

Lindenwood University

Digital Commons@Lindenwood University

Archived Lindenwood Press Releases

Public Relations

2-27-2020

Hayden Spotlited as First Female Strength and Conditioning Coach in MLB

Lindenwood University

Follow this and additional works at: https://digitalcommons.lindenwood.edu/press_releases



Part of the [Business and Corporate Communications Commons](#)

HAYDEN SPOTLIGHTED AS FIRST FEMALE STRENGTH AND CONDITIONING COACH IN MLB

February 27, 2020

Andrea Hayden, who has a master's degree in human performance from Lindenwood and also worked full-time in the Athletic Performance Department, was recently featured in a story on MLB.com as the first female strength and conditioning coach in the history of Major League Baseball. Hayden left Lindenwood for a fellowship with MLB in 2019 and joined the coaching staff with the Minnesota Twins in November.

- [Read the full story on MLB.com.](#)