

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Rochester Institute of Technology

Taylor Baird

Flyer

Senior

Taylor is in her final year with R.I.T. Cheerleading. She has dedicated herself to creating a team culture which truly values strength and conditioning. Taylor believed that strength training was necessary to endure complex and lengthy routines. She took it upon herself to hold teammates accountable for showing up to lift and buying-in to the new culture. Outside of the weight room, Taylor is an Accounting Major in the Honors Program with a 3.91 GPA. She is also the President of Alpha Sigma Alpha Sorority and works as an accounting tutor and a student manager for the NTID President's Office. ~Ryan Kelly



STRENGTH AND CONDITIONING
ATHLETE OF THE YEAR
AWARD