

Central College Strength & Conditioning Record Leaderboards

DUTCH



5.20
seconds



Name: Dawn Nissen
Sport: Softball (Shortstop)

Class of 2007

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

5.37
seconds

Name: Sarah Jens
Sport: Softball (Outfield)



5.38
seconds

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



Class of 2007

Three varsity letters.

5.43
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.



5.58
seconds



Name: Kelly Harris
Sport: Softball (Catcher)

Class of 2008

Four varsity letters...2008 team co-captain...2008 Iowa Conference Player of the Year...2008 NFCA All-American, third team...2008 all-Midwest Region, first team...2006, 2007 all-Midwest Region second team...2008 team MVP.

40
YARD
DASH

(All times electronic)