

















# 2018 MINOR LEAGUE STRENGTH & CONDITIONING COACH OF THE YEAR AWARDS



AAA			
INTERNATIONAL LEAGUE	BRYAN KING - Durham Bulls		
PACIFIC COAST LEAGUE	AL SANDOVAL - Round Rock Express (3 TIME WINNER)		
AA			
EASTERN LEAGUE	CHRIS MESSINA - Portland Sea Dogs		
SOUTHERN LEAGUE	PAUL HOWEY - Mississippi Braves		
TEXAS LEAGUE	SHAUN ALEXANDER - TULSA DRILLERS (2 TIME WINNER)		
A - ADVANCED			
CALIFORNIA LEAGUE	MARK SPADAVECCHIA - San Jose Giants		
CAROLINA LEAGUE	WILL GILMORE - Wilmington Blue Rocks (2 TIME WINNER)		
FLORIDA STATE LEAGUE	LOGAN BYNAM - Bradenton Marauders		
A			
MIDWEST LEAGUE	FRANK SPINELLI - Peoria Chiefs (2 TIME WINNER)		
SOUTH ATLANTIC LEAGUE	GOLDY SIMMONS - Kannapolis Intimidators (2 TIME WINNER)		
A - SHORT SEASON			
NEW YORK-PENN LEAGUE	MARCOS SIERRA - Connecticut Tigers		
NORTHWEST LEAGUE	JOE PALAZZOLO - Salem-Keiser Volcanoes		
ROOKIE			
APPALACHIAN LEAGUE	LARRY ADEGOKE - Pulaski Yankees		
ARIZONA LEAGUE	TIE	COLE DURHAM - AZL Reds	
		CHRIS HAYS - AZL Dodgers	
GULF COAST LEAGUE	LEE TRESSEL - GCL Yankees East (3 TIME WINNER)		
PIONEER LEAGUE	NATE FRIEDMAN - Missoula Osprey		