

## John Allen



John Allen played baseball and football at Garland High School. In his time there he was a four time All-District selection in baseball as well as three time All-District selection in football and 5A Football State Champion.

After high school, John Allen played baseball at Grayson County College, Richland College, and Lamar University. In 2002 he was named the National JUCO Player of the Year, Conference MVP, and was a JUCO World Series Champion. The following seasons he was named All-NCAA D1 South Region in 03 and 04, All-Southland Conference 03 and 04, Conference Champion 03 and 04, All-University of Texas Regional Tournament in 03, and All-Southland Conference Tournament in 04.

Following his college career, John signed as a free agent to play professionally. He continued in the minors for ten years. In that time he was selected to All Star teams in 08, 09, and 10, Post Season All Star teams in 08 and 09, and league champions in 05, 06, and 07. He holds career records for hits, HRs, RBIs, doubles, and runs.

Johns coaching career actually began while he was rehabbing from Tommy John surgery in 2006 where he was the hitting coach and strength and conditioning coach at Richland College. In just two years he coached six All-Americans and his hitters set school records for team average, HRs, doubles, RBIs, hits, and runs scored. He also coached one year professionally as the hitting coach for Laredo.

In this time John has earned a Bachelor of Business Administration and a Master of Science in Kinesiology.

### High School:

- Four year All-District OF selection at Garland High School (97, 98, 99, 00)

- Three year All-District LB selection at Garland High School (97, 98, 99)

- 5A Football State Champion (99)

### College:

- National Player of the Year JUCO (02)

- Conference MVP (02)

- JUCO World Series Champions (02)

- Two time All-Southland Conference (03, 04)

- Two time All-NCAA D1 South Region (03, 04)

- All-University of Texas Regional Tournament (03)

- All-Southland Conference Tournament (04)

- Southland Conference Champions (03, 04)

### Professional:

- American Association South All Star (08, 09, 10)

- American Association Post Season All Star (08, 09)

- League Champions (05, 06, 07)

- Hold records for career hits, HRs, RBIs, doubles, runs

