

PHYSICAL FITNESS AWARDS

During the spring semester students in grades six through eight completed a group of assessments to determine their health-related physical fitness. Student performances were scored using criterion-referenced standards of the nationally used Fitnessgram. Aerobic capacity is assessed using the PACER test, abdominal strength and endurance is assessed using a curl-up test, upper body strength and endurance is assessed using a 90 degree push-up test, flexibility is assessed using a back-saver sit and reach test, and body composition is assessed using a Tanita body composition analyzer.

Students are recognized with certificates for two performance levels of achievement. The first level of performance achievement requires a student to meet the standards in each of the five categories. The certificate earned is labeled “**FITNESS CHAMPION.**” The highest level of performance achievement requires a student to attain an exceeding level in each of the five categories. The certificate earned is labeled “**ALL AMERICAN.**”

The following students earned **FITNESS CHAMPION** certificates:

Grade Six

Adrienne Agustin, Mckenzie Eaton, Grace Fitzpatrick, Michael Grant, Ryan Gillen, Alex Lange, Nick Nowaczyk, Destiny Payne, Dana Springer, Alec Van Volkenburg, Alison Buchelt, Marcus Curry, Romain Schaefer Carrington, Nathan Woltmann, Isabella Daly, John Eckard, Michael Etkorn, Aaron Harris, Allysa Krestan, Jordyn Laning, Kelsey Liss, Jessica Metelski, Thomas Modaff, Victoria Pankow, Alex Rodriguez, Kyler Sanders, Elizabeth Thorson, Ava Velazquez.

Grade Seven

Shelby Anderson, Agron Dragusha, Grace Etkorn, Brandon Frias Leon, Larry Nichols, Cora Rebhan, Ally Wroble, Bobby Dickey, Erica Hagen, Marly Hedrick, Kallin Khan, Kara Laue, Chandler McCroskey, Heather Nitzki, Patrick Romo, Jennelle Stolarczuk, George Swedie, Jahvaughn Tate, Brittany Tommila, Hannah Andrzejewski, Alex Coletto, Agata Furmanski, Kennedy Hand, Caitlyn Murray, Rex Osagie, Rebecca Pitra, Abbey Walquist, Uzair Ali, Cami Blechschmidt, Brenda Gutierrez, Christian Klimczak, Kelsey Kretman, Shamiah Oliver, Katelynn Weissinger, Jacob Sinn, Rachel Stephens

Grade Eight

Molly Anderson, Mitchell Boyce, Ben Buchelt, Joe Chernov, Evan Derse, Justin Fernandes, Melanie Holland, Alan Kass, Michelle Krausfeldt, Carissa Lao, Allison Morten, Angelina Pascente, Eric Puccini, Kate Russo, Amber Skulavik, Kayla Storme, Zachary Trussell, Dan Westerhoff, Sierra Birdsell, Matt Chesser, Keely Geist, Antonio Gill, Irene Gutierrez, Goda Inokaityte, Moriah Jamison, Phil Lantz, Shane Murray, Kate Pantaleo, Summer Stitt, Linnea Thorson, Ryan Wood, Brittany Bodstedt, Tara Fonner, Lauren Holub, Nick Jackson, Erin

Johnson, Billy Loconsole, Val Melo, Ralph Peterson, Sohaib Quadri, Alexie Schwarz, Max Tarasewicz, Sam Fairley, Alyssa Crile, Tori Esposito, Riley Billings, Krista Brummet, Emily Espinoza, Dajana Freiberg, Jimmy Gill, Danny Grant, Griffin Huba, Tommy Kuliavas, Elena Pivek, Steven Sonnerfeldt.

The following students earned **ALL AMERICAN** certificates:

Grade Six

Maurice Burkley, Maria Ortiz, Lou Ruggiero, Alex Ancede, Drew English, Melissa Ericson, Erica Krause, Samantha Maas, Ari Marney, Zachary Wood.

Grade Seven

Lyndsey Franklin, Sarah Mogensen, Kate Twaddle, Hannah Wood, Austin Chudy, John Harmon, Trevor Hills, Sarina Keene, J.D. Webb, Billy Blystone, Ryan Joyce, Leah Reeves, Lakeveon Rutledge, Brock Conrad, Trent Haldeman, Brad Krc, Joey Ventrella, Andy Frank, Julia Loveless.

Grade Eight

Kelly Husch, Kevin Coppin, Connor Corrigan, Jeremy Glavanovits, George Ancede, Jefferson Chan, Billy Dickey, Jack Nile, Cliff Krause, Ian Parks, Bailey Welch, Kara Kendra

Congratulations!