

HIGH SCHOOL — ICE HOCKEY

ARCHBISHOP SPALDING HIGH SCHOOL

GRACEYN PAPRCKA

Defenseman

Senior

Graceyn Paprcka is one of our team captains for our 2022 state champion girls' varsity ice hockey team at Archbishop Spalding High School. Her hustle and toughness brought a physical presence to the ice. In every defensive play, she made it known to opponents that she lifts weights, heavy and often. A multi-sport star, Graceyn will play college lacrosse as a goalie for Davis & Elkins College. Graceyn Paprcka is the definition of a National Strength and Conditioning Association All-American. ~Phil Tran

ARCHBISHOP SPALDING HIGH SCHOOL

ERIN ROBERTS

Goalie

Senior

Erin Roberts is one of our team captains for our 2022 state champion girls' varsity ice hockey team at Archbishop Spalding High School. She accumulated 10 wins with only 1 loss and posted a 2.64 goals against average. Erin's commitment to offseason training on-ice and in the weight room brought massive improvements to her game. She started learning the position during her sophomore year, had an abbreviated junior season, and carried the team to the state title on her senior season. Erin's championship level performance this season has attracted interest from a college hockey program. Erin Roberts is very worthy of being named a National Strength and Conditioning Association All-American. ~Phil Tran

CENTURA HEALTH SPORTS PERFORMANCE

WYATT FURDA

Junior

Wyatt Furda is an all-around American multi-sport athlete and more importantly a STUDENT-athlete. He has a 3.8 GPA and takes many higher-level Advanced Placement Courses in preparation for college success. He made both Varsity Hockey and Varsity Lacrosse for Cheyenne Mountain HS located in Colorado Springs his freshman year and every year after. He also plays on a National Lacrosse team that competes all over the United States often ranking in the top 10 teams in the US. Wyatt volunteers his time to coach the "little guys" and hosts many shooting and lacrosse clinics for the U10 Lacrosse team. Wyatt has done many service projects to include Christmas Tree Recycling and Craft Fair Set up. He and his U10 lacrosse teammates (now all 17) have also adopted a family in need EVERY year for the last 10 years. Wyatt is a great leader on and off the field... On the field he helped lead his 2021 HS Lacrosse Team to a State Championship and off the field he is the go-to guy among his peers and their parents when you need to get something done. Wyatt takes his training very seriously and does not miss a workout and an opportunity to get bigger, better, faster stronger. He has participated in a sports performance/strength & conditioning program in a private, group, and team setting with his Hockey and Lacrosse teams. His strength and conditioning coaches since 2020 have been Coach Kelli Selman at the Hybl Center, Coach Blake Brightwell (husband to Kelli, coaching together and separately) at the Hybl Center and at Wyatt's high school. His dedication to participating in a strength and conditioning program shows and is one of the strongest kids I know with one of the best attitudes. Some of his assessment data and personal best recorded with me include 215 lb for 8 reps on front squat, 335 lb for 5 reps on box squat, a 1 rep max chin up with 55 lb, 26 inch vertical jump, and 4.97 40-yd dash. His participating clearly shows as it has helped him in his athletic career and a symbol of his leadership qualities on his teams. ~Kelli Selman

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MULLINS PERFORMANCE + FITNESS

WILLIAM BRENNER

Defensemen

Senior

William Brenner is a senior at Memorial High School in Edmond, Oklahoma. William has been a member of the National Honor Society through 2022. William currently plays in the U.S. Hockey League (USHL) for the Cedar Rapids Roughriders 2021-22 season. William was in the USHL Futures Draft 2019 and made the USA Hockey National Camp at ages 14, 15, & 16) along with a USA Hockey National Camp All Star game invite(16s). William volunteers with the OKC Youth Hockey and the Hockey Ministries Oklahoma. William Brenner has faced adversity when he underwent shoulder surgery in 2020. Shortly after being released back to the ice, he met a 10-year old named Rye Haller. Four years ago, Rye suffered damage and cell death on both sides of his brain. Now 14 years old, Haller continues to overcome his adversity through his passion for hockey. William and Rye were able to take the ice together with their shared passion for the sport of hockey. William said this shared experience helped him to realize not to take life for granted and it made him feel good to be able to give back to Rye. Besides having a desire to give back to his community, William is one of the hardest working athletes you will meet. William has not allowed adversity to keep him from working diligently on and off the ice to be able to get back to playing in the game he loves. William Brenner is an outstanding young man and it is an honor to nominate him. Thank you for considering William for this award. ~Elizabeth Mullins