

Photo by Christina Wall, Christina Wall Photography, www.christinawall.com

BFS High School Female *Athlete of the Year*

Selena Haas is the recipient of our most prestigious award

Young people face many distractions today, and sometimes their academics and sports take a back seat. Selena Haas is one amazing young woman who has her priorities straight, and her efforts have earned her the title of the 2013 BFS High School Female Athlete of the Year.

Haas is a senior at Vernon-Verona-Sherrill High School in central New York. Her primary sport is lacrosse, an extremely strong sport in her area with many experienced teams. The head coach of the Red Devils is Duey Weimer, who took over the program four years ago. Two years ago Coach Weimer implemented the BFS program, and Haas's year-round commitment to it has given her an

edge not only on the lacrosse field but also in her two other sports, soccer and volleyball. Here are some of Haas's accomplishments:

- Most Valuable Player, freshman year, volleyball
- Iron Award, freshman year, lacrosse
- Best Goal of the Year, sophomore year, soccer
- Tournament MVP, sophomore year, volleyball
- Most Valuable Player, sophomore year, volleyball
- Most Valuable Offensive Player, junior year, soccer
- Most Valuable Hands, junior year, volleyball
- Iron Award, Junior Year, lacrosse
- Junior Female Athlete of the Year

“What sets Selena apart is her work ethic,” says Weimer. “She doesn’t give up and is competitive all the time. Beyond that, she’s always working in the weightroom – there is no off-season for her. From a physical standpoint she is fast, agile and extremely powerful. She has totally bought into the program, and it has shown in all of her sports she has played.”

In the weightroom Haas's best lifts include a 105-pound power clean, 115 bench press, 185 back squat, 225 hex bar deadlift and 275 box squat. Haas says that when she first started lifting weights and was a little nervous about getting heavy, Coach Weimer helped her overcome those fears. Now she says that weight training “is just natural to me.” She adds that the girls lacrosse team has a no-nonsense training atmosphere in the weightroom: “Everyone gets in there, gets their work done and gets out.”

Another aspect of Haas that impresses Weimer is her commitment to be a role model. “Selena is a team captain in multiple sports, but she’s a leader even for younger kids,” says Weimer. “When we have summer programs and youth camps, she inspires the kids to be like her, even the kids that are on the sidelines watching the games. Selena is a player’s player, and she’s a coach’s player at the same time. By that I mean she listens to you, and she knows how to motivate her teammates.”

Coach Weimer says Haas displayed her athletic potential early on: “Selena played lacrosse for me as a freshman, and she was a standout already, and I watched her play volleyball and saw that she could move really well on the court.”



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As for how her team looks next year, Haas says, "We've definitely come a long way – I think this is going to be our best year. We've really come together as players, and our coach has brought us a long way as well – it's all about hard work and dedication." As for sport-specific skills, Haas believes she needs to focus more on aiming when she shoots.

Off the field, Haas is on the high honor roll and was the recipient of the Bausch and Lomb Honorary Science Award for the University of Rochester. She is also involved in many clubs: LEAD, SADD, Athletics, History Club, Spanish Club and Global Nexus. Says Weimer, "We all are amazed that she is able to do so much and be so accomplished in so many areas."

"Selena is one of those girls who is always thinking what's ahead, so she's been in contact with a lot of local colleges," continues Weimer. Haas says she plans to go into the field of athletic training and physical therapy, and she's currently looking at Boston University and Ithaca College. She also plans to continue playing lacrosse. Adds Coach Weimer, "Selena is a wonderful representation of what BFS can do for a young woman, and we're very proud of her here at Vernon-Verona-Sherrill High School."

Runner-Up Michaela Willitz

BY JIM BAUER



Michaela Willitz embodies what we are striving for at Lakeside Lutheran High School in Lake Mills, Wisconsin. She is a three-sport athlete who dedicated herself to the BFS program and, as a result, showed steady improvement throughout all four years of high school. She topped off her career with two consecutive trips to the state track meet, where she competed in the triple jump and the 4 x 100 relay.

Here are Michaela's personal bests in the long jump, triple jump and the back squat:

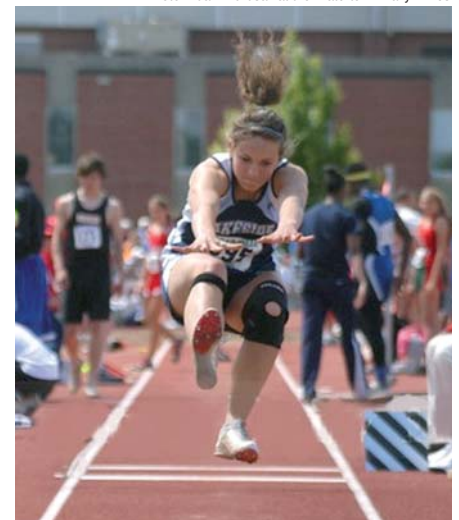
	LONG JUMP	TRIPLE	SQUAT
Freshman	14-10	32-6.75	150
Sophomore	15-5.5	33-3.75	120*
		(*knee injury)	
Junior	16-1	34-4.5	185
Senior	16-9	35-10	230

What is not told in this story is that as a freshman, Michaela had a 5-0 high jump, [which is great] for a girl who stands only 5 feet 2. That year at the sectional meet she tore her knee. She never high jumped again, but through her super effort in the weightroom, she strengthened her knee to be able to long jump and triple jump.

This is what Michaela has to say about the BFS program: "Strength class was always one of my favorite classes because I could always see improvement. This helped not only in the weightroom but also in every sport I participated in – especially track."

My name is Jim Bauer, and I am proud to have been Michaela's track coach and the teacher of her Strength/Speed class. I am proud to say that Lakeside Lutheran is a BFS school. There is not a better Strength/Speed program out there, and it fits our purposes perfectly. It is all about developing the athletic ability in our student-athletes, helping them to reach for their God-given potential. **BFS**

Photo: Adam Burdsall at the Watertown Daily Times



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