

TECUMSEH BASKETBALL - X-FACTOR FITNESS CHALLENGE

*** SOPHOMORES - OVERALL LEADERS ***



OVERALL POINTS

1.) HOLMES, DUSTIN (2007-08), SOPH.	3,913
2.) McKEE, MIKE (2008-09), SOPH.	3,420
3.) WARNER, LEVI (2003-04), SOPH.	3,292
4.) SNARR, SCOTT (2009-10), SOPH.	3,179
5.) FRANK, CODI (2009-10), SOPH.	3,175
6.) CHRISTMANN, RYAN (2007-08), SOPH.	2,939
7.) RAPP, ZACH (2007-08), SOPH.	2,937
8.) McKEE, JOSH (2005-06), SOPH.	2,918
9.) CULBERTSON, CHASE (2009-10), SOPH.	2,917
10.) BEIDELSCHIES, BRANDON (2008-09), SOPH.	2,890

TOP CLASSES (AVERAGE POINTS SCORED)

1.) 2008-2009	2,583.7
2.) 2009-2010	2,506.9
3.) 2007-2008	2,460.7
4.) 2005-2006	1,971.0
5.) 2003-2004	1,967.9
6.) 2004-2005	1,556.5
7.) 2006-2007	1,139.6
8.)	
9.)	
10.)	

BENCH PRESS (Pounds)

1.) McKEE, MIKE (2008-09), SOPH.	215
2.) HOLMES, DUSTIN (2007-08), SOPH.	205
3.) MINUTOLO, PHILLIP (2003-04), SOPH.	190
4.) JONES, JORDAN (2006-07), SOPH.	185
5.) WILLIAMS, KARSON (2007-08), SOPH.	185
6.) LOKAI, AARON (2005-06), SOPH.	180
7.) SNARR, SCOTT (2009-10), SOPH.	180
8.) McKEE, JOSH (2005-06), SOPH.	175
9.) RAPP, ZACH (2007-08), SOPH.	170
10.) WARNER, LEVI (2003-04), SOPH.	170

PARALLEL SQUATS (Pounds)

1.) DIXON, ADAM (2008-09), SOPH.	280
2.) McKEE, JOSH (2005-06), SOPH.	275
3.) MINUTOLO, PHILLIP (2003-04), SOPH.	270
4.) HOLMES, DUSTIN (2007-08), SOPH.	260
5.) WILLIAMS, KARSON (2007-08), SOPH.	245
6.) BEIDELSCHIES, BRANDON (2008-09), SOPH.	240
7.) CHRISTMANN, RYAN (2007-08), SOPH.	225
8.) FRANK, CODI (2009-10), SOPH.	225
9.) McKEE, MIKE (2008-09), SOPH.	225
10.) SNARR, SCOTT (2009-10), SOPH.	225

POWER CLEAN (Pounds)

1.) HOLMES, DUSTIN (2007-08), SOPH.	175
2.) MINUTOLO, PHILLIP (2003-04), SOPH.	175
3.) WARNER, LEVI (2003-04), SOPH.	175
4.) LOKAI, AARON (2005-06), SOPH.	170
5.) CHRISTMANN, RYAN (2007-08), SOPH.	165
6.) McKEE, MIKE (2008-09), SOPH.	165
7.) WILLIAMS, KARSON (2007-08), SOPH.	165
8.) COPP, TRAVIS (2003-04), SOPH.	155
9.) HAUSFELD, MICHAEL (2003-04), SOPH.	155
10.) MEAD, TRENT (2009-10), SOPH.	150

VERTICAL JUMP (Inches)

1.) McKEE, JOSH (2005-06), SOPH.	30.0
2.) McKEE, MIKE (2008-09), SOPH.	29.5
3.) GOZELSKI, JORDAN (2009-10), SOPH.	28.0
4.) SMITH, ERIK (2007-08), SOPH.	27.0
5.) BEIDELSCHIES, BRANDON (2008-09), SOPH.	26.5
6.) FRANK, CODI (2009-10), SOPH.	26.5
7.) MEAD, TRENT (2009-10), SOPH.	26.5
8.) SNARR, SCOTT (2009-10), SOPH.	26.5
9.) CHRISTMANN, RYAN (2007-08), SOPH.	26.0
10.) GREEAR, JUSTIN (2007-08), SOPH.	26.0

PRO AGILITY (Seconds)

1.) GOZELSKI, JORDAN (2009-10), SOPH.	4.33
2.) HOLMES, DUSTIN (2007-08), SOPH.	4.33
3.) BEIDELSCHIES, BRANDON (2008-09), SOPH.	4.37
4.) FRANK, CODI (2009-10), SOPH.	4.39
5.) McKEE, MIKE (2008-09), SOPH.	4.39
6.) ROGERS, SCOTT (2008-09), SOPH.	4.39
7.) MEAD, TRENT (2009-10), SOPH.	4.44
8.) GREEAR, JUSTIN (2007-08), SOPH.	4.46
9.) SNARR, SCOTT (2009-10), SOPH.	4.46
10.) WARNER, LEVI (2003-04), SOPH.	4.48

DIPS

1.) HOLMES, DUSTIN (2007-08), SOPH.	37
2.) WARNER, LEVI (2003-04), SOPH.	31
3.) LOKAI, AARON (2005-06), SOPH.	25
4.) ROGERS, SCOTT (2008-09), SOPH.	23
5.) McKEE, MIKE (2008-09), SOPH.	22
6.) SNARR, SCOTT (2009-10), SOPH.	22
7.) FRANK, CODI (2009-10), SOPH.	21
8.) RAPP, ZACH (2007-08), SOPH.	20
9.) CULBERTSON, CHASE (2009-10), SOPH.	19
10.) LEET, JOSH (2006-07), SOPH.	18

12-MINUTE RUN (LAPS)

1.) CULBERTSON, CHASE (2009-10), SOPH.	8 1/4
2.) RAPP, ZACH (2007-08), SOPH.	7 1/4
3.) APPLE, JUSTIN (2005-06), SOPH.	7 1/8
4.) GOZELSKI, JORDAN (2009-10), SOPH.	7 1/8
5.) McKEE, JOSH (2005-06), SOPH.	7 1/8
6.) FRANK, CODI (2009-10), SOPH.	7
7.) LEET, JOSH (2006-07), SOPH.	7
8.) BEIDELSCHIES, BRANDON (2008-09), SOPH.	6 7/8
9.) CHRISTMANN, RYAN (2007-08), SOPH.	6 3/4
10.) MEAD, TRENT (2009-10), SOPH.	6 3/4
11.) SNARR, SCOTT (2009-10), SOPH.	6 3/4