

2022-23 Concordia Lifting Sports Roster

MEN	Year	Wt.	Hometown	Previous School
Dax Davis	So.	67.5 kg	Grand Island, Neb.	Grand Island Senior HS
Grant Fristo	So.	89 kg	Lee's Summit, Mo.	Summit Christian Academy
Evan Fukuhara	Fr.	73 kg	Sacramento, Calif.	John F. Kennedy HS
Garin Gilmore	Fr.	125 kg	Riverton, Kan.	Riverton HS
Jack Hedke	So.	110 kg	Marysville, Kan.	Marysville HS
Adrian Hernandez	Fr.	110 kg	Grand Island, Neb.	Grand Island Senior HS
Mitch Myers	Fr.	81 kg	Lakeville, Minn.	Lakeville South HS
Pryce Ostermeier	Fr.	90 kg	Grand Island, Neb.	Grand Island Senior HS
Hunter Powers	Fr.	75 kg	Grand Island, Neb.	Grand Island Senior HS
Garrett Reimche	Fr.	75 kg	Lenexa, Kan.	Midland Adventist Academy
Joe Vega	Fr.	82.5 kg	Middleton, Idaho	Vision Charter HS
Jacob Wagoner	Fr.	75 kg	Columbus, Neb.	Columbus HS
WOMEN	Year	Wt.	Hometown	Previous School
Mary Berris	Fr.	49 kg	Windsor, Colo.	Windsor HS
Emily Guter	Fr.	87 kg	Rocklin, Calif.	Rocklin HS
Kenzie Houser	So.	67.5 kg	Riverton, Kan.	Riverton HS / Fort Scott CC
Rylee Kara	Fr.	71 kg	Osseo, Minn.	Osseo Senior HS
Rylee Ladd	Fr.	56 kg	Chetek, Wis.	Cameron HS
Kayleigh Maloney	Fr.	64 kg	Nampa, Idaho	Kuna HS
Emma Singer	Sr.	60 kg	Spearfish, S.D.	Belle Fourche HS
Abigail Velten	So.	67.5 kg	Whitesboro, Texas	Whitesboro HS
Sydney Wadsworth	Fr.	87 kg	Meridian, Idaho	Mountain View HS

Head Coach: Freddie Myles (1st Year)