

Central College Strength & Conditioning Record Leaderboards



355
lbs



Name: Dawn Nissen
Sport: Softball (Shortstop)

Class of 2007

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

295
lbs

Name: Rachel Boeke
Sport: Track & Field (Throws)

Class of 2009

Four varsity letters...2008, 2009 team co-captain...2009 NCAA Division III all-American (shot put & discus)...2008, 2009 team Most Valuable Field Performer...2007, 2008 NCAA provisional qualifier (shot put).



280
lbs



Name: Ryann Engholm
Sport: Softball (Designated Player/1st Base)

Class of 2009

Four varsity letters...2009 team co-captain...2007 all-Iowa Conference, first team.

280
lbs

Name: Miranda Kouba
Sport: Volleyball (Outside Hitter)

Class of 2009

Four varsity letters...2008, 2007 team co-captain...2008 all-Iowa Conference, first team; 2007 second team...2008 team MVP...2008 team Leadership Award.



275
lbs



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.

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