

## HIGH SCHOOL — SOCCER

### **CEDARBURG HIGH SCHOOL**

#### **MIA THOMPSON**

##### **Forward**

##### **Sophomore**

Mia is an incredible student-athlete who always shows up ready to work with a positive attitude. She is a quite leader who goes about her business and motivates by hard work and dedication. She competes against herself to get better each and every workout. Mia continues to excel on and off the field and will not settle for being mediocre. ~Jon Verdegan

### **CENTRAL CATHOLIC HS**

#### **ISAI PREZAS**

##### **Midfielder**

##### **Junior**

TAPPS 6A D1 District 3 1st Team-All District, TAPPS 6A D1 1st Team-All State. 9 Goals, 8 Assists. 3.95 GPA. Isai suffered a severe leg injury in 2021, his dedication to strength and conditioning along with his commitment to rehab enabled him to return to play faster than expected and at a higher level than before his injury. His superior on-field performance, commitment to academic excellence, and dedication to his return to play protocol are all elements that make Isai an NSCA Strength and Conditioning All-American Athlete. ~Glenn Revell

### **CENTURA HEALTH SPORTS PERFORMANCE**

#### **ALEXIS HARING**

##### **Sophomore**

Alexis Haring has been playing soccer for 13 years. She has greatly improved her soccer skills along the way, but she could never break into the top team. After losing some fitness and deconditioning during the COVID season of Spring and early Summer 2020, she began training at the Hybl Center with Coach Kelli Selman in July 2020. She began seeing big gains in strength and also improvement in speed. As a Freshman in high school that “weird” year (during COVID) coach Kelli also saw her confidence increase and her love of training shine through. The next tryouts for the top team were in June of 2021, and, with her improved strength and quickness she made the team. Her team plays in the Elite Clubs National League (ECNL) in the Northwest Division, including teams for Washington, Oregon, Northern California, Idaho, Utah and Colorado. Alexis has always been a good student. She received mostly A’s throughout and is carrying a 4.0 in high school, as a sophomore, while taking full loads include 4 AP classes. She is interested in Computer Science, so two of the AP classes were computer science classes. Some achievements of Alexis in sport performance with Coach Kelli include Alexis being the longest and most consistent training athlete in the building, racking up the most hours trained at Hybl. The Centura Sports Performance staff at the Hybl Center featured Alexis on their social medial Instagram account for her accomplishments and consistency. This 15 year old’s consistency shows – in comparing her scores to NCAA D1 Women Soccer athletes from the NSCA’s the Essentials of Strength & Conditioning, Alexis broad jumps 86 inches vs NCCA D1 60 inches, Vertical Jump 22 inches vs 14 inches, 160 5RM vs 155lb 1RM, and the same score for a 100lb bench press. Alexis also has a 215 1RM deadlift. Centura Sports Performance is proud to serve Alexis and help her develop into the high performing athlete she didn’t even know she could be. ~Kelli Selman

## HIGH SCHOOL — SOCCER

### COACH ROZY PERFORMANCE

#### ABBIGAIL SCHMIDT

##### Midfielder

##### Senior

Abbigail “Abby” Schmidt, a 5’7” Senior stand out soccer player for Yankton High School began her career as a defender, and those skills helped make her a strong holding midfielder for the Gazelles Soccer Team. In the Fall of 2021, she had 8 defensive tackles per game, 3 blocked shots per game and averaged 2.5 assists per game. She was also part of the 2019 State Championship Team in soccer. In Track, as a jumper, Abby has posted a 15’ 7” long jump and a 32’8” triple jump. In the weight room, Abby continues to use total strength and conditioning to help her improve her performance. Because of her outstanding play, she will continue her soccer career at Mount Marty University in Yankton, SD. ~Mark Roozen

### DISCOVERY HIGH SCHOOL

#### ANNIELLA CARRILLO

##### Center Mid

##### Senior

Anniella hid from me for her first few years, but in the summer going into her senior year, she came to the weight room and realized it wasn't so bad after all. She always shows up with a positive attitude, isn't afraid to try new things and push herself. She helps those around her and is a pleasure to work with. As of writing this, she currently stands with a 185lb FSQ, a 230lb BSQ, a 95lb Push-Press and Clean, a 115lb Bench Press, and is able to perform 5 bodyweight Chin-ups. ~James Romaniw

### MARQUETTE UNIVERSITY HIGH SCHOOL

#### SAM MAGNER

##### Center Back

##### Senior

Sam Magner has been a constant in our strength and conditioning program. His consistent effort, attendance, and being coachable have made him a leader in and out

of the weight room. Sam’s attitude and determination have led to great improvement in physical development and sports performance. Sam is a center back and captain of our soccer team, having won two state championships, been selected 1st Team All-Conference, 1st Team All-State, and All-American participating in the 2021 All-American game. The same work ethic in strength and conditioning has led to success in the classroom being named to the Honor Roll, Greater Metro Scholar Athlete, and National Honor Society. Sam plans to play soccer at the collegiate level and study exercise science, kinesiology, or biology. We will miss having Sam in our program, but know he will become a positive influence as he moves on to the next level. ~Michael Duehring

### MARQUETTE UNIVERSITY HIGH SCHOOL

#### NICK MAGNER

##### Forward

##### Senior

Nick Magner has worked hard throughout his high school career to develop physically, athletically, and academically. Participating in our strength and conditioning program has been a large part of his preparation as he has dedicated himself to the weight room. Great attitude, coachable, supportive, and leader all describe Nick. Nick was a three-year starter at forward on our soccer team. During that time, the team won two state championships and Nick was named 1st Team Greater Metro Conference while scoring a conference high 21 goals his senior season. In the classroom, Nick has achieved high honors and participated in a variety of service programs. Nick plans to continue playing club soccer in college and major in finance or economics. Our programs will definitely miss Nick’s participation and positive influence, but he will without doubt be a positive influence in all future programs that he is involved with. ~Andrew Kossow

## HIGH SCHOOL — SOCCER

### MORGANTOWN HIGH SCHOOL

#### CADEN CARPENTER

##### Senior

Caden is one of the hardest working, most skilled, impactful players I have ever seen at the high school level... not just in soccer, but that I've seen in any sport! A high performer in and out of the weight room, Caden has dedicated himself to becoming the best he can be since middle school, a dedication which has certainly paid off! A leader on his senior year's state championship team and having signed on to continue his playing career in college, Caden's continued work in the weight room has translated directly to higher levels of success. ~Jerry Handley

### MORGANTOWN HIGH SCHOOL

#### EMILY CARPENTER

##### Sophomore

Emily has dedicated herself to the weight room for 2 years now, and her results have been immense! One of the most athletic players on her team, Emily continues to push herself to new highs and is truly invested in becoming the best she can be - a goal of which she knows the weight room is one of her top tools! ~Jerry Handley

### MOUNTAIN VIEW HIGH SCHOOL

#### BRANDON XU

##### Defender

##### Freshman

Brandon has been strength training consistently twice a week for the past year. He has maintained his training while participating on the Mountain View High School Soccer team and Mountain View High School Badminton team. During the off-season, Brandon participates on the Mountain View Los Altos Soccer Club. Brandon's consistent and intense strength training is showing up on the field with his improved explosiveness and speed. Brandon brings a great attitude and energy to all of his training sessions. - Nick Haberlach

### MULLINS PERFORMANCE + FITNESS

#### AVERY BAKER

##### Defender

##### Senior

Avery Baker is a senior at Memorial High School (EMHS) in Edmond, OK. Avery has played on her high school soccer team as well as her Oklahoma Energy Football Club Team throughout high school. Avery was selected to the All-District Soccer Team and named EMHS Defensive Player of the year for the 2020-2021 school year. Avery is a member of National Honor Society and is also the team captain for her her EMHS 2021-2022 soccer team. Avery was also nominated for Ms. EMHS for homecoming. Avery has volunteered with her school SWINE week, an annual, student-led, community service project that raises money for a local community cause. She has also volunteered with Top Soccer, a program designed to bring the opportunity of learning and playing soccer to children who have a mental or physical disability. Avery has participated in strength and conditioning consistently through her high school years to prepare her for playing soccer in college. Avery has signed and committed to playing soccer at McNeese State University in the fall of 2022. Avery is an outstanding young lady, who leads with character and kindness. It is an honor to nominate her for this award as I have observed her put in work from 2020-2022. Avery has true grit, discipline and a competitive spirit, willing to put in the work on and off the field. Thank you for considering Avery for this award. ~Elizabeth Mullins

## HIGH SCHOOL — SOCCER

### MULLINS PERFORMANCE + FITNESS

#### BRENNA ROWLETT

##### Defender

##### Junior

Brenna is a junior at Oklahoma Christian Academy in Edmond, Oklahoma. Brenna is a member of the National Honor Society as a junior. Brenna made the Principal's Honor Roll as a freshman, sophomore, and junior. Brenna earned Honorable Mention All-Conference in basketball and All-District in soccer in 2020-2021. Brenna was selected to the Girls' Academy (GA) Talent Identification for club soccer in 2020-2021 as a sophomore. Brenna received US Soccer Development Academy (DA) Regional Identification Camp Invitation in 2019-2020. Outside of academics and sports, Brenna has been on a mission trip called Mission Discovery in Jamaica where the group she went with helped refurbish a school and do VBS for the kids in January of 2020. Locally, Brenna has volunteered at Top Soccer (a program that provides an opportunity of learning and playing soccer to children who have a mental or physical disability), the Regional Food Bank, Hot Dogs for Homeless, Infant Crisis Center, and helped unload boxes and organize books at the Metropolitan Library System. Brenna has a desire to become a family counselor or therapist. I have worked with Brenna for over two years and am impressed by her ability to ask questions and her ability to communicate. Brenna has a drive to better herself on and off the field. It is an honor to train Brenna as well as nominate her. Thank you for considering Brenna for this award! ~Elizabeth Mullins

### NEW TRIER HIGH SCHOOL

#### AIDAN CRAWFORD

##### Goalkeeper

##### Senior

Aidan is a workhorse. When he got off the bus at away games, the opposition thought he might be a linebacker for New Trier's football team. Head Soccer Coach Matt Ravenscraft says "Aidan is a fierce competitor but also one of the most authentic and caring young men that I have ever coached. His brilliance on the pitch was a privilege to watch firsthand, but his relentless support of his teammates in moments of triumph and adversity is what I will remember most." Crawford was named 3x Chicagoland Soccer All-State (2019, 2021 Spring, 2021), IHSSCA All State (2021), IHSSCA All Region (2021 Spring), 2x Northside College Showcase All-Tournament Team (2019, 2021), 2x CSL South All Conference (2021 Spring, 2021), and Team Captain for a team that was nationally ranked in 2021. Aidan will continue his career at Division 1 Loyola University (Chicago) next season. ~James (Jim) Davis

### PARISI SPEED SCHOOL AT VALLEY HEALTH WELLNESS AND FITNESS CENTER

#### MICAH FRIGAARD

##### Defense

##### Senior

Micah has been disciplined and diligent in the weight room and in school his entire high school career. Seeing him grow and develop into the athlete, student, and leader that he has become is a constant reminder of what makes being a strength and conditioning coach great. Micah has surpassed goals in the classroom, on the field, and is moving forward to pursue his military aspirations. He has become a leader for FCA, multiple clubs, and a captain of his team. I am beyond grateful for the opportunity to have this man in our program for the past 4 years. With the work ethic, integrity, and self discipline he has, he will accomplish whatever goal he sets out to. ~Chris Armel

## HIGH SCHOOL — SOCCER

### **SANTA YNEZ VALLEY UNION HIGH SCHOOL GRANT FIELDHOUSE**

#### **Center Back**

#### **Senior**

Since day one this year working with boys soccer, Grant Fieldhouse has been the kid I have been able to trust the most when it comes to our time either on the basketball court for warm ups or in the weight room for our 40 minute lifting session. Typically the beginning of soccer's session was the end of basketballs workout. That would mean I would need each kid lined up at 4:55 and warmups started exactly at 5 without being with them. Each day, Grant was the person to get everyone mentally and physically prepared for our workout together. I believe it's why he is trusted the most by his teammates and other coaches and why he represents our school with the captain arm sleeve on the field. Not only is he a good role model for those other athletes by communication and skill acquisition, Grant is one of the stronger, powerful, faster, and mobile athletes we have on campus. Grant is the leader of our first platform group which is the three strongest in regards to our trap bar deadlift and front squats which includes another senior who was an All-State kicker and a sophomore utility player. If it was our choice we could put him in any sport and he would be successful. Yet, the way he operates in the weight room, moving light things controllably and heavy things explosively and efficiently directly correlates to his on-field success. I wish I can have many more years with Grant, but by the way he challenges himself and his teammates in the weight room, there will be many more kids like him to come if they have witnessed his leadership and passion to be the best athlete he can be. Grant exemplifies what it means to be an NSCA All-American Student Athlete, not only by his leadership qualities, athletic IQ, but also by his awareness of student before athlete and the success he has in the classroom being one of 58 achieving over a 4.0 GPA. This is why I believe Grant Fieldhouse should be

considered for the NSCA All-American Athlete of the Year Award. ~Tim Gauthier

### **SOUTHSIDE CHARTER HIGH SCHOOL**

#### **SAMUEL REYES**

#### **Wing**

#### **Freshman**

Samuel is the most gifted athlete movement wise that I have worked with hands down. He matches this natural ability with a work ethic that is unmatched in our program. This combination of movement efficiency and determination allows him to be competitive in many sports and fields and hopefully will help shape his career path going forward. ~Deerick Smith

### **THUNDERRIDGE HIGH SCHOOL**

#### **SARAH ROSENBAUM**

#### **Senior**

Sarah is one of the hardest workers we have ever had come through our weight room. She is very self-motivated and always driven to succeed in everything she does. Sarah sets very high expectations and goals for herself, especially in the weight room. She is a natural leader, not only with her teammates, but every athlete in our building. Sarah sets the standard for hard work when she is in the weight room. She has an uncanny ability to improve the work of those around her just because of how she works. Sarah sets goals that at times seem unattainable, but she always finds a way to reach them. Then, instead of celebrating and enjoying her accomplishment, she sets an even higher goal for herself because she always wants more. ~Mark Carnes



# NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

## HIGH SCHOOL — SOCCER

### TYLER LEGACY HIGH SCHOOL

#### COLLEEN GILLILAND

##### Senior

Colleen is new to our program this year but has come in, worked hard, and helped set the standard for other athletes. There is no doubt she will be prepared when she goes to play at the next level. ~Andrew Pichardo

### TYLER LEGACY HIGH SCHOOL

#### JARON WILKERSON

##### Freshman

Jaron is young but one of the hardest workers and most dedicated athletes we have. As a freshman, he sets an example through his actions and has improved tremendously through his hard work and commitment. ~Andrew Pichardo