

# Central College Strength & Conditioning Record Leaderboards

**DUTCH**



**1.76**  
seconds



**Name:** Dawn Nissen  
**Sport:** Softball (Shortstop)

Class of 2007

Three varsity letters...2007 team co-captain...2004, 2005 team Most Improved Player Award.

**1.77**  
seconds

**Name:** Sarah Jens  
**Sport:** Softball (Outfield)



**1.80**  
seconds



**Name:** Justice Weaver  
**Sport:** Track & Field (100-400, LJ, TJ)

Class of 2007

Three varsity letters.

**1.81**  
seconds

**Name:** Kyrie Hale  
**Sport:** Softball (Catcher/Outfield)

Class of 2012

One varsity letter...



**1.82**  
seconds



**Name:** Terri Berger  
**Sport:** Volleyball (Setter)

Class of 2008

Four varsity letters...2006, 2007 team co-captain...2006, 2007 all-Iowa Conference, first team; 2005 second team...2007 AVCA all-Central Region...2007 team MVP...2005 team Hustle Award.

**1**  
**0**  
**Y**  
**A**  
**R**  
**D**  
**D**  
**A**  
**S**  
**H**

(All times electronic)