



Strength & Conditioning Awards 2022 – 2023

Boys Basketball

Nic Herakovic
Murathan Kocaman
Deniz Oklu
Derin Saran

Boys Climbing

Jinhoo Yoon

Girls Field Hockey

Caroline Bridges

Boys Football

Reed Casey
Nic Herakovic
Caleb Jenkins
Liam Phillips
Justin Rowe
Quin Soelter
Ricky Tolbert

Boys Lacrosse

Julian Martin
Nic Zuber

Girls Lacrosse

Maddy Haller
Annie Shores

Girls Soccer

Princess Adeyi
Caroline Bridges
Sofi Zuber

Boys Swimming

Tucker Valliere

Boys Track & Field

Reed Casey

Girls Track & Field

Annie Shores
Sofi Zuber