead her team to the 2021 VISAA State Championship game. Maddy is a great listener, actively implements coaching, and asks great questions. I am excited to watch Maddy compete and lead in the years to come. ~Philip Reichhoff

CENTURA HEALTH SPORTS PERFORMANCE AT THE HYBL CENTER

RAMSEY STARK

face off, long stick middle, and close defense

Junior

Ramsey has a diverse background and incredibly balanced, involved, gritty young man as a son of military and law enforcement family. He was born in Germany during military assignment and lived in five different cities growing up. Ramsey hopes to follow in his parents' footsteps and serve his community by becoming a military pilot and conducting missions in support of national security. He is a member of Fellowship of Christian Athletes. Academically, he has been on the honor roll since freshman year with a 3.5 GPA. Ramsey's headship is shown as the Flight Commander in Air Force JROTC, AAHS, leading his team of cadets. In 2021, he was awarded the Air Force JROTC's Air Commando Award for key attributes associated with AF special operations community such as athleticism, loyalty, integrity, self-discipline, character, maturity, judgment, and intelligence. Additionally in 2021, he won the AF JROTC "Flight Academy" scholarship among 1,300 JROTC applicants nationwide. This scholarship is for 8-week flight training session at participating flight university and estimated to be valued at \$25,000, which includes travel, books, flight hours, and pilot certification. Ramsey became a multi-sport athlete at 4 yrs old that included skiing, flag football, soccer, and lacrosse. As he entered into high school, he made varsity tackle football as a freshman at the prestigious Air Academy HS (AAHS) located on the US Air Force Academy, Colorado Springs. His sophomore year, he made varsity lacrosse split his time between 3 different positions due to depth levels on team (face off, long stick middle, and close defense). Ramsey has a reputation for his high level of athleticism and selflessness for his teams. He has been lauded by his coaches as a "Swiss army knife that can be put in any position and dominate the competition." He was voted

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by conference coaches as “honorable mention, all conference, 2021” on varsity lacrosse team. Would have scored higher but he sacrificed his play time in primary position to play other positions where needed due to lack of depth in other positions. In addition to his school involvement, he plays club lacrosse year round for the Colorado Bolts with coaches from division I US Air Force Academy lacrosse. Played 11 games in one weekend when asked to float between his 2023 team and the 2022 team. Took 2nd place in Denver Shootout due to his strong strength and conditioning training and improvements. From a strength and conditioning standpoint, he is fiercely dedicated to his fitness and strength goals in order to better support his teams. He is always involved in a strength and conditioning program year-round. He is currently getting nutritional guidance and training in a group and team setting from Coach Kelli Selman at the Hybl Center. His hard work shows for this 16 year old... some PRs include 265 lb bench press, 345 lb back squat, 27 in vertical jump, 90 in broad jump, 4.75 40-yd dash, 4.76 Pro-Agility. Because of his athletic and academic dedication and success, he now has significant interest from DII and DIII college teams for lacrosse. His hope is to attend US Coast Guard Academy and play lacrosse. ~Kelli Selman

CONCEPTS IN FITNESS

EVELYN SCALLION

Midfield, Draw Specialist

Junior

Evelyn has been playing lacrosse since she was 9 years old and started the foundation of supplemental training in the gym by the time she was 10. At that time, she was learning the value of correct body positions, core strength, strength training for upper & lower body, low level plyometrics and cardio training, and how they pertain to her sport. Because of her love of lacrosse and her drive to always better herself, she continues to train several times a week performing strength training, explosive movement patterns, agility and stability. As a

direct result of her training, her strength, vertical leap, speed and stick skills at the draw have increased her draw win percentage on the field to make her a definite threat in and on the circle. Evelyn commits to detail in her training to better herself to be the best she can be. She is extremely coachable and willing to take corrections to master her sport. This has culminated in a verbal commitment for Evelyn to play lacrosse for Penn State University after high school. Evelyn gives back to her sport and young athletes by helping at training clinics in the gym, on the lacrosse field, and social media. She shows maturity, patience and communication skills in working with young athletes as she celebrates their accomplishments while coaching youth and middle school lacrosse. Evelyn maintains a 4.3 GPA while taking AP and college courses through the local community college. Accomplishments: verbal commitment to Penn State, Varsity Captain, 2021 Marvin Ridge High School MVP, 2021 All Conference, 2021 All Region, 2021 All State, 2021 Under Armor All American South Highlight Team, 2021 All Conference in Field Hockey. ~Debbie Pitsos

NEW TRIER HIGH SCHOOL

LILY WALLACE

Defense

Senior

Lily Wallace is one of the most dominant lacrosse players in Illinois. She enters her senior year as a three year Varsity player, an All-Conference and All-State selection, and a team Captain. She has a fantastic combination of skill, speed, strength, and leadership ability. When Lily is training in the weightroom for lacrosse season, the mood of the room shifts. Respected by all of her teammates, Lily's work ethic and leadership make it feel as though there is another coach in the room. She is also a strong academic, and will continue her career at Division 1 Coastal Carolina University. ~James (Jim) Davis

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NICHOLS SCHOOL ANDREW BIGELOW

Defense Senior

It is an honor to nominate Andrew Bigelow as a NSCA All American Athlete for the 2021-22 academic year. Andrew is a senior lacrosse defenseman committed to John Hopkins University in the Fall. He is 6' 4" and weighs 223 lbs. His sculpted body is a product of relentless workouts and meticulous nutrition planning. Andrew has benched 245, squatted 405, dead lifted 505 and power cleaned 185 lbs. He uses the VertiMax frequently to supplement his sprinting and agility training. Andrew's body fat ranges between 7-8% and his level of 'compete' is of such a rare high level that he can be counted on to consistently neutralize the top offensive talent across the country.

Andrew's physical attributes are matched with his character. Coach Bradshaw, Andrew's basketball coach from his secondary sport stated, "Coaches change athletes...Andrew changed me". This testament to Andrew is echoed by many who meet and interact with him. In the classroom, Andrew demonstrates the same discipline achieving Highest Honors Status awarded to students with straight A Performance. His studies span a broad range of science, geography, business and math. He also has classes in Chinese culture along with Mandarin and Spanish languages. Coupled with Andrew's academic achievements is his community service as he has volunteered over several years to groups serving the disadvantaged in the community.

In summary Andrew Bigelow is a young man exhibiting the principles and character the NSCA inspires for a Student Athlete. I can declaratively state that in meeting Andrew, a coach immediately realizes he or she is in the presence of a tremendous athlete with maturity and thoughtfulness beyond his years. ~Frank Albert

REACH YOUR POTENTIAL TRAINING NATALIE GOLDSMITH

Senior

Loyal and hard working on and off the field with even more character traits of a leader. Will do what she has to do to win including helping to get others around him better! ~Jacob Ruch

RYPT NATALIE GOLDSMITH

Defense Senior

Natalie Goldsmith commitment, attention to detail and sense of urgency has separated herself immensely from the other hundreds of high school student-athletes that walk through our center each and every day. What I am most impressed about is Natalie's character and ability to lead. Her honesty gives us solid insight into how our program must evolve and cater to the different groups. Despite differences in athletic abilities, Natalie is always the first one to praise or offer constructive criticism towards a fellow athlete in her group, aiding everyone around her to maximize their potential. As a consistent returner to our program, I know that I can count on Natalie to lead our groups in terms of exercise technique and tempo, creating a fun, but challenging environment for our new athletes. She truly is THE catalyst for success when around groups and teams. Our facility prides itself on teaching our athletes the fundamentals of living, not just lifting. Over the course of my career in high school, college and professional athletics, Natalie ranks in the top tier of great people I have had the pleasure of coaching. Her respect for herself and others, positive attitude and unwavering service to the community is a great asset not only to your program, but to today's society as well. ~Bobby Smith

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ST. IGNATIUS HIGH SCHOOL

TOMMY NOLAN

Defense

Junior

Tommy exemplifies every quality a coach wants. He has a work ethic second to none, a positive attitude, and a burning desire to get better every day. He is self-motivated and his work ethic has helped him develop into a better athlete. We look forward to another solid performance from Tommy during his junior season.

~Aaron Short

THE PEDDIE SCHOOL

ANDREI EMPEDRAD

Goalie

Senior

While his performance speaks for itself (see below), his leadership is just as impressive. The weight room, especially in High School, is a natural habitat where the strongest people in the gym are most revered. That peer to peer interaction is 1000% stronger than coach to athlete. Andrei does all that and more. We have discussed on multiple occasions the position of influence he has based on being a Senior AND his level of strength and dedication. He has truly shouldered the load and has become a kid I can come to when I need help with one of his peers. I believe that is the highest honor I can give a student. "Assistant Coach" status. Andrei's relative strength is very impressive. At only 155 lbs, he has a 225 lbs Bench Press, 485 lbs Sumo Deadlift, 315 lbs Back Squat, 370 lbs Deadlift, and a 465 lbs Hex Bar Deadlift. He is also a high achiever in the classroom. ~Mike Volkmar