

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 Kolterman 320 lbs '18	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 Lindgren 310 lbs '16	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	Kalon Cooper 300 lbs '19	4	Gavin Iversen 3.98 sec '13	4	Ty Syverson 34.8 in '16
5	Tyler Kavan 320 lbs '12	5	Cole Krecklow 470 lbs '16	5	Kirk Lindstrom 275 lbs '13	5	Tyler Bottorff 295 lbs '97	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	Sara Lindgren 155 lbs '19	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	Kharissa Eddie 155 lbs '19	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	Mallory Lindstrom 150 lbs '16	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	Morgan Hancock 145 lbs '09	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	Katie Harrell 145 lbs '13	5	Erin Walker 4.54 sec '10	5	Amber Henkel 25.9 in '07
Boys	Current	Boys	Current	Boys	Current	Boys	Current	Boys	Current	Boys	Current
1	Colin Ludvik 265 lbs	1	Brody Specht 440 lbs	1	Brody Specht 230 lbs	1	Cooper Hancock 250 lbs	1	Malachi Bordovsky 4.26 sec	1	Owen Hancock 31.6 in
2	Justin Nuckolls 265 lbs	2	Matthew Phillips 430 lbs	2	Justin Nuckolls 230 lbs	2	Curtis Swahn 245 lbs	2	Zach Fox 4.28 sec	2	Trent Hollowell 29.6 in
3	Brody Specht 260 lbs	3	Colin Ludvik 420 lbs	3	Matthew Phillips 225 lbs	3	Matthew Phillips 230 lbs	3	Gavin Pokorny 4.32 sec	3	Colin Ludvik 29.1 in
4	Matthew Phillips 260 lbs	4	Kyan Lausterer 345 lbs	4	Grant Kolterman 225 lbs	4	Colin Ludvik 230 lbs	4	Waylon Sherman 4.44 sec	4	Trevor Ehrlich 29.1 in
5	Grant Kolterman 245 lbs	5	Curtis Swahn 345 lbs	5	Kyan Lausterer 200 lbs	5	Sebastian Lausterer 230 lbs	5	Jordan Broome 4.45 sec	5	Tate Nelson 28.9 in
Girls	Current	Girls	Current	Girls	Current	Girls	Current	Girls	Current	Girls	Current
1	Nicki Walla 135 lbs	1	Sophia Brennen 230 lbs	1	Kharissa Eddie 115 lbs	1	Sara Lindgren 145 lbs	1	Sidney Smart 4.77 sec	1	Mya Emerson 24.2 in
2	Sara Lindgren 125 lbs	2	Aja Henderson 220 lbs	2	Nicki Walla 115 lbs	2	Mya Larson 135 lbs	2	Kharissa Eddie 4.84 sec	2	Sarah Kolterman 23.0 in
3	Kharissa Eddie 120 lbs	3	Tessa Gatewood 210 lbs	3	Klarice Waage 110 lbs	3	Kharissa Eddie 130 lbs	3	Lauren Kavan 4.89 sec	3	Lauren Kavan 23.0 in
4	Aja Henderson 120 lbs	4	Sara Lindgren 205 lbs	4	Aja Henderson 105 lbs	4	Sarah Kolterman 130 lbs	4	Mya Larson 4.9 sec	4	Toni Greenfield 22.6 in
5	Star Eckley 120 lbs	5	Sarah Kolterman 205 lbs	5	Kelsie Sears 105 lbs	5	Elle Glock 130 lbs	5	Star Eckley 4.95 sec	5	Autumn Iversen 21.8 in