



# Daviess County Public Schools

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**PHOTOGRAPHS ATTACHED**

## Matthews named Kentucky Coach of the Year

Tyler Matthews has been named Kentucky Strength Coach of the Year by the National High School Strength and Conditioning Association. Matthews, who serves as strength and athletic development coach at Apollo High School, will represent Kentucky as he advances in consideration for Coach of the Year honors at the Great Lakes Regional level, which includes Indiana, Illinois, Michigan, Ohio and Wisconsin.

Matthews is a certified strength and conditioning specialist, which is considered the “gold standard” certification from the National Strength and Conditioning Association. He earned a bachelor of science degree with a major in human health and development and an emphasis on strength and conditioning from the University of Louisville; and has a master of arts degree in teaching / physical education from Cumberland University.

He began his career as an intern and volunteer at Trinity High School in Louisville and the Louisville Sports Performance Institute before joining Kentucky Wesleyan College as strength coach for the football team and part-time for the men’s basketball team before joining AHS five years ago.

In acknowledging the state-level honor, Matthews was quick to give credit to Apollo High School for its supportive environment for both students and faculty. “It’s just really great to know the hard work pays off, and is recognized and appreciated,” Matthews said. “This is something that is really going to motivate me even more.”

Matthews said the award goes beyond personal recognition. “This honor brings a positive light to our school and program,” he said. “I believe a kid’s best shot at being prepared for life and college, and potentially earning a scholarship to play at the collegiate level, is available here at Apollo. This is the place to be! This is the greatest situation I could hope for, and I just want everyone to know Apollo’s support had a huge role in this award.”

In his role as a member of the AHS athletic instructional team, Matthews said strength and conditioning benefit students on the field of competition – and in life. “Our program teaches kids the value and rewards of hard work,” Matthews said. “When the outcome is worth anything, progress and change are not comfortable, nor easy. My goal is to work with students to increase discipline, reduce injury and improve performance. These things are important in athletic competition, but equally important in building the habits that lead to a life of balance and overall wellness.”

**Note to media** – Tyler Matthews is available for interviews at Apollo High School, 2280 Tamarack Road. Contact him at [tyler.matthews@daviess.kyschools.us](mailto:tyler.matthews@daviess.kyschools.us) or 270-302-7485 to schedule a visit to see him in action.

For more information, contact DCPS Public Information Officer Lora Wimsatt  
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