

# WAHAWK FOOTBALL STRENGTH CONDITIONING RECORDS

<b><u>BENCH</u></b>	<b><u>SQUAT</u></b>	<b><u>CLEAN</u></b>	<b><u>DOT DRILL</u></b>	<b><u>40 YARD DASH</u></b>
<b>ALL TIME</b>	<b>ALL TIME</b>	<b>ALL TIME</b>	<b>ALL TIME</b>	<b>ALL TIME</b>
E. Harbaugh 185x21	E. Harbaugh 275x25	Wright 170x50	B. Renz 40.52	C. McClain 4.81
<b><u>LINEMEN (OL/DL/TE)</u></b>	<b><u>LINEMEN (OL/DL/TE)</u></b>	<b><u>LINEMEN (OL/DL/TE)</u></b>	<b><u>LINEMEN (OL/DL/TE)</u></b>	<b><u>LINEMEN (OL/DL/TE)</u></b>
E. Harbaugh 185x21	E. Harbaugh 275x25	Harbaugh 170x32	T. Matlock 42.40	E. Harbaugh 5.03
J. Boyenga 185x12	J. Boyenga 275x21	Nank 170x20	A. Hirdler 44.15	A. Hirdler 5.04
J. Harrinton 185x10	Naboholtz 275x20	J. Boyenga 170x10	J. Boyenga 44.55	D. Humphrey 5.06
<b><u>LB/RB</u></b>	<b><u>LB/RB</u></b>	<b><u>LB/RB</u></b>	<b><u>LB/RB</u></b>	<b><u>LB/RB</u></b>
Doubek/ Steimel/ Woo 150x12	M. Steimel 275x10 Brauer/Doubek 230x15	4 tied 135x20 Brauer,Hottle,Steimel,W	C. Steimel 50.33 D. Smock 1:00.19	C. Woods 4.93 B. Doubek 5.00
<b><u>QB/WR/DB</u></b>	<b><u>QB/WR/DB</u></b>	<b><u>QB/WR/DB</u></b>	<b><u>QB/WR/DB</u></b>	<b><u>QB/WR/DB</u></b>
J. Jaramillo 150x15	A. McMahan 275x14	5 Tied 135x20	B. Renz 40.52	C. McClain 4.81
B. Dunlay 150x13	N. Massina 275x12	Jaramillo,McMahon,M	J. Aimable 42.34	M. Price 4.84
C. Miller 150 x 13		Nuhanovic,Renz,	A. Brown 42.44	S. Kullen 4.85
<b><u>9TH</u></b>	<b><u>9th</u></b>	<b><u>9th</u></b>	<b><u>9th</u></b>	<b><u>9th</u></b>
D. Becker 115x13	R. Nabor 185x20	D.Becker 100x20	B. Tovar 50.64	M. Price 4.84
R. Nabor 115x 10	S. Capelle 185x15	Z. Newell 100x13	D. Becker 57.00	J. Millet 4.87
B. Tovor 115x10	Z. Newell 185x11	Moeller/Tover 100x10	J. Millet 1:02.13	Z. Newell 5.00
<b><u>10TH</u></b>	<b><u>10TH</u></b>	<b><u>10th</u></b>	<b><u>10th</u></b>	<b><u>10th</u></b>
H. Didovic 150x13	N. Milles 275x2	N. Mills 135x20	A. Brown 42.44	S. Kullen 4.85
B. Doubek 150x12	H. Didovic 230x15	H. Didovic 135x20	K.Storey 49.45	B. Doubek 5.00
Brown/Mills 150x9	B. Doubek 230x15	A. Brown 135x15	C. Steimel 50.33	C. MaKenna 5.09
<b><u>11TH</u></b>	<b><u>11TH</u></b>	<b><u>11th</u></b>	<b><u>11th</u></b>	<b><u>11th</u></b>
J. Harrinton 185x10	J. Hoffman 275x16	8 tied for 135x20	T. Matlock 42.40	C. Woods 4.93
J. Hoffman 150x15	A. McMahan 275x14	Brauer,Hoffman,Hottl	A. Nuhanovic 47.06	D. Johnson 4.97
Dunlay/Miller 150x13	4 tied 230x15	McMahon, Miller	C. Miller 48.73	A. Nuhanovic 5.00
		Nuhanovic,Woods		
<b><u>12TH</u></b>	<b><u>12TH</u></b>	<b><u>12th</u></b>	<b><u>12th</u></b>	<b><u>12th</u></b>
E. Harbaugh 185x21	E. Harbaugh 275x25	Wright 170x50	B. Renz 40.52	C. McClain 4.81
J. Boyenga 185x12	J. Boyenga 275x21	Harbaugh 170x32	J. Aimable 42.34	J. Jaramillo 4.87
J. Wright 150x17	Naboholtz 275x20	Nank 170x20	N.Massina 43.57	J. Wright 4.94



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<b>300 YARD SHUTTLE</b>	<b>3 CONES</b>	<b>20 YARD SHUTTLE</b>	<b>VERTICLE JUMP</b>	<b>STANDING BROAD JUMP</b>
ALL TIME	ALL TIME	ALL TIME	ALL TIME	ALL TIME
LINEMEN (OL/DL/TE)	LINEMEN (OL/DL/TE)	LINEMEN (OL/DL/TE)	LINEMEN (OL/DL/TE)	LINEMEN (OL/DL/TE)
D. Humphrey 47.19 B. Worthington 51.40 T. Matlock 52.44	E. Harbaugh 7.17 A. Hirdler 7.18 A. Nank 7.38	H. Didovic 4.71 A. Nank 4.81 A. Hirdler 4.84	B. Worthington 27'1 D. Humphrey 26.8 T. Matlock 24.9	B. Worthington 8'6 D. Humphrey 7'7 T. Matlock 7'1
LB/RB	LB/RB	LB/RB	LB/RB	LB/RB
I. Brauer 47.38 C. McKenna 48.32 J. Wright 48.72	J. Wright 6.78 D. Hottle 7.04 D. Smock 7.12	D. Smock 4.37 Hottle 4.50 J. Wright 4.59	J. Wright 35'9 C. McKenna 28'4 C. Steimel 28'1	J. Wright 9'3 A. Martin 7'9 D. Smock 7'5
QB/WR/DB	QB/WR/DB	QB/WR/DB	QB/WR/DB	QB/WR/DB
S. Kullen 46.81 D. Richardson 47.25	J. Jaramillo 6.88 N. Massina 7.09	S. Bowers 4.41 J. Jaramillo 4.43	A. Nuhanovic 32'9 D. Richardson 32'2	A. Nuhanovic 8'7 N. Massina 8'6
9th	9th	9th	9th	9th
J. Millet 46.78 Z. Newell 50.28 D. Becker 51.71	J. Millet 7.28 D. Becker 7.41 R. Jenson 7.60	J. Millet 4.56 D. Becker 4.59 R. Jenson 4.66	J. Millet 26.4 Becker/Price 25.0 J. Showalter 22'9	J. Millet 7'8 D. Becker 7'6 Z. Newell 7'3
10th	10th	10th	10th	10th
S. Kullen 46.81 C. McKenna 48.32 C. Carlson 49.65	C. Steimel 7.19 S. Bower 7.25 C. Carlson 7.28	S. Kullen 4.31 S. Bowers 4.41 A. Brown 4.44	C. McKenna 28'4 C. Steimel 28'1 A. Brown 28'0	A. Martin 7'9 A. Brown 7'7 Carlson/Kullen 7'4
11th	11th	11th	11th	11th
I. Brauer 47.38 A. Nuhanovic 48.35 D. Johnson 49.37	D. Hottle 7.04 D. Smock 7.12 O'Brien/Woods 7.46	D. Smock 4.37 Hottle/Nuhanovic 4.50 McMahon 4.64	A. Nuhanovic 32'9 D. Hottle 26'8 D. Smock 26'4	A. Nuhanovic 8'7 A. McMahon 7'6 D. Smock 7'5
12th	12th	12th	12th	12th
D. Humphrey 47.19 D. Richardson 47.25 A. Patterson 47.81	J. Wright 6.78 I. Cook 6.81 J. Jaramillo 6.88	J. Jaramillo 4.43 Massina/McClain 4.50 J. Wright 4.59	J. Wright 35'9 N. Massina 33'9 D. Richardson 32'2	J. Wright 9'3 D. Richardson 8'10 Massina/Worthington 8'6

