

# TECUMSEH BASKETBALL - X-FACTOR FITNESS CHALLENGE

## \*\*\* SENIORS - OVERALL LEADERS \*\*\*



### OVERALL POINTS

1.)	McKEE, JOSH (2007-08), SR.	4,680
2.)	HOLMES, DUSTIN (2009-10), SR.	4,560
3.)	SMITH, ERIK (2009-10), SR.	4,544
4.)	LOKAI, AARON (2007-08), SR.	4,391
5.)	WARNER, LEVI (2005-06), SR.	4,243
6.)	MINUTOLO, PHILLIP (2005-06), SR.	3,988
7.)	FARLEY, DUSTIN (2003-04), SR.	3,783
8.)	LEET, JOSH (2008-09), SR.	3,726
9.)	KIMMEY, JORDAN (2007-08), SR.	3,457
10.)	SCARFF, NELSON (2005-06), SR.	3,454

### TOP SENIOR CLASS (AVERAGE POINTS)

1.)	2007-2008	3,617.6
2.)	2009-2010	3,375.4
3.)	2004-2005	3,015.2
4.)	2008-2009	2,963.9
5.)	2005-2006	2,610.8
6.)	2003-2004	2,524.0
7.)	2006-2007	2,050.9
8.)		
9.)		
10.)		

### BENCH PRESS (Pounds)

1.)	HOLMES, DUSTIN (2009-10), SR.	265
2.)	JONES, JORDAN (2008-09), SR.	250
	MINUTOLO, PHILLIP (2005-06), SR.	250
4.)	WILLIAMS, KARSON (2009-10), SR.	225
5.)	McKEE, JOSH (2007-08), SR.	215
	PERRY, JEREMY (2008-09), SR.	215
	SMITH, ERIK (2009-10), SR.	215
8.)	LOKAI, AARON (2007-08), SR.	210
9.)	FARLEY, JOSH (2006-07), SR.	205
	WILBERT, JACOB (2004-05), SR.	205

### PARALLEL SQUATS (Pounds)

1.)	WILLIAMS, KARSON (2009-10), SR.	340
2.)	PERRY, JEREMY (2008-09), SR.	335
3.)	LOKAI, AARON (2007-08), SR.	325
4.)	MINUTOLO, PHILLIP (2005-06), SR.	315
	SMITH, ERIK (2009-10), SR.	315
6.)	WILBERT, JACOB (2004-05), SR.	280
7.)	WARNER, LEVI (2005-06), SR.	275
8.)	HAUSFELD, MICHAEL (2005-06), SR.	265
9.)	McKEE, JOSH (2007-08), SR.	255
	SCARFF, NELSON (2005-06), SR.	255

### POWER CLEAN (Pounds)

1.)	WARNER, LEVI (2005-06), SR.	235
2.)	MINUTOLO, PHILLIP (2005-06), SR.	225
3.)	McKEE, JOSH (2007-08), SR.	215
	WILBERT, JACOB (2004-05), SR.	215
5.)	HOLMES, DUSTIN (2009-10), SR.	205
	LOKAI, AARON (2007-08), SR.	205
	WILLIAMS, KARSON (2009-10), SR.	205
8.)	SMITH, ERIK (2009-10), SR.	200
9.)	HAUSFELD, MICHAEL (2005-06), SR.	185
	PERRY, JEREMY (2008-09), SR.	185
	SCARFF, NELSON (2005-06), SR.	185

### VERTICAL JUMP (Inches)

1.)	WARNER, LEVI (2005-06), SR.	32.5
2.)	McKEE, JOSH (2007-08), SR.	30.5
3.)	SMITH, ERIK (2009-10), SR.	30.0
4.)	KIMMEY, JORDAN (2007-08), SR.	29.5
	SCARFF, NELSON (2005-06), SR.	29.5
6.)	FRANZEN, JOE (2003-04), SR.	28.5
7.)	FARLEY, DUSTIN (2003-04), SR.	28.0
	RAPP, ZACH (2009-10), SR.	28.0
9.)	GREEAR, JUSTIN (2009-10), SR.	27.5
	LEET, JOSH (2008-09), SR.	27.5

### PRO AGILITY (Seconds)

1.)	McKEE, JOSH (2007-08), SR.	4.12
2.)	FARLEY, DUSTIN (2003-04), SR.	4.26
3.)	RAPP, ZACH (2009-10), SR.	4.27
4.)	HOLMES, DUSTIN (2009-10), SR.	4.29
5.)	LEET, JOSH (2008-09), SR.	4.31
6.)	SMITH, ERIK (2009-10), SR.	4.35
7.)	LOKAI, AARON (2007-08), SR.	4.38
8.)	APPLE, JUSTIN (2007-08), SR.	4.39
9.)	SCARFF, NELSON (2005-06), SR.	4.46
10.)	FRANZEN, JOE (2003-04), SR.	4.48

### DIPS

1.)	HOLMES, DUSTIN (2009-10), SR.	43
2.)	WARNER, LEVI (2005-06), SR.	36
3.)	McKEE, JOSH (2007-08), SR.	35
4.)	LOKAI, AARON (2007-08), SR.	31
5.)	SMITH, ERIK (2009-10), SR.	30
6.)	LEET, JOSH (2008-09), SR.	29
7.)	PIERSON, KYLE (2009-10), SR.	23
8.)	BROWN, ADAM (2006-07), SR.	22
9.)	FARLEY, DUSTIN (2003-04), SR.	20
	HAUSFELD, MICHAEL (2005-06), SR.	20

### 12-MINUTE RUN (LAPS)

1.)	APPLE, JUSTIN (2007-08), SR.	7 1/2
2.)	FARLEY, DUSTIN (2003-04), SR.	7 1/8
3.)	KIMMEY, JORDAN (2007-08), SR.	7
	SMITH, ERIK (2009-10), SR.	7
	WARNER, LEVI (2005-06), SR.	7
6.)	LEET, JOSH (2008-09), SR.	6 7/8
7.)	LOKAI, AARON (2007-08), SR.	6 3/4
	McKEE, JOSH (2007-08), SR.	6 3/4
9.)	KOTTMYER, DAVID (2003-04), SR.	6 5/8
10.)	COFFEY, JORDAN (2004-05), SR.	6 1/2
	SCARFF, NELSON (2005-06), SR.	6 1/2