

Central College Strength & Conditioning Record Leaderboards



200
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).

195
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.



185
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.

170
lbs

Name: Dawn Nissen
Sport: Softball (Shortstop)

Class of 2007

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



170
lbs



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.

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