

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	Matthew Phillips 475 lbs '21	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	Matthew Phillips 290 lbs '21	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	Mya Larson 160 lbs '21	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	Sara Lindgren 155 lbs '19	2	Mattie Murren 4.42 sec '09	2	Makeda Russ 27.3 in '15
3	Annie Divis 160 lbs '09	3	Ava Lausterer 290 lbs '21	3	Nicki Walla 140 lbs '21	3	Kharissa Eddie 155 lbs '19	3	Brianna Brabec 4.45 sec '17	3	Taylor Otte 26.3 in '13
4	Erica Miller 155 lbs '06	4	Emily Brodahl 275 lbs '09	4	Emily Brodahl 135 lbs '09	4	Mallory Lindstrom 150 lbs '16	4	Taylor Otte 4.5 sec '13	4	Brittany Asche 26.1 in '07
5	Maddy Partridge 150 lbs '13	5	Erin Walker 270 lbs '08	5	Abbey Grandgenett 130 lbs '07	5	Autumn Iversen 150 lbs '21	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	Matthew Phillips 320 lbs	1	Matthew Phillips 475 lbs	1	Matthew Phillips 290 lbs	1	Ben Thrasher 250 lbs	1	Malachi Bordovsky 4.14 sec	1	Josh Edmonds 32.9 in
2	Kyan Lausterer 285 lbs	2	Colin Ludvik 440 lbs	2	Kyan Lausterer 235 lbs	2	Matthew Phillips 245 lbs	2	Zach Fox 4.25 sec	2	Gage Cooney 30.8 in
3	Colin Ludvik 280 lbs	3	Kyan Lausterer 435 lbs	3	David Divis 225 lbs	3	Carson Lavaley 245 lbs	3	Sam Edmonds 4.34 sec	3	Waylon Sherman 30.1 in
4	David Divis 260 lbs	4	Ben Thrasher 415 lbs	4	Colin Ludvik 215 lbs	4	Curtis Swahn 245 lbs	4	Gavin Pokorny 4.36 sec	4	Sam Edmonds 29.8 in
5	Ben Thrasher 245 lbs	5	Carson Lavaley 405 lbs	5	Waylon Sherman 215 lbs	5	Colin Ludvik 240 lbs	5	William Nielson 4.4 sec	5	Ben Thrasher 29.3 in
Girls	Current	Girls	Current	Girls	Current	Girls	Current	Girls	Current	Girls	Current
1	Nicki Walla 160 lbs	1	Ava Lausterer 290 lbs	1	Nicki Walla 140 lbs	1	Mya Larson 160 lbs	1	Mya Larson 4.69 sec	1	Mya Larson 23.5 in
2	Autumn Iversen 130 lbs	2	Sarah Kolterman 235 lbs	2	Ava Lausterer 110 lbs	2	Autumn Iversen 150 lbs	2	Autumn Iversen 4.81 sec	2	Taylor Luben 22.9 in
3	Ava Lausterer 125 lbs	3	Becca Wotipka 220 lbs	3	Autumn Iversen 110 lbs	3	Ava Lausterer 135 lbs	3	Sidney Smart 5.1 sec	3	Autumn Iversen 22.6 in
4	Sidney Smart 125 lbs	4	Rylee Koehler 220 lbs	4	Rylee Koehler 105 lbs	4	Nicki Walla 130 lbs	4	Megan Robinson 5.1 sec	4	Sidney Smart 22.4 in
5	Kassidy Beavers 125 lbs	5	Nicki Walla 210 lbs	5	Sidney Smart 105 lbs	5	Sidney Smart 130 lbs	5	Karley Golladay 5.13 sec	5	Hannah Jorgensen 22.1 in