

2019 ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

Lindenwood University

Taylor Colwell

Bars, Beam, Floor

Junior

Taylor Colwell has grit. She faced an injury this year but she did not let it set her back. She constantly completed workouts to the best of her ability and always asked for extra. She is a great role model for all student athletes as she is able to balance school and give 100% to her sport. -Maddie Bohr

