

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Cate School

Brad Gordon

Senior

When Brad first entered the weight room, he came in to do his physical therapy exercises from the Athletic Training Room. He had difficulty doing basic, entry level exercises. I didn't expect him to come back the following week. He did - again, and again. And he hasn't stopped since. For several years now he has been one of the most consistent presences in the weight room and one of the strongest individuals in the school. His presence will be missed next year. ~Erik Hansen

Collinsville High School

Trent Brown

#1 Doubles

Senior

Trent is a multi-sport athlete that plays Tennis in the Spring. Trent has committed himself to strength training and has not wavered. He has worked himself to be #1 Doubles for his Senior year. Trent was also selected Linebacker of the Year during the 2018 football season. He continues to train with a purpose and is a leader for any team he is a part of. ~Adam Hass



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD