

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Huntingdon College

Katelyn Gilmore

Senior

Katelyn has used training to elevate her game consistently throughout her career. She has developed a great mindset, and has been a solid leader. ~Charlie Goodyear

Huntingdon College

Stephen Shephard

Senior

Stephen has been very dedicated to not only his training, but also to maintaining the culture of training in our Golf program. He has been a solid leader throughout his career. ~Charlie Goodyear

Lindenwood University

Brad Currier

Senior

Brad provides excellent leadership within the weight room. He constantly has a positive attitude that encourages the team to keep pushing. While competing at Lindenwood University Brad has played in 32 tournaments (will be 37 at the end of the season). In 2017-18 he was named a finalist for the Ken B. Jones award, which is given to the top student-athlete in the MIAA. During this same season, he had a career-low average score of 74.95 strokes per round over 21 rounds. In his 2016-17 season he was selected to the MIAA Academic Honor Roll and received the MIAA Excellence Award (he also received this award in the 2015-16 season) ~Hunter Haralson

Lindenwood University

Kayleigh Stevens

Women's Golf

Junior

Kayleigh is an athlete who has complete buy in to our strength and conditioning program. She has made huge personal strides in the weight room this year. She constantly goes out of her way to help her teammates understand movement patterns and how it will carry over to the course. Kayleigh puts in extra time on her own and is very coachable. ~Maddie Bohr