

# Central College Strength & Conditioning Record Leaderboards



VERTICAL  
JUMP

29.2  
inches



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

Class of 2007

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

27.9  
inches

**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.



27.4  
inches

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

Class of 2009

Four varsity letters...2009 team co-captain...2009 ESPN The Magazine Academic All-District VII, second team...2007 all-Iowa Conference, first team.



27.0  
inches

**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.



26.7  
inches

**Name:** Whitney Taylor  
**Sport:** Volleyball (Setter)

Class of 2008

Two varsity letters...2007 team co-captain...2007 team Leadership Award.

