



2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Jonathan Dayton High School

DJ Alicea

Guard

Junior

Entering his Junior season, DJ is a three-year starter on the varsity, averaging 20 points a game. As a sophomore DJ scored 450 points, holding the school record, and received 1st team all-conference honors. Aside from leading the team in all statistical categories including steals, rebounds, assists, and blocks, Dj also excels in the classroom as an exceptional student. In the weight room DJ leads the program in attendance with over 90% of off-season workouts attended, and is a true leader both physically and verbally to all of our athletes during each training sessions. DJ is an athlete who knows the importance of working on all aspects of his game all year round and has not only fully committed to our strength & conditioning program, but has made everyone around him better. ~Mark Cugliari

Rock Creek High School

Laney Scott

Senior

Laney has used her dedication to our Strength and Conditioning program to become a success in all facets of her life. ~Mark Oberkrom

Saint Francis Community High School

Cody Baxter

Forward

Senior

For having only been on a strength training program for a short period of time, Cody has displayed incredible progress. Cody is the strongest student in the program, as of this day. Cody has committed to play football at the next level and he will certainly continue to see improvement in the weight room and on the field, due to the dedication and consistency that he has displayed during his time in the weight room.

~Nick Fawcett

Saint Francis Community High School

Hannah Zimbal

Forward/Post

Junior

Hannah is consistent in the weight room, never skipping sets or reps and putting in the effort that is necessary to improve herself. Hannah has established herself as one of the strongest females in our school, if not the strongest. Hannah is a leader and a positive role model for her peers in the weight room, which also carries over to the classroom and the basketball court. ~Nick Fawcett