

HIGH SCHOOL — TRACK AND FIELD

ATLANTIC COUNTY INSTITUTE OF TECHNOLOGY

AMIYAH STEPHENS

100m, 4x100 relay, 200m, 400m, 4x400 relay

Senior

Amiyah has had a number of accomplishments so far heading into her senior year for Spring Track. She helped lead the 4x100m to a 3rd place finish at Sectionals, qualifying for the State Championships, and just missing the Meet of champions with a 9th place finish. Amiyah individually finished 2nd in the 100m dash in 2021 County championship and advanced to the State Sectional championship. She currently hold the school record in 3 events: 100m dash at 12.22, 4x100 relay 49.17, and 4x400 relay 4:05.67. Amiyahs relay finished 2nd and won silver medals at the schools first appearance at the Penn Relays. ~Vincent Mahoney

CAPE HENRY COLLEGIATE

ANDREW HART

Sophomore

Andrew Hart is a multi-sport student-athlete who takes ownership of his own development and leads his teammates by example. Over multiple years he has committed to a consistent and steady approach. Andrew is always pushing his limits and coming back for more. As a sophomore, Andrew has earned a bench press max of 210, front squat of 300, trap bar deadlift of 470, and a standing vertical jump of 37.7". His focus and enthusiasm is contagious and makes an impact on everyone in the room. Andrew is also a stand out on the Varsity Baseball team. ~Philip Reichhoff

COACH ROZY - AVERA SPORTS

ISABEL DELAY

Senior

Isabel participated in every off-season, in-season, and summer strength & conditioning program throughout high school. She had an outstanding track career - earning all-state honors. She is undecided where she will

be running track next year. She is also involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

COACH ROZY - AVERA SPORTS

CARTER SVEEGEN

Senior

Carter participated in every off-season, in-season, and summer strength & conditioning program throughout high school. He had outstanding football and track careers. He is undecided where he will play college football next year. He is also involved in the Watchdog Leadership Counsel. ~Kyle McKelvey

COACH ROZY PERFORMANCE

ANNIKA GORDON

Sprinter/Mid-Distance

Senior

Annika is a senior at Yankton High School who participates in Track and softball. Her junior year, Annika anchored the Gazelles state championship 4x400-meter relay. She also placed fourth in the open 400 meters and ran on the runner-up 4x800-meter relay at the South Dakota State Track and Field Championships. She owns a personal best of 58.5 seconds for 400 meters, and has a PR in the 60 meter dash of 8.19 seconds. She is a favorite in the sprints this year and looks to be one of the top runners in the state. Gordon also garnered all-Eastern South Dakota Conference honors at centerfield for the Gazelles softball team. She led the squad to a third-place finish at the state tournament. A member of the National Honor Society, she plans to major in communication science disorders. In the weight room, Annika Squats 205, Benches 120 lbs and has a 22 inch vertical. She plans to attend the University of South Dakota and run track there. ~Mark Roozen

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COACH ROZY PERFORMANCE

ANDREW GUSTAD

Field Event - Pole Vaulter

Senior

Andrew Gustad, the 6'2", 200 lb senior is a 3 sport athlete from Gayville-Volin School in South Dakota and carries a 4.075 grade point average. He placed 3rd his Freshman year at the State Track Meet in the pole vault, with COVID there was no state meet his Sophomore year, and placed 2nd in the Pole Vault his Junior year with a height of 13' 6" and broke the school record. He looks to continue his improvement as he moves into his senior year. On the track, Andrew also placed 7th at State in the 300 Hurdles with a time of 43.3, with a PR of 42.04 and placed 7th in the 110 Hurdles with a time of 15.84. On the Gridiron, Andrew made All-State honors, had 1,020 yds in 9 games with an average of 13.2 yds per carry, with 17 touchdowns. He had 146 receiving yards with 3 receiving touchdowns as well; scoring 122 points on the season. He had 114 Tackles, 18 tackles for a loss and 6.5 sacks. On the basketball court Andrew averaged 13 points a game, 7 rebounds a game and has 4 assists. In the weight room, Andrew leads the team, Squatting 450 lbs, Benching 325 lbs while having a 30 inch vertical, a 4.65 in the 40 yd dash and a 4.32 pro agility (5-10-5) run.

~Mark Roozen

COACH ROZY PERFORMANCE

CODY OSWALD

Hurdles - Sprinter

Junior

Cody is a 6'3", 190 lb. Junior at Yankton High School. A 4-sport athlete, Cody plays football, basketball, track and also plays baseball in the summer. In track as a sophomore, Cody ran the hurdles - having a time of 14.95 in the 110 hurdles, placing 3rd at the State Meet and 40.82 in the 300 hurdles placing 8th at the State Meet. He also ran on the sprint relays; 4x100, 4x200 and the Sprint Medley Relay. In football, Cody had 41 receptions for 569 yds for 13.9 yd average and also 12 TD's with is a

school record. He also had 9 carries for 57 yds and 1 touchdown, counting for 92 points for the team on the season. On defense in had 56 solo tackles, 28 assisted tackles, 4 interceptions and 4 forced fumbles. He has 165 career tackles and 14 interceptions. On Special Teams he ran back punts and kick-offs, averaging 21 yds on kick-off and 14.2 yards on punts - with 2 punts run back for touchdowns. Cody is also plays varsity basketball and is helping the team make a run to state. He plays for Yanktons Legion Baseball Team in the summer. ~Mark Roozen

COACH ROZY PERFORMANCE

NATE QUATIER

Sprinter - Jumper

Senior

Nate Quatier is a 6'0", 170 lb senior at Gayville-Volin High School in South Dakota and a 3 sport letter winner. Nate is the anchor on three relays that qualified for the State Track & Field Meet as a junior and will lead the team and relay squad this year in 2022 as well. They had a time of 1:37.69 win the 4x200 relay, a 3:40.3 in the 4x400 relay while also long jumping and running the open 400. Nate also was a leader on the football field playing Quarterback on offense and Cornerback position on defense. He had 106 rushes for 480 yards with 12 rushing TD's, was 63/124 in passing with 956 yds and 13 TD's. He also had 24 solos tackles and 7 pass break ups. In the weight room, Nate has used his training to improve his performance and has seen improvement each year; this year hitting a squat max of 345 lbs, a bench of 225 lbs, improving his vertical jump to 30 inches and his 40 time below 4.89. After graduation, Nate will be joining the 114th Fighter Wing of the South Dakota Air National Guard. ~Mark Roozen

HIGH SCHOOL — TRACK AND FIELD

GRAND ISLAND NORTHWEST HIGH SCHOOL

REBA MADER

400, 800

Senior

Reba has demonstrated an incredible work ethic and drive to succeed during her four years in are program. Reba's infectious personality is truly contagious. Reba's teammates respect her work ethic and level of commitment. Reba has competed at the Track and Field state meet for 3 years and state Softball for 2 years. Placed 3rd in the 400 at state meet and 2nd on the 4x4 relay. She has received many awards and is a member of National Honor Society. But most of all Reba is a NSCA All-American person. ~Troy McNeil

GREER HIGH SCHOOL

JALASIA LEWIS

400m

Sophomore

Jalasia is an exceptional 3-sport student-athlete at Greer High School in South Carolina. She is a member of the volleyball team in the fall and basketball team in the winter. Last spring, she placed 3rd in the state as a freshman, running the 400-m in 57.54. She was selected to the All-Region and All-State teams due to her outstanding performance on the track. She is a very happy, outgoing and positive young lady. Jalasia has consistently demonstrated a dedication to training for her sports and is a natural leader in the weight room. ~Matthew Landreth

GREER HIGH SCHOOL

ISRAEL RHODES

100, 200, 4x100

Senior

Israel (Izzy) is an outstanding multi-sport athlete that has been in our weight training program for 5 years. He is one of the hardest workers I have ever met. Izzy shows up ready to work every day and has improved drastically because of it. He was a crucial member of the 2021 Men's 4x100 State Championship. He also finished 4th in the State in the 100-m dash. He is also a standout on the football field and basketball court. Izzy has played multiple roles as a DB, RB and WR. His ability to make plays on the gridiron has allowed him to continue his playing career at Benedict College. Izzy is the true definition of a Greer Yellow Jacket. ~Matthew Landreth

HAMILTON HEIGHTS HIGH SCHOOL

COLIN WILSON

Field Event- Shot put, discus

Junior

I have had the privilege of coaching Colin Wilson, who is one of my shot put and discus thrower for the past three years. He has shown strong leadership and discipline in his strength and conditioning workouts. Colin is self-motivated to become stronger and more knowledgeable about the events that he participates in. He also sets a great example for his teammates. I have witnessed they look up to Colin because of his accomplishments in the weight room, during practice, and in competition. I have seen Colin grow physically, mentally and scholastically. I see a bright future ahead for Colin. I don't think there will be anything he can't accomplish.- Coach Tony Brown. Colin has embraced the concept of bigger-stronger-faster the past 18 months and has re-invented himself into one of the most powerful high school athletes that I have had the privilege to work with during my career. A quiet, humble man who's work ethic has elevated his performance in track and field to the stratosphere.

~J Clifton-Gaw

HIGH SCHOOL — TRACK AND FIELD

HENDRICKSON HIGH SCHOOL

ALLISON MORRIS

Shot Put & Discus Thrower

Senior

Allison is a dedicated athlete to the sport of throwing. She holds the school record in discus at 119'11" as well as being a regional qualifier for both shot put and discus. Allison has spent countless hours in the weight room becoming stronger and more explosive as well as continuing to improve her throwing technique through consistent training. Allison is also an excellent student in the classroom. She has a 4.03 GPA and is in the top 15% of her class. Allison is an example to her peers of what hard work and consistent efforts can yield. Allison also does a great job of helping be an extra coach during practice and meets, helping others improve their technique as well as cheering her teammates on. ~Peter Noonan

IOWA CITY HIGH SCHOOL

AMARA TILLEY

Throws: Discus and Shot Put

Junior

Amara represents everything a strength and conditioning coach wants in an athlete who takes it upon themselves to train at a high level in the weighroom. Her display of hard work and determination during each rep during workouts is exceptional, as her maximized performance in the big three: the Bench, the Squat, and the Clean as well as all the assistance and deficiency work done, has progressed exponentially since her Freshman year; as she sets the example for our other throwers during each and every lift. However, the more impressive quality that Amara possesses is her ability to "lock-in and connect" with the mindset to push past any training barrier that is set in her way on a daily, weekly, and monthly basis, a quality few athletes possess over the long-term, Amara truly understands the importance of what a strength and conditioning program can do for her performance and self-confidence within herself and within the program

and what it can do for our other track and field athletes.

~Jason Dwight

KAUKAUNA HIGH SCHOOL

WILL CAMPBELL

Linebacker/ thrower

Senior

Following a torn ACL as an 8th grader, Will Campbell dedicated his time and effort to getting strong enough to continue, and excel, in 2 sports. As a Senior Will was Wisconsin Football Coaches Association Academic All-State, unanimous All-Conference, WFCAs All-Region and WFCAs first team All-State and was selected to receive the 2021 John Anderson Award for best Senior Linebacker in the state of Wisconsin. Will finished his year with 103 tackles, including 14 tackles for loss, 2.5 sacks, and three interceptions. He is also a 3 year letter winner on the track and field team as a thrower. Will is the 2022 class valedictorian with a 4.0 grade point average and will participate in both sports in college pursuing a degree in Business Administration. Will has dedicated his time to becoming the best athlete he can be in large part to his dedication to year-round strength & conditioning.

~Kristopher Williams

HIGH SCHOOL — TRACK AND FIELD

MORGANTOWN HIGH SCHOOL

LEA HATCHER

Distance Running

Senior

A leader and pure competitor at heart, Lea is exactly what you look for in a great teammate and great leader - hard working, dedicated to her craft, and wanting the best for her teammates. A high level competitor for her entire career, Lea has come to know both sides of the weight room - as a way to improve performance and a way to get healthy after injury. Embracing both sides, Lea has truly come into her own and taken control of her own destiny, and is truly seeing the results continue to improve as a result of all her hard work. I am very, very proud of the work Lea has done and what she has accomplished! ~Jerry Handley

MORGANTOWN HIGH SCHOOL

JOHN MICHAEL SALDANHA

Long Jump, 200m Sprint

Senior

John Michael, or J-Mike as he's come to be known thanks to the weight room, has been an inspiration and leader in the weight room since his freshman year! A dedicated, committed hard worker focused on reaching his full potential as a jumper, John Michael has wanted to perform at his very best in the weight room each and every day. His jumping performances have become weight room records which will likely stand for a very long time, as will the standard of his work ethic. A leader of the highest caliber! ~Jerry Handley

RAYTOWN SOUTH HIGH SCHOOL

JA'NYIAH DAVIS

Jumper

Senior

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

WAYNESBURG HIGH SCHOOL

JORDAN DEAN

Hurdles

Junior

I got the honor to become Jordan's strength coach at the beginning of this school year, and was able to see how serious this young lady is about her training and performance from day 1. Focused with the entire school year in mind, Jordan was committed to regular inseason workouts through volleyball season before really turning on the heat at the end of Fall to get the best out of her body in the upcoming track season. Jordan is focused, dedicated, and truly gives her all each and every day! ~Jerry Handley