

# Physical Fitness

## \*School Records\*

### *Shuttle Run*

<b>6<sup>th</sup> Boys</b>	James Pritchard	8.1	2004
<b>Girls</b>	Kelsea Herndon	8.63	2004
<b>7<sup>th</sup> Boys</b>	Stephen Flannery	8.22	2007
<b>Girls</b>	Kelsea Herndon	8.75	2005
<b>8<sup>th</sup> Boys</b>	Nathan Flanigan	7.62	2003
<b>Girls</b>	Alexis Young	8.68	2006

### *Sit Ups*

<b>6<sup>th</sup> Boys</b>	Ashton Murray	82	2012
<b>Girls</b>	Maegen Copeland	76	2004
<b>7<sup>th</sup> Boys</b>	Carson Foust	83	2009
<b>Girls</b>	Brittney Butler	67	2001
<b>8<sup>th</sup> Boys</b>	Dusten Unverzagt	84	2007
<b>Girls</b>	Rachael Pointer	122	1995

### *Pull Ups*

<b>6<sup>th</sup> Boys</b>	Devin Terry	29	2002
<b>Girls</b>	Kelsea Herndon	14	2004
	Britaney Ragusa	14	2004
<b>7<sup>th</sup> Boys</b>	Cody Wagner	33	2006
<b>Girls</b>	Rachael Pointer	23	1994
<b>8<sup>th</sup> Boys</b>	Nick Shewmake	36	2009
<b>Girls</b>	Rachael Pointer	37	1995

### *Push Ups*

<b>6<sup>th</sup> Boys</b>	Cooper Foust	61	2015-16
<b>Girls</b>	Brooke Wiegand	35	2015-16
<b>7<sup>th</sup> Boys</b>	Josh Franklin	54	2015-16
<b>Girls</b>	Taylor Murray	75	2015-16
<b>8<sup>th</sup> Boys</b>	Bradley Cox	56	2015-16
<b>Girls</b>	Andrea Belcher	38	2015-16

### *Mile Run*

Logan Brawley	5:34	2011
Kelsea Herndon	5:50	2004
Jake Erslon	5:20	2014
Kelsea Herndon	6:15	2005
Garrett Fulkerson	5:00	2013
Jessica Lee	6:04	2008

### *V-Sit Reach*

Spencer Frymire	+10.0	2015-16
Lorelei Brown	+9.0	2002
Brianna Yoder	+9.0	2006
Joshua Jenkins	+10.0	2001
Nikki Brewer	+12.0	2000
Lauren Reynolds	+12.0	2011
Joshua Jenkins	+10.5	2002
Wesley Barrett	+10.5	2005
Nikki Brewer	+12.0	2001
Sara Cobine	+12.0	2001
Crystal Gleason	+12.0	2008
Kayla Lavite	+12.0	2011
Lori Hickerson	+12.0	2012
Katie Malone	+12.0	2012
Lauren Reynolds	+12.0	2012

### *Standing Long Jump*

Geoffrey LeClaire	7'5"	2001
Hannah Sechrest	8'2"	2015
Seth Morton	8'2"	2005
Hannah Sechrest	8'3"	2015-16
Isaac Morckel	9'5"	2008
Allison Turner	7'2"	2004

### *Pacer Test*

Olivia Owens	52	2015-16
Cooper Foust	79	2015-16
Ryan Dawson	92	2015-16
Megan Douglas	74	2015-16
Andrew Raymond	91	2015-16
Cierra Parker	69	2015-16