

Central College Strength & Conditioning Record Leaderboards



165
lbs



Name: Jordan Waddell
Sport: Basketball (Guard)

Class of 2011

Two varsity letters...2009-2010 team co-captain.

155
lbs

Name: Molly Hanson
Sport: Basketball (Guard)

Class of 2006

2004 Team Most Improved Player Award.



150
lbs



Name: Danielle Francois
Sport: Track & Field (Throws)

Class of 2009

Four varsity letters.

145
lbs

Name: Dawn Nissen
Sport: Softball (Shortstop)

Class of 2007

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



145
lbs



Name: Jenna Gillette
Sport: Volleyball (Defensive Specialist)

Class of 2011

Two varsity letters...2007 team Most Improved Player Award...2007 JV Effort Award...2007 JV MVP Award.

BENCH PRESS