

Central College Strength & Conditioning Record Leaderboards



385
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.

380
lbs

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

Three varsity letters.



360
lbs



Name: Taylor Vanden Wynboom
Sport: Football (Defensive Line)
Ht./Wt.: 6-1, 230
Class of 2007

Three varsity letters...2006 first team all-Iowa Conference.

355
lbs

Name: Jason Fisher
Sport: Track & Field (Throws)

Class of 2008

Four varsity letters...2008 co-captain...2006, 2007, 2008 team Most Valuable Field Events Performer... Weight and hammer throw school records...2006, 2007 All-America honoree.



355
lbs



Name: Ike Hammerly
Sport: Football (Offensive line)
Ht./Wt.: 6-1, 270
Class of 2005

Four varsity letters...2004 co-captain...2004 team Mel VerMeer Loyalty Award...2002 second team all-Iowa Conference.

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