



2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Coach Rozy Performance

Sydney Nelson

2B/SS

Senior

Sydney is a natural leader. She used strength & conditioning as a tool to pursue a collegiate softball career. Along with being a highly recruited softball talent, she was a standout basketball player. Whenever Sydney wasn't traveling for softball, she was in the gym preparing herself for the next level. She was also the one that got all the other teammates and athletes in her group fired-up for workouts. She has a great energy, work ethic, and determination.

~Kyle McKelvey

Collinsville High School

Mackenzie Crow

Pitcher/1st Base

Junior

Mackenzie is a multi-sport athlete who competes in softball and track. She has been training since she was a sophomore and has reaped the benefits as a Junior. She was an All District player and Regional honorable mention softball player in 2018, and is currently training to compete throwing the discus. ~Adam Hass

Dobyns-Bennett High School

Griffin Mullins

Outfield

Senior

Griffin Mullins, daughter of a former powerlifter, was not to excited to come to the weight room as a freshman. 4 years later, I can't get her to leave the weight room. Griffin has truly fallen in love with the weight room and the process of getting better every day. She consistently comes ready to

work at a high level and loves to push herself and those around to reach their best. Although she plays softball in HS, she plans on getting into competitive Olympic weightlifting in college. I am excited to see her growth and development in the sport of weightlifting because of natural internal drive to be great at whatever she is doing. From dreading the weight room to being one of our most consistent, hard-working athletes; Griffin has truly earned what we call, the Iron Indian. ~Tilden Fleming

Jonathan Dayton High School

Rachel Rodrick

Catcher

Sophomore

Rachel is the type of athlete who goes above and beyond in her training, and will do anything needed to make her teammates and the program succeed. Rachel is always the last one to leave the weight room each day, regularly putting in extra work upon completing group training sessions to improve her fitness. Rachel played a large role starting in the varsity line-up during her freshman year, and while she may not have had the performance she was looking for, her sport coaches see the potential she is going to bring to the team in the following seasons. She is also incredibly coachable and always eager for feedback in order to improve her performance on the field and in the weight room. Having the highest off-season workout attendance of all our female athletes, Rachel sets the bar for commitment, hard work, and dedication to improving all aspects of her game. Rachel is the definition of a student athlete as she brings that hard working attitude and competitive spirit into the classroom as well. ~Mark Cugliari

HIGH SCHOOL – SOFTBALL