

# Central College Strength & Conditioning Record Leaderboards



435  
lbs



**Name:** Spenser Remick  
**Sport:** Football (Offensive Line)  
**Ht./Wt.:** 6-3, 295  
Class of 2009

Four varsity letters...2008 co-captain...2008,2007 team Bruce Wendt Award Winner (outstanding offensive lineman)...2007 first team all-Iowa Conference.

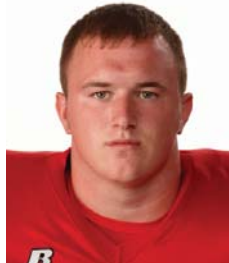
375  
lbs

**Name:** Quentin Huisman  
**Sport:** Football (Defensive Line)  
**Ht./Wt.:** 6-5, 220  
Class of 2006

Three varsity letters.



375  
lbs



**Name:** Preston West  
**Sport:** Football (Linebacker)  
**Ht./Wt.:** 5-10, 210  
Class of 2012

370  
lbs

**Name:** Nick Reed  
**Sport:** Football (Offensive Line)  
**Ht./Wt.:** 6-0, 250  
Class of 2007

Three varsity letters...2006 first team all-Iowa Conference...2006 d3football.com all-West Region, first team...2006 team Bruce Wendt Award (outstanding offensive lineman)



365  
lbs



**Name:** Trevor Hixon  
**Sport:** Football (Defensive Line)  
**Ht./Wt.:** 5-5, 225  
Class of 2011

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