



Hannah Donnerberg
is a country girl with a
shining past and an even
brighter future

There are many factors that go into our selection of the BFS High School Female Athlete of the Year. The winner should excel at multiple sports, succeed academically, be of high character and work hard in the weightroom. This year, the young woman who epitomizes all these qualities is Hannah Donnerberg, a senior at Lakeside High School in Plummer, Idaho.

2009 BFS High School **Female Athlete of the Year**

Let's start with Donnerberg's accomplishments in the weightroom. Although her first name is Hannah and she was born in Montana, that's where the similarities between her and Miley Cyrus end. Get this: Hannah is 5 foot 6 and can power clean 165, squat 275, deadlift 300 and bench press 205 – that's right, 205 pounds! Outside of competitive powerlifting, it's rare to find teenage girls with such



Hannah's athletic abilities have helped Lakeside High School achieve exceptional success in many girls sports.

impressive upper body strength.

Hannah is also a prolific athlete; she participates in volleyball, basketball, softball and track. This year Hannah's efforts helped the Lady Knights go undefeated in volleyball heading into the state championships, and enabled the basketball team to win their conference and regional championships. She is also optimistic about qualifying for several events in the state championships in track (she competes in the discus, shot put and several sprinting events) and doing well in softball, which is a sport that the high school girls participate in through a local recreational and wellness center in Plummer.

Academically, Hannah carries a 3.8 GPA. When she graduates, she plans to attend the Montana Wilderness School of the Bible for a year, and during that period she will decide on her next step. "I'm still thinking about my options, and this school seems like a really good place to start to help me determine how I should continue on with my life." In terms of career aspirations, her strongest

interest at present is in mechanical engineering.

Hannah's favorite sport is baseball, which she started playing when she was just five years old. "My brother Jacob is a year and a half older than I am, and he played baseball – and I always wanted to do what he wanted to do. So, when I was little, I was the only girl on our team." Later Hannah

got into softball, and in high school she became involved in several other sports.

Hannah was never afraid of catching a baseball. David says that whenever they played catch she would beg her father to throw the ball as hard as he could – he would, and she would catch it every time and never move or flinch. "I remember when Hannah was three years old we went to a beach in New Mexico, and I was throwing the ball at her as hard as I could. People stopped along the beach watching this were upset at me throwing the ball at her so hard, but that's just the way she liked it!"

All of the Donnerberg family is athletic; her mother, Debbie, was a college scholarship athlete in track, and her father, David, wrestled and played football in high school. "My parents have always been an inspiration to me and have always encouraged me to enjoy sports." Such genetics probably accounts for the fact that Hannah has always been strong. "I'm naturally athletic, and I've always been one of the strongest girls for my age. Also, I've



Hannah Donnerberg holding the 2009 BFS High School Female Athlete of the Year trophy



The Donnerbergs: (lt to rt): Debbie, David, Hannah, Jacob, and Jacob's wife, Mandy.

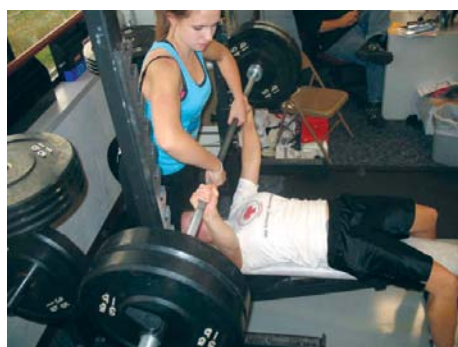
always tried to keep up with my brother; and since he was older and bigger than me, I've always tried to find ways to be stronger and faster than him."

David says that Plummer is a blue-collar community, with everyone having a similar economic background. He believes that such an environment prevents the "pecking order" of class that tends to alienate some kids. "I think living here and attending a small school such as Lakeside has been really good for

Hannah. All the kids know one another, and as a result their relationships tend to be a lot closer."

Outside of school, Hannah likes to act in church plays, fix jeeps, coach young athletes, and fish and hunt deer. Says David, "When Hannah was younger, my wife and I worked at a boys' ranch, so she has been around boys all her life. As a result, she just kind of got included in all of their activities."

Asked about how our 2009 BFS High School Female Athlete of the Year has achieved such success, David says that his daughter has always been a natural athlete and "when she puts her mind to something, she gives it all she's got." Hannah concurs. "Ever since I was growing up, I've always wanted to push myself to be the best that I can be." With her great attitude and abilities, we know that even greater successes are in store for Hannah Donnerberg. **BFS**



Hannah's strict adherence to the BFS program has made her amazingly strong. Some of her best lifts include a 205 bench press, a 165 power clean and a 295 deadlift.





Hannah is a true country girl who enjoys hunting, fishing, and participating in church activities that include acting in church plays and coaching youth sports.



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