

## **Xpress Sports Training**

### **A Sampling of Other Successful Athletes We Have Trained**

**Archibald, Shelby** – 1<sup>st</sup> Team All CVC Conference Defensive Player, 2<sup>nd</sup> Team All District, Honorable Mention All Ohio, PD Game Ball Nominee (Cuyahoga Heights High School/Manchester College Indiana)

**Armbruster, Gus** – 1<sup>st</sup> Team Northeast Ohio Conference Inside Linebacker, Northeast Ohio Conference Defensive MVP, 2<sup>nd</sup> Team All District, 2<sup>nd</sup> Team All State (North Royalton High School/Lake Erie College)

**Basar, Jim** – 1<sup>st</sup> Team All Northeast Ohio, Center, Honorable Mention District Center, All Sun Southwest Team (Parma High School/Baldwin Wallace College)

**Bubna, Katie** – All Conference Basketball, North Coast League, All District, All State, All Sun Team, (Chanel High School/University of Akron)

**Cook, Courtney** – All Sun Team Basketball, Volleyball (Chanel High School/Gannon College)

**Dalesandro, Michael** – Honorable Mention Northeast Ohio Conference Running Back, Honorable Mention All District, All Academic Team Northeast Ohio Conference (North Royalton High School)

**Golubski, Justin** – Honorable Mention All Northeast Ohio Conference Defensive Back (Parma High School)

**Kordich, Kyle** – 1<sup>st</sup> Team All Northeast Ohio Conference Running Back, 1<sup>st</sup> Team All District, 2<sup>nd</sup> Team All State, Northeast Ohio Conference MVP (North Royalton High School/Lake Erie College)

**Kulp, Molly** – 1<sup>st</sup> Team All Patriot Conference Soccer, 1<sup>st</sup> Team All Lorain County, 1<sup>st</sup> Team All Greater Cleveland, Team MVP . (Wellington High School/ Ohio Northern University)

**Mack, Garrett** – 2<sup>nd</sup> Team All Inland District Defensive End, 1<sup>st</sup> Team All Conference, 1<sup>st</sup> Team All Gazette (Brunswick High School/Baldwin Wallace College)

**Merhi, Salman** – 1<sup>st</sup> Team All Northeast Ohio Conference Running Back (North Royalton High School)

**Metlesitz, Bryan** - 1<sup>st</sup> Team Northeast Ohio Conference Defensive Back, Honorable Mention All District (North Royalton High School/Case Western Reserve University)

**Thomas, Matt** – 1<sup>st</sup> Team Northeast Ohio Conference Punter, Northeast Ohio Conference Special Teams MVP, All Sun Southwest Team (North Royalton High School/Lake Erie College)

**Vendlinski, Joseph** – 2<sup>nd</sup> Team All Inland District Outside Linebacker, 1<sup>st</sup> Team All Conference, 1<sup>st</sup> Team All Gazette (Brunswick High School/Ohio Wesleyan College)

**Wulfoop, Ken** –All Patriot Athletic Conference Offensive Lineman, All Lorain County. Honorable Mention, All District, Lorain County Golden Helmet Award Nominee. (Wellington High School/Heidelberg University)