

HIGH SCHOOL — BASEBALL

CAPE HENRY COLLEGATE KENNETH SCHAEDEL

Outfield Senior

Kenny Schaedel has demonstrated a high level of consistency and work ethic during his time as a Cape Henry Student-Athlete. As an original member of first "The Breakfast Club", Kenny should be credited with helping create a culture of strength training at Cape Henry. As a leader his focus and work ethic is contagious and inspires younger students to push themselves. At the time of this application Kenny stands 6'3 and holds a front squat max of 325, trap bar deadlift of 480, bench press of 215, and a standing vertical of 32.6 inches. On the baseball field he holds a career average of .358, 9 home runs and 44 runs batted. Kenny also contributed as a starter on the Boy's Volleyball team helping propel the program to three conference championships over four years. Kenny has earned a cumulative grade point average of 3.5. Next year Kenny is committed to play baseball and continue his studies at Georgia Tech University. ~Philip Reichhoff

CENTRAL CATHOLIC HS JAKE GARZA

Third Base Senior

2nd Team All-District TAPPS D1 6A District 3. .417 BA, 5 RBIs, 5R, 3BB, .500 OB, .417 SLG
3.92 GPA

Jake's enthusiasm and emotion are unmatched in the weight room, the entire team feeds off of his infectious energy, elevating every strength and conditioning session he's a part of. ~Glenn Revell

CHARLOTTE CHRISTIAN SCHOOL TANNER MCCAMMON

Shortstop Junior

Tanner is a leader on and off the field while still excelling in the classroom. He never misses a workout and pushes his teammates to become better each day. This hard work and leadership has paid off as he will continue to compete at the D1 level after high school.

~Cameron Lewis

CHRISTUS HUMAN PERFORMANCE CENTER REED OVERBEEK

Catcher Sophomore

Reed is one of the hardest working athletes I have ever had the opportunity to train in my 12 year career. He shows up each day and gives 100% effort. In the short 6 months he has trained at the CHRISTUS Human Performance Center, Reed has lost 8.4% body fat, increased his broad jump by 1 foot, increased his vertical jump by several inches, increased his speed by over 3 mph, and has continued to get stronger each and every training session. There is no one more deserving to be named a High School All-American Strength and Conditioning Athlete of the Year than Reed Overbeek.

~Ryan Dupre

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GREER HIGH SCHOOL

COLE BELLINGER

2B, SS, C, P, OF

Sophomore

Cole invested in the S&C aspect of his game this past off-season and has witnessed increases / improvements in his 1RM Squat, 1RM Clean, 1RM Deadlift, 1RM Bench Press, Vertical Jump Height, Broad Jump, and Squat Jump Peak Velocity. Additionally, these S&C have translated to improvements on the field where he has witnessed an increased pitched ball velocity, exit velocity (batting), pop-time (catching), and a decrease / improvement in his 90ft / 30yard sprint time. The time and energy invested in S&C is paying dividends for Cole in regards to the skill requirements for success in his sport. ~Keith Scruggs

INSPIRATION ACADEMY

LOGAN O'LEARY

Pitcher

Senior

Logan has been dedicated to the process of his development his entire time at Inspiration Academy. He rarely misses a lift and also shows up and gives 100%. He came in a couple years ago overweight, not being able to do a push up or pull up, now he is one of the best lifters we have and his performance on the mound has exploded because of it. He was 82-83 MPH off the mound last year and now he is up to 91 MPH. Logan is a true testament to what hard work can do and has set the standard for our program. ~Brian Commerford

LUDINGTON AREA SCHOOLS

STEPHEN WEINERT

Catcher

Senior

Stephen has been an extremely dedicated athlete and student over his career at Ludington High School. Stephen has been a great role model in how he has lead his teammates in multiple sports especially through the recent epidemic during his high school career. He is a

dedicated student of the strength game and can always be seen with a smile on his face. Along with his strength physically and mentally, he will be playing college baseball at the next level next year. ~Rich Kirby

MOUNTAIN VIEW HIGH SCHOOL

AUSTIN XU

Center Field, 1st Base, Pitcher

Freshman

During the last year, Austin has dedicated himself to building a powerful body to prepare for high school baseball. Austin consistently brings intensity, effort, and energy to his strength training sessions. Austin has shown great improvement with his sprint acceleration, jumping, upper body strength, lower body strength, and lean body mass in just 9 months of consistent training. These improvements have translated to improved baseball performance. I am confident Austin will continue to work hard on the field and during his training to be the best baseball player he can be. ~Nick Haberlach

NEW TRIER HIGH SCHOOL

LOUIS FLORIDA

Senior

Florida's .389 batting average and great defense earned him All-Conference honors as a junior, when he was named the team's Most Improved Player. He wasn't satisfied. He has continued improving. Louis' leadership and work ethic has turned him into one of the strongest baseball players in Illinois. He is a kind and generous teammate, respected by players and coaches, and is primed for a strong senior year. After high school he will continue his athletic and academic career at DePauw University. ~James (Jim) Davis

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PRESS ON PERFORMANCE

TATE MART

SS/2B

Junior

Tate is a rock solid athlete that continues to grow his athleticism with excellent focus and respect to the process. He continues to excel as a returning all-state baseball player that has state championship experience. As Tate continues to lead by example in the classroom, weightroom, & on the field - he will add to his impressive accomplishment list. ~Tyler Thielges

RAYTOWN SOUTH HIGH SCHOOL

NICK LOGEMAN

Senior

Nick has demonstrated great leadership on the field, in the classroom, and in the weight room. Thank you for representing Raytown South High School. #CardinalStrong! ~Monte Yancey

REACH YOUR POTENTIAL TRAINING

RYAN TURNER

Outfield

Senior

Hard worker on and off the field with character traits of a leader. Will do what he has to do to win including helping to get others around him better. ~Jacob Ruch

RYPT

RYAN TURNER

Outfield

Senior

Over the past three years, I have been able to finely observe Ryan Turner and his interactions with fellow athletes, coaches and staff members on a day-to-day basis. His blue-collar work ethic and relentless pursuit of excellence separate himself from the now thousands of athletes we have trained during our time here. Because of this, we were able to offer Ryan a part-time position within our company, focusing on the maintenance of the 16,000 square foot facility and as a part-time coach within our middle school program. What I am most impressed about with Ryan is his level of leadership and maturity at such a young age. He is punctual, disciplined and laser focused on whatever he wants to accomplish; whether it's training in our facility or balancing a part time job with baseball and school. Ryan spends hours on end in our facility, constantly pushing the envelope of physical and mental training, spending time around the staff as much as possible to learn from everyone and their experiences in life. He keeps an open mind and a never-ending passion to continue to get better. He is always the first one to praise or offer constructive criticism towards an athlete in his group, aiding everyone around him to maximize their potential. Whenever a new intern or athlete starts in our seasonal programs, I know I can count on him to make him/her feel at home and succeed. 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, Ryan ranks in the top tier of not just great athletes, but great people. His respect for himself 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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SPARTANBURG HIGH SCHOOL

DEACON COX

Outfielder

Senior

I have had the pleasure of coaching Deacon Cox at Spartanburg High School where he played baseball and football. Deacon excelled in both the classroom (4.08 GPA) and on the field. His junior year he was all-region in baseball. Deacon is an exemplary student athlete and an outstanding teammate. He is a leader on and off the field. He frequently volunteers his time in the community. In the team setting, he is always supportive of coaches and teammates. He is intrinsically motivated and enjoys the challenge of hard work and rigor which has led him to a 465 lb back squat, 300 power clean, and 240 lb bench press at a bodyweight of 160lb.

~Andrew Caldwell

ST. ANDREW'S EPISCOPAL SCHOOL

MATTHEW AZORDEGAN

Pitcher and 3rd Baseman

Senior

Matthew is a top honor student, excels in both his academics and as an athlete. He has helped our baseball team to three division titles, with his pitching ability and also with his strength as a hitter. He has received many honors on the field, and with his team. Matthew really excels in the weight room with his work ethic, and leadership in pushing others to work harder to become a better player. He is a future Division 1 Player with a commanding fast ball, and a curve ball that falls off the table, as a batter, he's a high percentage hitter, with the strength to take it out of the park. ~Joe Ray

ST. LAURENCE HIGH SCHOOL

LUKE STULGA

Outfield

Junior

Luke has dedicated himself this off-season accomplishing Pr's in squat, bench, vertical, broad jump, 10 yard dash and 60 yard dash. He is currently the school record holder in vertical jump (39.3) and the 10 yard dash (1.40). Furthermore, Luke won the baseball off-season individual challenge and led his team to the team win as well. He not only has fostered this hard work within himself, but has become a leader to his team in the weight room. Luke has invested his time and energy in becoming a complete athlete and has earned those great accomplishments. Luke does a great job of asking questions and listening to coaches on when to rest and take care of himself in order to help himself and his team move along the off-season to prepare for the season. Luke also has a great attitude in the weight room and often leads the team fun at the end of the workouts. It is a pleasure to work with him and his team each year. Great job Luke. ~Brad Leshinske

TYLER LEGACY HIGH SCHOOL

PRESTON NEWBERRY

Senior

Preston came with a mindset to work to get better every single day, which showed in his strength, power, and speed. He is dedicated to his craft and has a great mentality for doing hard things. ~Andrew Pichardo



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

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WARREN CENTRAL HIGH SCHOOL

ELI SHAW

Pitcher

Junior

Eli has shown tremendous commitment to the strength and conditioning program. He's increased in lean body mass, tremendous PR's in his maxes and increasing his pitching velocity. Eli has shown great leadership in peer coaching his teammates and encouraging everyone to do their best! ~Keith Swift

WAYNE HIGH SCHOOL

BROOKS KNEIFL

P

Junior

Brooks has excelled in his training and is has reflected in his on field performance. He continues to work hard and that work ethic will pay off for him! ~Grant Darnell