

NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

2020 — COLLEGE — WHEELCHAIR BASKETBALL

THE UNIVERSITY OF ALABAMA

Rosalie Lalonde Position 3

Senior

Rosalie is one of the hardest working and toughest athletes I have worked with in my career. She is always pushing herself to be better on the court and in the weight room and simply does not accept anything but the best from herself. In addition to her competitive spirit, she is also a fierce teammate. Rosalie is constantly encouraging her teammates while also leading them to be better. During her tenure at the University, she has helped lead the Crimson Tide to two National Championships. She is also a member of Team Canada Wheelchair Basketball where she was voted Junior Player of the year in 2015. Also, she represented her country in the 2016 Paralympics in Rio and led them to a gold medal at the Lima 2019 Parapan American Games. Rosalie is also a superior student. She is on pace to finish her bachelor's degree in Human Development and Family Studies in May 2020 with a 3.46 GPA. Rosalie is a respectable student, a remarkable athlete, and an outstanding individual. ~Will Wright

THE UNIVERSITY OF ALABAMA Lindy Bridges Position 2.5 Senior

Lindy is a hard-nosed, blue-collar individual and a pleasure to train. He is constantly pushing himself physically in the weight room and on the court and has earned everything in his athletic career. Lindy always brings a high positive energy to training sessions that is contagious amongst his teammates. Lindy has been an instrumental part of the two National Championships won during his time at the University and always finds a way to lead regardless of how his role may change. He is also a committed student who has completed his bachelor's degree at the university in Exercise and Sport Science and is currently working on a master's degree in Sport Management. Lindy's contributions to the university will leave a lasting impression for future generations and I am proud to have worked with him. ~Will Wright