



MAROA-FORSYTH HIGH SCHOOL TROJAN FOOTBALL

APRIL 2025

Mark Your Calendar

2025 Varsity Football Schedule

8/22 Blue/Gold Scrimmage- 7:00
8/29 Athens- HOME-7:00
9/5 Pleasant Plains- HOME-7:00
9/12 Auburn- AWAY- 7:00
9/19 PORTA- HOME- 7:00
9/26 Riverton- AWAY- 7:00
10/3 Pittsfield- HOME- 7:00
10/10 Olympia- AWAY- 7:00
10/17 Williamsville-HOME- 7:00
10/24 New Berlin- AWAY- 7:00

2025 Theme Nights

10/3 Homecoming
10/17 Senior Night

SPRING WORKOUTS



Message From Coach Jostes

Hey Trojans!

It's that time of year again and it is all about finishing the year strong both on the field and in the classroom. Here are some important announcements as spring sports wrap up and summer gets underway. Just a friendly reminder that if you haven't yet turned in your summer camp form and picked up your gear, please do so ASAP! It's really important for all athletes to be there for all the camps. Let's make sure everyone is ready to go and can participate fully. Thanks!

Just a quick rundown of the key info:

- Summer Weightroom: Get ready to hit the weights Monday through Wednesday from 8:00 to 10:00 AM. Remember you are in Pro Pads on Mondays and Tuesdays, and helmets only on Wednesdays.
- Summer Fuel Program: If your athlete wants to join the protein shake or bar program this summer, make sure the payment is in by May 23rd. That's also the last day for 4th-quarter shakes.
- Lifter of the Month: A huge shoutout to Isaiah Bohlmann! Your consistent hard work and perfect attendance in the after-school program are truly setting the standard. Keep up the fantastic effort!

Wishing everyone a strong finish to the school year and a great start to summer training! Go Trojans!



Josh Jostes
Head Football Coach

TROJAN FOOTBALL

2025 Weights and Football Goals

Seniors	Bench	Squat	Clean	40 YD Dash	Weight	
Cayden Birmingham	200	265	200	4.7	160	WR/DB
Isaiah Bohlmann	225	300	185	4.9	185	Y/LB/RB
Michael Clary	225	335	200	6	250	OL/DL
Emmett Hale	300	400	225	4.9	185	RB/LB/DL
Tanner Jacobs	275	435	250	5.4	225	OL/DL
Kendryk Morris	200	300	XXX	4.6	165	WR/RB/DB
DeAngelo Owen	245	365	200	4.6	175	WR/DB/RB
Cam Paczak	245	300	205	5.4	200	OL/DL
Troy Pulliam	275	335	250	4.7	200	Y/RB/LB
Brady Schrock	275	365	225	5.8	260	OL/DL
Ryne Sheppard	225	385	235	4.7	185	QB/LB
Zach Smith	265	385	215	4.5	180	WR/DB/RB
Jordan Watters	225	335	225	4.8	175	RB/LB/DL
Juniors	Bench	Squat	Clean	40 YD Dash	Weight	Position
Van Cunningham	200	300	200	5.8	250	OL/DL
Chance Deilkes	200	300	200	5.1	180	OL/LB
Connor Heneghan	200	275	185	5	175	Y/LB
Landon Purdeu	225	335	225	5.6	225	OL/DL
Grady Rose	200	300	200	4.8	155	WR/DB
Carter Scott	200	300	200	5.5	190	OL/DL
Declan Shannon	265	425	265	4.6	220	OL/DL/Y
Dilsharan Singh	225	400	225	5	185	OL/LB
Jerrin Taylor	200	300	200	4.8	170	RB/LB
Camden Trendler	225	335	225	5.3	190	OL/DL/LB
Lucas Weemer	225	315	200	5.4	225	OL/DL
Lane Weikle	200	300	200	5	175	OL/DL
Ryan Weikle	250	500	225	6	300	DL
Aiden Williams	225	335	225	4.8	185	QB/WR/DB
Cooper Wise	150	200	150	5	135	WR/DB
PJ Woodward	225	315	225	5	195	OL/LB/DE
Sophomores	Bench	Squat	Clean	40 YD Dash	Weight	Position
Carter Berg	165	225	150	5	150	WR/DB
Graham Blackwell	225	300	185	5.6	200	OL/DL
Kaden Blunck	200	300	175	4.8	160	WR/DB
Cyrus Bohlmann	145	225	120	5.7	150	Y/LB
Chance Bradshaw	155	225	155	5.7	200	OL/DL
Peyton Briley	185	275	175	5	195	QB/Y/DE/LB
Lucas Brownfield	225	335	200	5	175	OL/LB
Lucas Brunner	115	185	100	5.8	150	WR/DB
Bronsyn Clifford	175	275	175	5	165	Y/LB
Lucas Cline	150	225	135	5	130	K
Aeden Crutchfield	185	250	175	5.4	170	RB/LB/DL
Quinn Cutler	200	315	185	5	185	Y/LB
Blaise Garner	185	275	165	6	190	OL/DL
Andrian Hewitt	165	235	135	5	140	WR/DB
Isaiah Janvrin	185	275	175	5.4	165	OL/OB
Cayden Jones	185	225	155	5	160	T/DB
Luke Kelly	165	300	150	4.9	150	WR/T/DB
Gunnar Larner	285	450	235	5	190	RB/DL/LB
Parker Myers	225	335	175	4.8	155	WR/DB
Ryne Sager	200	225	185	5	155	Y/LB
Caden Scheuler	135	200	135	5.6	135	QB/WR/DB
Cason Stewart	185	275	175	5.1	200	Y/DL
Kayson Strode	225	300	200	5.6	240	OL/DL
Freshmen	Bench	Squat	Clean	40 YD Dash	Weight	Position
Garrett Appenzeller						
Ashtyn Bradshaw						
Payton Bradshaw						
Hudson Bruce						
Caleb Cyrulik						
Colby Cyrulik						
Carter Delong						
Dakota Espy						
Mason Hagemeyer						
Gabriel Kinney						
Spence Kohtz						
Chanveer Lakhman						
Braeden Lee						
Elijah Lowe						
Matthew McWilliams						
Nolan Reid						
Kellen Shannon						
Tyler Shaw						
Dawson Stukins						
Carter Unland						
Landon Weikle						
Ryker Weikle						
Logan Williams						

2025 Best Speed Results

---	Name	40 YARD DASH	10 YARD FLY	MPH	VERTICAL JUMP	BROAD JUMP
12	Cayden Birmingham	4.83	0.97	21.08	27.70	9.06
12	Isaiah Bohlmann	4.80	0.98	20.87	20.30	8.06
12	Michael Clary	6.18	1.34	15.26	13.87	5.11
12	Tanner Jacobs	5.00	0.98	20.87	21.90	8.40
12	Kendryk Morris	4.92	0.94	21.76	24.90	8.05
12	DeAngelo Owen	4.49	0.92	22.23	26.00	8.09
12	Cam Paczak	5.34	1.15	17.78	20.30	7.04
12	Troy Pulliam	4.66	0.93	21.99	27.70	9.02
12	Brady Schrock	5.75	1.31	15.61	15.50	7.00
12	Ryne Sheppard	4.47	0.92	22.23	26.70	8.11
12	Zach Smith	4.43	0.89	22.98	25.80	9.00
12	Jordan Watters	4.95	0.99	20.66		
11	Van Cunningham	5.91	1.27	16.10	16.10	6.11
11	Chance Deikles	4.89	1.06	19.29	23.70	8.04
11	Connor Heneghan	4.98	1.00	20.45	24.30	8.11
11	Landon Purdeu	5.73	1.31	15.61	18.70	7.07
11	Grady Rose	4.79	1.02	20.05	23.30	8.05
11	Carter Scott	5.65	1.24	16.49	16.80	7.00
11	Declan Shannon	4.62	0.87	23.51	23.80	9.01
11	Dil Singh	5.20	1.04	19.66	20.90	7.08
11	Jerrin Taylor	4.73	0.93	21.99	28.20	9.04
11	Camden Trendler	5.21	1.14	17.94	21.20	8.03
11	Lucas Weemer	5.63	1.18	17.33	13.80	6.10
11	Lane Weikle	4.77	1.01	20.25	26.40	8.11
11	Ryan Weikle	6.23	1.40	14.61	11.30	6.02
11	Aiden Williams	4.73	0.94	21.76	28.00	9.03
11	PJ Woodward	4.90	1.02	20.05	21.90	7.10
10	Carter Berg	5.10	1.07	19.11	20.50	7.06
10	Graham Blackwell	5.16	1.12	18.26	21.50	8.11
10	Kaden Blunck	4.79	0.98	20.87	26.10	8.08
10	Chance Bradshaw	5.81	1.26	16.23	15.00	6.03
10	Peyton Brilley	5.21	1.14	17.94	20.70	7.05
10	Lucas Brownfield	5.21	1.08	18.94	21.50	8.05
10	Lucas Brunner	5.75	1.25	16.36	13.30	5.08
10	Bronsyn Clifford	5.11	1.09	18.76	19.70	7.08
10	Lucas Cline	4.84	1.03	19.85	22.80	8.04
10	Aeden Crutchfield	5.69	1.24	16.49	12.20	6.00
10	Quinn Cutler	5.16	1.08	18.94	19.30	7.04
10	Blaise Garner	5.60	1.27	16.10	19.50	7.10
10	Isaiah Janvrin	5.02	1.11	18.42	19.60	7.05
10	Cayden Jones	5.04	1.11	18.42	18.40	7.10
10	Gunnar Larner	4.81	1.04	19.66	24.50	9.00
10	Parker Myers	5.13	1.13	18.10	25.50	8.06
10	Ryne Sager	4.88	1.03	19.85	24.60	9.00
10	Caden Scheuler	5.86	1.20	17.04	15.90	6.08
10	Cason Stewart	5.32	1.08	18.94	20.60	7.08
10	Kayson Strode	5.75	1.20	17.04	14.00	6.08
10	Anderson Thomas	5.21	1.10	18.59	19.50	6.10
9	Ashytn Bradshaw	5.33	1.20	17.04	17.80	6.06
9	Payton Bradshaw	5.26	1.06	19.29	17.90	7.01
9	Hudson Bruce	6.31	1.37	14.93	14.20	6.02
9	Caleb Cyrulik	5.83	1.23	16.63	0.00	0.00
9	Colby Cyrulik	7.75	1.79	11.42	10.40	4.02
9	Carter Delong	6.04	1.27	16.10	0.00	0.00
9	Dakota Espy	5.90	1.23	16.63	0.00	0.00
9	Mason Hagemeyer	5.75	1.23	16.63	14.80	5.08
9	Gabriel Kinney	6.33	1.35	15.15	13.10	5.06
9	Spence Kohtz	5.34	1.19	17.18	17.80	7.00
9	Chanveer Lakhman	5.48	1.18	17.33	17.50	0.00
9	Braeden Lee	5.28	1.10	18.59	0.00	6.04
9	Elijah Lowe	5.61	1.20	17.04	16.70	6.02
9	Matthew McWilliams	5.11	1.08	18.94	15.00	6.06
9	Nolan Reid	5.59	1.23	16.63	17.10	6.06
9	Tyler Shaw	5.56	1.21	16.90	17.30	6.10
9	Dawson Stukins	5.46	1.15	17.78	16.10	6.03
9	Landon Weikle	5.42	1.21	16.90	15.00	5.08
9	Ryker Weikle	5.22	1.08	18.94	19.30	6.06
9	Logan Williams	5.21	1.04	19.66	22.00	8.02

TROJAN FOOTBALL



Max Weights

SENIORS	OCTOBER				DECEMBER				MARCH			
Name	Weight	Bench	Squat	Clean	Weight	Bench	Squat	Clean	Weight	Bench	Squat	Clean
Cayden Birmingham	150	xxx	xxx	xxx	148	xxx	xxx	xxx	158	175	205	180
Isaiah Bohlmann	174	175	215	150	176	185	255	155	181	195	270	175
Michael Clary	272	200	290	175	275	205	295	185	275	215	315	185
Kendryk Morris	xxx	165	265	INJ	143	175	300	INJ	xxx	xxx	320	xxx
Tanner Jacobs	207	245	415	225	204	250	415	240	205	250	405	250
DeAngelo Owen	151	210	345	160	156	225	355	185	156	225	315	200
Cam Paczak	176	220	265	185	178	225	265	175	184	235	300	185
Troy Pulliam	185	250	300	225	186	225	315	225	186	235	300	225
Brady Schrock	260	235	300	175	268	225	315	175	276	250	355	180
Ryne Sheppard	170	185	335	215	175	INJ	INJ	INJ	181	175	335	205
Zach Smith	170	250	365	xxx	172	INJ	INJ	INJ	174	250	405	xxx
Jordan Watters	160	185	295	INJ	155	210	285	175	153	185	315	170

JUNIORS	OCTOBER				DECEMBER				MARCH			
Name	Weight	Bench	Squat	Clean	Weight	Bench	Squat	Clean	Weight	Bench	Squat	Clean
Van Cunningham	245	155	225	160	251	165	215	170	253	165	225	170
Chance Deilkes	158	INJ	275	INJ	156	160	265	170	165	170	285	185
Connor Heneghan	149	165	230	145	155	175	240	155	163	200	285	190
Landon Purdeu	206	200	300	200	212	200	300	200	220	215	335	225
Grady Rose	139	180	270	175	144	185	280	175	144	185	290	175
Carter Scott	169	105	INJ	145	174	110	155	150	183	120	205	155
Declan Shannon	198	245	395	245	190	INJ	365	INJ	189	225	400	255
Dilsharan Singh	182	200	375	175	179	205	375	180	184	205	385	185
Jerrin Taylor	141	170	265	INJ	150	180	270	135	153	200	xxx	xxx
Camden Trendler	168	200	300	175	173	215	330	195	184	210	355	200
Lucas Weemer	206	185	235	160	208	200	255	175	210	200	300	185
Lane Weikle	150	150	235	155	151	155	245	160	146	160	245	160
Ryan Weikle	303	200	435	xxx	307	210	455	200	322	215	475	185
Aiden Williams	164	195	INJ	INJ	170	205	INJ	INJ	175	215	xxx	205
PJ Woodward	178	155	225	180	178	170	240	185	188	175	275	190

TROJAN FOOTBALL

SOPHOMORES	OCTOBER				DECEMBER				MARCH			
Name	Weight	Bench	Squat	Clean	Weight	Bench	Squat	Clean	Weight	Bench	Squat	Clean
Carter Berg	130	125	200	120	135	135	205	125	135	135	225	120
Graham Blackwell	177	190	INJ	155	180	205	300	165	192	225	350	190
Kaden Blunck	144	165	255	145	150	170	255	155	149	165	270	170
Chance Bradshaw	193	125	185	135	193	140	195	140	197	145	205	145
Peyton Brilley	189	150	245	145	193	160	250	155	196	165	280	155
Lucas Brownfield	157	175	295	165	163	200	295	175	163	200	305	190
Lucas Brunner	136	85	120	75	142	85	120	80	xxx	xxx	xxx	xxx
Bronsyn Clifford	147	145	xxx	145	149	150	245	160	160	170	275	170
Lucas Cline	114	120	195	115	114	125	205	120	120	135	225	125
Quinn Cutler	xxx	INJ	INJ	INJ	179	180	285	160	180	180	300	175
Blaise Garner	178	150	225	135	186	150	215	135	193	175	225	150
Isaiah Janvrin	144	145	245	145	150	165	260	145	156	165	260	155
Cayden Jones	144	160	185	130	149	160	195	155	151	165	245	175
Gunnar Larner	188	255	405	210	185	270	425	215	191	290	475	225
Parker Myers	140	195	265	135	142	195	260	145	145	205	255	145
Ryne Sager	140	180	135	155	140	185	185	155	141	190	185	175
Caden Scheuler	120	110	xxx	100	127	110	xxx	115	121	xxx	xxx	xxx
Cason Stewart	181	INJ	INJ	INJ	192	155	INJ	INJ	194	175	235	150
Kayson Strode	234	195	265	xxx	234	xxx	xxx	xxx	246	210	280	200
Anderson Thomas	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	156	135	225	155
Kayson Strode	234	195	265	xxx	234	xxx	xxx	xxx	246	210	280	200
Anderson Thomas	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	156	135	225	155

FRESHMEN	OCTOBER				DECEMBER				MARCH			
Name	Weight	Bench	KB Squat	95 DL	Weight	Bench	Squat	Clean	Weight	Bench	Squat	Clean
Ashtyn Bradshaw	xxx	xxx	xxx	xxx	xxx	xxx	xxx	xxx	206	155	205	145
Payton Bradshaw	xxx	xxx	xxx	xxx	148	xxx	xxx	xxx	152	130	185	125
Hudson Bruce	xxx	xxx	xxx	xxx	93	xxx	xxx	xxx	97	65	140	70
Caleb Cyrulik	xxx	xxx	xxx	xxx	121	xxx	xxx	xxx	123	100	155	95
Colby Cyrulik	xxx	xxx	xxx	xxx	213	xxx	xxx	xxx	219	105	135	95
Carter Delong	xxx	xxx	xxx	xxx	169	xxx	xxx	xxx	174	110	185	xxx
Dakota Espy	xxx	xxx	xxx	xxx	143	xxx	xxx	xxx	162	120	xxx	115
Mason Hagemeyer	xxx	xxx	xxx	xxx	149	xxx	xxx	xxx	160	130	xxx	105
Gabriel Kinney	xxx	xxx	xxx	xxx	99	xxx	xxx	xxx	104	xxx	120	120
Spence Kohtz	xxx	xxx	xxx	xxx	112	xxx	xxx	xxx	124	xxx	155	xxx
Chanveer Lakhman	xxx	xxx	xxx	xxx	154	xxx	xxx	xxx	128	90	145	80
Braeden Lee	xxx	xxx	xxx	xxx	150	xxx	xxx	xxx	155	155	235	xxx
Elijah Lowe	xxx	xxx	xxx	xxx	220	xxx	xxx	xxx	238	180	235	xxx
Matthew McWilliams	xxx	xxx	xxx	xxx	157	xxx	xxx	xxx	158	135	180	100
Nolan Reid	xxx	xxx	xxx	xxx	102	xxx	xxx	xxx	109	95	155	85
Tyler Shaw	xxx	xxx	xxx	xxx	143	xxx	xxx	xxx	145	120	205	115
Dawson Stukins	xxx	xxx	xxx	xxx	173	xxx	xxx	xxx	169	120	205	110
Landon Weikle	xxx	xxx	xxx	xxx	173	xxx	xxx	xxx	178	185	225	120
Ryker Weikle	xxx	xxx	xxx	xxx	177	xxx	xxx	xxx	178	165	225	140
Logan Williams	xxx	xxx	xxx	xxx	136	xxx	xxx	xxx	140	115	215	115

Yes! It Does Make a Difference!

TROJAN FOOTBALL



Cheetah Club

Grade	Name	MPH
11	Zach Smith	23.5
10	Declan Shannon	23.5
11	Ryne Sheppard	22.2
11	DeAngelo Owen	22.2
10	Jerrin Taylor	22
11	Troy Pulliam	22
10	Aiden Williams	21.8
11	Kendryk Morris	21.8
11	Cayden Birmingham	21.1
11	Tanner Jacobs	20.9
9	Kaden Blunck	20.9
11	Isaiah Bohlmann	20.9
11	Jordan Watters	20.7
10	Connor Heneghan	20.5
10	Lane Weikle	20.3
10	PJ Woodward	20.1
10	Grady Rose	20.1

TROJAN FOOTBALL



Senior Class	Days There	Days Total	Personal %	Rating
Cayden Birmingham	10	13	76.92%	Average
Isaiah Bohlmann	13	13	100.00%	Excellent
Michael Clary	7	13	53.85%	Not Committed
Kendryk Morris	10	13	76.92%	Average
Tanner Jacobs	12	13	92.31%	Excellent
DeAngelo Owen	13	13	100.00%	Excellent
Cam Paczak	6	13	46.15%	Not Committed
Troy Pulliam	13	13	100.00%	Excellent
Brady Schrock	10	13	76.92%	Average
Ryne Sheppard	13	13	100.00%	Excellent
Zach Smith	13	13	100.00%	Excellent
Jordan Watters	10	13	76.92%	Average

Senior Class Average	10.83
Senior Class %	83.33%

Junior Class	Days There	Days Total	Personal %	Rating
Van Cunningham	13	13	100.00%	Excellent
Chance Deilkes	13	13	100.00%	Excellent
Connor Heneghan	12	13	92.31%	Excellent
Landon Purdeu	13	13	100.00%	Excellent
Grady Rose	12	13	92.31%	Excellent
Carter Scott	12	13	92.31%	Excellent
Declan Shannon	13	13	100.00%	Excellent
Dilsharan Singh	10	13	76.92%	Average
Jerrin Taylor	11	13	84.62%	Good
Camden Trendler	10	13	76.92%	Average
Lucas Weemer	13	13	100.00%	Excellent
Lane Weikle	12	13	92.31%	Excellent
Ryan Weikle	11	13	84.62%	Good
Aiden Williams	11	13	84.62%	Good
PJ Woodward	13	13	100.00%	Excellent

Junior Class Average	11.93
Junior Class %	91.79%

TROJAN FOOTBALL

Sophomore Class	Days There	Days Total	Personal %	Rating
Carter Berg	13	13	100.00%	Excellent
Graham Blackwell	3	13	23.08%	Not Committed
Kaden Blunck	12	13	92.31%	Excellent
Chance Bradshaw	13	13	100.00%	Excellent
Peyton Brilley	13	13	100.00%	Excellent
Lucas Brownfield	9	13	69.23%	Average
Lucas Brunner	8	13	61.54%	Not Committed
Bronsyn Clifford	10	13	76.92%	Average
Lucas Cline	13	13	100.00%	Excellent
Quinn Cutler	12	13	92.31%	Excellent
Blaise Garner	13	13	100.00%	Excellent
Isaiah Janvrin	13	13	100.00%	Excellent
Cayden Jones	10	13	76.92%	Average
Gunnar Larner	8	13	61.54%	Not Committed
Parker Myers	9	13	69.23%	Average
Ryne Sager	8	13	61.54%	Not Committed
Caden Scheuler	7	13	53.85%	Not Committed
Cason Stewart	12	13	92.31%	Excellent
Kayson Strode	11	13	84.62%	Good
Anderson Thomas	13	13	100.00%	Good
Kayson Strode	10	13	76.92%	Average
Anderson Thomas	10	13	76.92%	Average

Sophomore Class Average	10.50
Sophomore Class %	80.77%

Freshman Class	Days There	Days Total	Personal %	Rating
Ashtyn Bradshaw	3	13	23.08%	Not Committed
Payton Bradshaw	3	13	23.08%	Not Committed
Hudson Bruce	4	13	30.77%	Not Committed
Caleb Cyrulik	12	13	92.31%	Excellent
Colby Cyrulik	12	13	92.31%	Excellent
Carter Delong	12	13	92.31%	Excellent
Dakota Espy	4	13	30.77%	Not Committed
Mason Hagemeyer	7	13	53.85%	Not Committed
Gabriel Kinney	7	13	53.85%	Not Committed
Spence Kohtz	3	13	23.08%	Not Committed
Chanveer Lakhman	10	13	76.92%	Average
Braeden Lee	10	13	76.92%	Average
Elijah Lowe	12	13	92.31%	Excellent
Matthew McWilliams	8	13	61.54%	Not Committed
Nolan Reid	11	13	84.62%	Good
Tyler Shaw	8	13	61.54%	Not Committed
Dawson Stukins	9	13	69.23%	Average
Landon Weikle	5	13	38.46%	Not Committed
Ryker Weikle	10	13	76.92%	Average
Logan Williams	9	13	69.23%	Average

Freshman Class Average	7.95
Freshman Class %	61.15%

TROJAN FOOTBALL

5 STAR GENERAL PROGRAM

Seniors	80% Off-Season/3-Sport Athlete	85% Summer Attendance	5 Td Clubs	5 Hrs Community Service	4.0 GPA	Perfect Months
Cayden Birmingham	X				X	1
Isaiah Bohlmann	X				X	2
Michael Clary					X	
Kendryk Morris	X					
Tanner Jacobs	X				X	
DeAngelo Owen	X					1
Cam Paczak						
Troy Pulliam	X				X	1
Brady Schrock	X					
Ryne Sheppard	X				X	1
Zach Smith	X					2
Jordan Watters						

Juniors	80% Off-Season/3-Sport Athlete	85% Summer Attendance	5 Td Clubs	5 Hrs Community Service	4.0 GPA	Perfect Months
Van Cunningham	X					1
Chance Deilkes	X				X	1
Connor Heneghan	X				X	1
Landon Purdeu	X				X	4
Grady Rose	X				X	2
Carter Scott	X				X	1
Declan Shannon	X			5	X	2
Dilsharan Singh	X				X	1
Jerrin Taylor	X					
Camden Trendler	X				X	2
Lucas Weemer	X				X	3
Lane Weikle	X				X	3
Ryan Weikle	X				X	
Aiden Williams	X				X	1
PJ Woodward	X				X	3

TROJAN FOOTBALL

Sophomores	80% Off-Season/3-Sport Athlete	85% Summer Attendance	5 Td Clubs	5 Hrs Community Service	4.0 GPA	Perfect Months
Carter Berg	X				X	2
Graham Blackwell	X				X	
Kaden Blunck	X					
Chance Bradshaw	X				X	1
Peyton Brilley	X				X	3
Lucas Brownfield	X					
Lucas Brunner						
Bronsyn Clifford	X					2
Lucas Cline	X				X	2
Quinn Cutler	X				X	1
Blaise Garner	X					1
Isaiah Janvrin	X				X	1
Cayden Jones	X					
Gunnar Larner	X					1
Parker Myers	X				X	1
Ryne Sager	X					1
Caden Scheuler	X				X	
Cason Stewart	X				X	3
Kayson Strode	X					
Anderson Thomas	X					2

Freshmen	80% Off-Season/3-Sport Athlete	85% Summer Attendance	5 Td Clubs	5 Hrs Community Service	4.0 GPA	Perfect Months
Ashtyn Bradshaw						
Payton Bradshaw						1
Hudson Bruce						1
Caleb Cyrulik						1
Colby Cyrulik						
Carter Delong						
Dakota Espy						
Mason Hagemeyer						
Gabriel Kinney						
Spence Kohtz						1
Chanveer Lakhman						2
Braeden Lee	X					
Elijah Lowe	X					
Matthew McWilliams						1
Nolan Reid	X					1
Tyler Shaw	X					
Dawson Stukins						
Landon Weikle						
Ryker Weikle						1
Logan Williams	X					



TROJAN PROTEIN PROGRAM

Last Name	First Name	Quarter 1,2,3,4, Summer, Year	Paid
Appenzeller	Garrett	Q4	Yes
Binkley	Nathen	Q4	Yes
Birmingham	Cayden	Q4	Yes
Blackwell	Graham	Q4 25 - Q3 26	Yes
Bohlmann	Isaiah	Q4	Yes
Bohlmann	Cyrus	Q4	Yes
Brilley	Peyton	Q4	Yes
Bruce	Hudson	Q4 25- Q3 26	Yes
Cline	Lucas	Q4 25 - Q3 26	Yes
Cline	Logan	Q4	Yes
Cunningham	Van	Q4	Yes
Cutler	Quinn	Q4 25 - Q3 26	Yes
Cyrulik	Colby	Q4	Yes
Cyrulik	Caleb	Q4	Yes
Delong	Carter	Q4 - Q3 26	Yes
Hagemeyer	Mason	Q4	Yes
Heneghan	Connor	Q4 25 -Q3 26	Yes
Knisely	Jonathan	Q4	Yes
Kohtz	Spence	Q4	Yes
Lakhman	Chanveer	Q4	Yes
Larner	Gunnar	Q4	Yes
Lee	Caebrin	Q4	Yes
Lee	Braeden	Q4	Yes
Lowe	Elijah	Q4	Yes
Morr	Drew	Q4	Yes

Last Name	First Name	Quarter 1,2,3,4, Summer, Year	Paid
Morris	Kendryk	Q4	Yes
Myers	Parker	Q4 & Summer	Yes
Owen	Delo	Q4 25 -Q3 26	Yes
Parrott	Colby	Q4	Yes
Pulliam	Troy	Q4	Yes
Reid	Nolan	Q4	Yes
Rose	Grady	Q4	Yes
Sager	Ryne	Q4 & Summer	Yes
Scheuler	Caden	Q4 & Summer	Yes
Schrock	Brady	Q4	Yes
Shannon	Declan	Q4	Yes
Shaw	Tyler	Q4	Yes
Sheppard	Ryne	Q4	Yes
Smith	Zach	Q4	Yes
Stewart	Cason	Q4	Yes
Strode	Kayson	Q4	Yes
Taylor	Jerrin	Q4 25-Q3 26	Yes
Trendler	Cam	Q4	Yes
Vaughn	Owen	Q4	Yes
Weemer	Lucas	Q4	Yes
Weikle	Lane	Q4 25 -Q3 26	Yes
Weikle	Ryker	Q4 25 - Q3 26	Yes
Wintermeyer	Joshua	Q4	Yes
Wise	Cooper	Q4	Yes
Woodward	PJ	Q4 25 -Q3 26	Yes

SUMMER SPEED & WEIGHTS SCHEDULE

Date	AM-8:00-10:00	Sprint Training & Field Work
5/28	Jostes/Kidd/Peasley	Dynamic Warm-up, 3 x 10 Yd Flys -Cheetah Club Testing-RRP-THEME DAY=BEACH GEAR
6/2	Jostes/Peasley	Team Camp-Speed work during practice
6/3	Jostes/Brilley	Team Camp-Speed work during practice
6/4	Jostes/Brilley	Team Camp-Speed work during practice
6/9	Jostes/Brilley/Peasley	2 x Speed Ladder Warm Up, 3 x 40 Yard Dash -RRP
6/10	Jostes/Brilley	1 x Jump Box Routine & 5 Triple Banded Broads Warm-up, 5 x Test Vertical Jumps-RRP
6/11	Jostes/Brilley	Dynamic Warm-up, 5 x 30 Yard Sled Pulls or Run Rockets in Hallway-Circle Runs on logo
6/16	Jostes/Brilley/Peasley	2 x Speed Ladder Warm Up, Water Fall Races 10-20-30-30-20-10-Punish Losers-THEME DAY=MILITARY
6/17	Jostes/Brilley	Team Comp Total # of tire flips-Captains choose tires of team-All 3 tires must be used 1X-
6/18	Jostes/Brilley	Dynamic Warm-up, 2 x 10 Seconds Runs-RRP
6/23	Jostes/Brilley/Peasley	Dynamic Warm-up, 6 x 20 Yd Pro Shuttle
6/24	Jostes/Brilley	2 x Jump Box Routine-ON-OVER-Diagonal-Step Ups-A Skips + 5 Sets of Triple Banded Broad Jumps
6/25	Jostes/Brilley/Peasley	Dynamic Warm-up, 1 X 300 Yard Shuttle Testing-RRP
6/30	Brilley/	Dynamic Warm-up, 5 x 30 Yard Sled Pulls or Run Rockets in Hallway
7/1	Brilley/Peasley	Dynamic Warm-up, 2 x 30 Seconds Tire Flip Races & 3 Pro Shuttles-RRP
7/2	Brilley/Peasley	Dynamic Warm-up, 3 x 20 Yard Sled Pushes-1 100 Yard Sled relay for time-THEME DAY-USA
7/7	Jostes/Brilley/Peasley	Dynamic Warm-up, 2 x 10 Yard Flys-RRP- Cheetah Club Testing
7/8	Jostes/Brilley	2 x Speed Ladder Warm Up, Water Fall Races 10-20-30-30-20-10-Punish Losers
7/9	Jostes/Brilley	Team Camp-Speed work during practice
7/14	Jostes/Brilley/Peasley	Team Camp-Speed work during practice
7/15	Jostes/Brilley	Team Camp-Speed work during practice
7/16	Jostes/Brilley	Team Camp-Speed work during practice
7/17	Jostes/Brilley/Peasley	CAMP QUEST CHALLENGES-Obstacle Course, Vball, Wiffle Ball, HR Derby
7/21	Jostes/Brilley/Peasley	RACK TEAM CHALLENGES-THEME DAY=JERSEY DAY
7/22	Jostes/Brilley	RACK TEAM CHALLENGES-THEME DAY=BLUE & GOLD DAY
7/23	Jostes/Brilley/Peasley	RACK TEAM CHALLENGES-THEME DAY=Rack Team Theme Day