



Strength & Conditioning Awards 2023 – 2024

Boys Basketball

Ryan Deuel
Nic Herakovic
Cedric Kenan
Deniz Oklu
Hayezon Tobe

Boys Football

Reed Casey
Ryerson Gilewicz
D.J. Hazel
Nic Herakovic
JoJo Ikeme
Caleb Jenkins
Adam Kaminski
Nathan McMahon
Liam Phillips
Justin Rowe
Leo Sfez-Zhao
Hayezon Tobe
Ricky Tolbert
Ellison Willis

Boys Lacrosse

Thomas Hastings
Brooks Martin
Julian Martin

Girls Lacrosse

Maddy Haller
Rory Howes
Ella Morgan
Annie Shores
Ellie Shores

Girls Soccer

Princess Adeyi
Caroline Bridges
Marin Marks

Girls Swimming

Eloise Durham

Girls Tennis

Ella Morgan

Boys Track & Field

Reed Casey
Derek Durand
Kyrese Excell
Justin Rowe
Hayezon Tobe
Ricky Tolbert

Girls Track & Field

Ella Morgan
Journey Morrison
Annie Shores