

Wahoo Warrior Off-Season Lifting and Conditioning Records

Bench		Squat		Incline		Clean		Pro Agility		Vertical Jump	
Boys	All-Time	Boys	All-Time	Boys	All-Time	Boys	All-Time	Boys	All-Time	Boys	All-Time
1	William Novak 365 lbs '95	1	Sam Lindgren 535 lbs '16	1	William Novak 350 lbs '95	1	Sam Lindgren 310 lbs '16	1	Ethan Stratman 3.86 sec '15	1	Greg Milliken 39.4 in '10
2	Nathan Noha 365 lbs '96	2	Tyler Bottorff 480 lbs '97	2	Nathan Noha 350 lbs '96	2	Sam Kolterman 305 lbs in '17	2	Tyler Kavan 3.90 sec '12	2	Tyler Kavan 34.9 in '12
3	Kirk Lindstrom 345 lbs '13	3	Tim Larsen 475 lbs '05	3	Corey Davis 295 lbs '09	3	Ethan Stratman 300 lbs '15	3	Josh Langemeier 3.96 sec '13	3	Chris Ludi 34.8 in '08
4	Reed Manstedt 335 lbs '06	4	Nathan Noha 470 lbs '96	4	Reed Manstedt 290 lbs '06	4	Tyler Bottorff 295 lbs '97	4	Gavin Iversen 3.98 sec '13	4	Ty Syversen 34.8 in '16
5	Tyler Kavan 320 lbs '12	5	Cole Krecklow 470 lbs '16	5	Kirk Lindstrom 275 lbs '13	5	Michael Shada 290 lbs '02	5	Justin Jarman 3.98 sec '14	5	Justin Jarman 34.1in '14
Girls	All-Time	Girls	All-Time	Girls	All-Time	Girls	All-Time	Girls	All-Time	Girls	All-Time
1	Katie Sloup 165 lbs '08	1	Payton Styskal 300 lbs '16	1	Katie Sloup 170 lbs '06	1	Mallory Lindstrom 150 lbs '16	1	Lauren Crockett 4.36 sec '15	1	Katie Sloup 27.6 in '07
2	Emily Brodahl 165 lbs '09	2	Abbey Grandgenett 295 lbs '07	2	Maddy Partridge 145 lbs '13	2	Morgan Hancock 145 lbs '09	2	Mattie Murren 4.42 sec '09	2	Makeda Russ 27.3 in '15
3	Annie Divis 160 lbs '09	3	Emily Brodahl 275 lbs '09	3	Emily Brodahl 135 lbs '09	3	Katie Harrell 145 lbs '13	3	Brianna Brabec 4.45 sec '17	3	Taylor Otte 26.3 in '13
4	Erica Miller 155 lbs '06	4	Erin Walker 270 lbs '08	4	Abbey Grandgenett 130 lbs '07	4	Katie Sloup 140 lbs '06	4	Taylor Otte 4.5 sec '13	4	Brittany Asche 26.1 in '07
5	Maddy Partridge 150 lbs '13	5	Mahala Egr 255 lbs '09	5	Morgan Hancock 130 lbs '09	5	Sydney Hancock 140 lbs '11	5	Makeda Russ 4.55 sec '14	5	Amber Henkel 25.9 in '07
Boys	Current	Boys	Current	Boys	Current	Boys	Current	Boys	Current	Boys	Current
1	Sam Kolterman 265 lbs	1	Sam Kolterman 435 lbs	1	Sam Kolterman 235 lbs	1	Sam Kolterman 305 lbs	1	Sheldon Johnson 4.2 sec	1	Dylan Egr 32.5 in
2	Ryan Ickler 255 lbs	2	Tucker Hancock 375 lbs	2	Dylan Egr 225 lbs	2	Dylan Egr 235 lbs	2	Dylan Egr 4.25 sec	2	Sam Kolterman 30.3 in
3	Jack Sutton 250 lbs	3	Trevor McEvoy 365 lbs	3	Ryan Ickler 210 lbs	3	Jack Sutton 225 lbs	3	Billy Hancock 4.28 sec	3	Billy Hancock 30.3 in
4	Dylan Egr 245 lbs	4	Gunnar Vanek 345 lbs	4	Tucker Hancock 205 lbs	4	Brandon Swahn 215 lbs	4	Grant Kolterman 4.29 sec	4	Ryan Ickler 30.1 in
5	Tucker Hancock 225 lbs	5	Brandon Swahn 325 lbs	5	Jack Sutton 205 lbs	5	Tucker Hancock 200 lbs	5	Ryan Ickler 4.33 sec	5	Josh Nuckolls 28.7 in
Girls	Current	Girls	Current	Girls	Current	Girls	Current	Girls	Current	Girls	Current
1	Taryn Scheef 135 lbs	1	Brianna Brabec 250 lbs	1	Brianna Brabec 115 lbs	1	Kinsley Tingelhoff 125 lbs	1	Brianna Brabec 4.45 sec	1	Kharrisa Eddie 23.2 in
2	Brianna Brabec 125 lbs	2	Morgan Marotz 200 lbs	2	Taryn Scheef 105 lbs	2	Brianna Brabec 120 lbs	2	Jaci Schnakenberg 4.88 sec	2	Kendal Brigham 22.7 in
3	Kinsley Tingelhoff 115 lbs	3	Jaci Schnakenberg 190 lbs	3	Kinsley Tingelhoff 105 lbs	3	Jaci Schnakenberg 115 lbs	3	Kendal Brigham 4.93 sec	3	Mattie Pfeiffer 21.6 in
4	Sarah Iversen 110 lbs	4	Taryn Scheef 190 lbs	4	Kharissa Eddie 85 lbs	4	Sarah Iversen 115 lbs	4	Morgan Marotz 5.15 sec	4	Karley Kaiser 20.9 in
5	Mattie Pfeiffer 105 lbs	5	Mattie Pfeiffer 185 lbs	5	Tessa Gatewood 85 lbs	5	Mattie Pfeiffer 110 lbs	5	Elly Larson 5.17 sec	5	Kinsley Tingelhoff 20.7 in