

Aaron Diepenhorst

Rudyard High School



High School Coach:
Pat Maloney

Varsity Letters:
Football-3 years; Baseball-3

College Attending:
United States Marine Corps

Awards & Honors: 1st Team All-Conference OL (2x); 2nd Team All-Conference OL; 2nd Team All-Conference DL; Honorable Mention All-Conference LB; Special Mention All-Area; Honorable Mention All-ABC (2x); Honorable Mention All-State OL, Team Captain

Extracurricular Activities: Power lifting-2008 U.P. State Champ; Varsity 220 lb weight class (530 deadlift and 330 bench record); 2007 U.P. State Champ, J.V. 242 lb weight class (505 deadlift record), J.V. Best Lifter Award

Football Stats: Team Lineman Award (3x); Offense/Defense Starter (3 years); 350 bench press, 225 x 22 rep bench press