

Vertical Jump

May 09

August 09

Name	School	VJ	Name	School	VJ
Morris, James	Solon	31.5	Morris, James	Solon	33
Sleeper, Wes	Solon	31.5	Miller, Tanner	Mid Prairie	32.5
Loveless, Derrick	Solon	30.5	Sleeper, Wes	Solon	31
Miller, Tanner	Mid Prairie	29.5	Klosterman, Dean	Solon	30
Passmore, Zach	Mid Prairie	29	Ashton, Andy	Solon	27
Schmidt, Andy	Wartburg College	29	Campbell, John	West	27
Klosterman, Dean	Solon	28.5	Adams, Clayton	Solon	26
Halsch, Anthony	Regina	28	Meade, Jacob	Clear Creek Amana	25.5
Ward, Zach	Solon	28	Butler, Logan	Solon	25.5
Brimeyer, Travis	Solon	27.5	Constant, Andy	Solon	25.5
Sullivan, Sean	Regina	27	Henry, Nick	Solon	25
Brenneman, Lucas	West	27	Larew, Max	Lonetree	25
Ashton, Andy	Solon	26.6	Moore, Jack	Lonetree	24.5
Campbell, John	West	26.5	Dall, Austin	Solon	24.5
Siddell, Rory	Solon	26	Thompson, Kent	Lonetree	24.5
Kelsay, Matt	West	26	Stebal, Colin	Solon	24
Kittle, George	West	26	Morris, Jake	Solon	23.5
Thompson, Kent	Lonetree	25.5	Klouda, Andy	Solon	23.5
Constant, Andy	Solon	25.5	Hanus, JJ	Solon	23.5
Rogers, Charlie	West High	25.5	Loving, Zak	Lonetree	23.5
Butler, Logan	Solon	25	Brown, Jacob	Solon	23
Bay, Brandon	West	25	Constant, Evan	Solon	23
Moore, Jackn	Lonetree	24.5	Ratzer, Levi	Lonetree	23
Reichel, Jedd	Regina	24.5	Nigg, Ben	Solon	22.5
Westemeyer, Ross	Regina	24.5	Lorack, Gabe	Lonetree	22.5
Hanus, JJ	Solon	24.5	Shelman, James	Solon	22.5
Klouda, Andy	Solon	24.5	Zeman, Lucas	Lonetree	22
Smith, Tyler	Solon	24.5	Reeve, Zach	Solon	22
Rohret, Joshua	Clear Creek Amana	24.5	Dall, Colton	Solon	22
Barenz, Andrew	Solon	24	Buline, Dillon	Lonetree	22
Loving, Zak	Lonetree	24	Brumwell, AJ	Solon	21.5
Ratzler, Levi	Lonetree	24	Jedlicka, Brian	Solon	21.5
Powell, Jaemin	Mid Prairie	24	Norland, Derek	West	21.5
Hames, Mitchell	Regina	24	Wears, Colton	Solon	21.5
Hackert, Quinn	Solon	24	Reynolds, Tyler	Lonetree	21.5
Henry, Nick	Solon	24	Ronan, Austin	Lonetree	21
Koenn, Marshall	Solon	24	Larew, Connor	Lonetree	21
Reynolds, Tyler	Lonetree	23.5	Kroymann, Kyle	Solon	21
Arnold, Kevin	Regina	23.5	Rayner, Quinn	Lonetree	20.5
Constant, Evan	Solon	23.5	Gibson, Colin	Lonetree	20.5
Dall, Austin	Solon	23.5	Prymek, Dakota	Clear Creek Amana	20.5
Steffeny, Devyn	Solon	23.5	Sieverting, Lucas	Lonetree	20
Klatt, Ryan	West	23.5	Sedlacek, Caleb	Clear Creek Amana	20
Weldon, Joe	Clear Creek Amana	23.5	Forbes, Bryan	Lonetree	20
Lehman, Braden	Regina	23	Aldeman, David	Mid Prairie	19.5
Rudolph, Matt	Regina	23	Birely, Austin	Solon	19.5
Jedlicka, Brian	Solon	23	Dodson, Andy	Lonetree	19.5
Morris, Jake	Solon	23	Sexton, Jacob	Lonetree	19.5
Pisarik, Paul	Solon	23	Wehmeyer, Derek	Lonetree	19.5
Leson, Matt	Upper Iowa College	23	Floyd, Zack	Lonetree	18.5
Potter, Johnny	West	23	Stumpf, Riley	Lonetree	18.5
Stewart, Ryan	West	23	Miller, Harry	Lonetree	18.5
Thompson, Jamal	West	23	Stumpf, Spencer	Lonetree	18
Boyt, Devlin	Regina	22.5	Quigley, Jordan	Lonetree	18
Reeve, Zach	Solon	22.5	Donovan, Bailey	Lonetree	18
Norland, Derek	West	22.5	Menzer, Ezra	Lonetree	17

Sherlock, Austin	West	22.5	Flake, Dustin	Lonetree	17
James, Tim	West High	22.5	Winegar, Tate	Solon	16.5
Buline, Dillon	Lonetree	22	Hora, Robert	Clear Creek Amana	16.5
Larew, Max	Lonetree	22	Murphy, Wyatt	Mid Prairie	16.4
Zeman, Lucas	Lonetree	22	Forbes, Logan	Lonetree	15.5
Hassman, Oliver	Mid Prairie	22	Brugman, Sam	Solon	15
Spencer, Mark	Regina	22	Menzer, Ian	Lonetree	14.5
Brown, Jacob	Solon	22	Sutton, Jonathon	Lonetree	13
Nigg, Ben	Solon	22	Lorack, James	Lonetree	13
Ronan, Austin	Lonetree	21.5			
Sexton, Jacob	Lonetree	21.5			
Aldeman, David	Mid Prairie	21.5			
McLaughlin, Ryan	Regina	21.5			
Shelman, James	Solon	21.5			
Fitzharns, Cole	West	21.5			
Miller, Brendan	LaSalle Middle Sch.	21			
Rayner, Quinn	Lonetree	21			
Browning, Ali	Regina	21			
Pulkrabek, Sam	Regina	21			
Dall, Colton	Solon	21			
Hackert, Lincoln	Solon	21			
Kroymann, Kyle	Solon	21			
Shulista, Aaron	Solon	21			
Sturgef, Spencer	Lonetree	20.5			
McKee-Crow, Alex	Mid Prairie	20.5			
Donovan, Michael	Regina	20.5			
Gerard, Nicholas	Regina	20.5			
Brumwell, AJ	Solon	20.5			
Olson, Shawn	Solon	20.5			
Lance, Tim		20.5			
Flake, Tyler	Lonetree	20			
Lorack, Gabe	Lonetree	20			
Asprey, Nolan	Solon	20			
Parysz, Pat	Solon	20			
Cox, Drew	Clear Creek Amana	20			
Gibson, Colin	Lonetree	19.5			
Larew, Connor	Lonetree	19.5			
Menzer, Ezra	Lonetree	19.5			
McCaffery, Patrick	Regina	19.5			
Forbes, Bryan	Lonetree	19			
Miller, Harry	Lonetree	19			
Quigley, Jordan	Lonetree	19			
Earles, Nicholas	Regina	19			
Birely, Austin	Solon	19			
Erenberger, Tyler	Solon	19			
Linden, Jamie	Solon	19			
Pike, Jay	Solon	18.5			
Yankish, Tyler	Solon	18			
Murphy, Wyatt	Mid Prairie	17.5			
Staak, John	Regina	17.5			
Acord, Devin	Lonetree	17			
Donovan, Bailey	Lonetree	17			
Kwon, Kyamin	Lonetree	17			
Dodson, Andy	Lonetree	16.5			
Sieverting, Lucas	Lonetree	16.5			
Wehmeyer, Derek	Lonetree	16.5			
Osterhaus, Ben	Regina	16.5			
Ries, Zach	Regina	16.5			
Schnoebelen, Andrew	Regina	16.5			

Vertical Jump:

Vertical jump is an expression of lower body vertical power and explosiveness in a single effort. The vertical jump is improved by training with olympic lifts, plyometrics and lower body strength exercises.

Miller, Austin	Solon	16.5
Handson, Calbert	Solon	16
Miller, Chris	Solon	16
Flake, Dustin	Lonetree	15.5
Forbes, Logan	Lonetree	15.5
Stumpf, Riley	Lonetree	15
Menzer, Ian	Lonetree	14.5
Pearson, Jake	Lonetree	14
Sutton, Jonathon	Lonetree	14
Strang, Joe	Regina	13
Rude, Nicholas	West	13
Lorack, James	Lonetree	12.5
Garcia, Noah	Lonetree	12
Moore, Alexander	Lonetree	11.5