

Young Named Interim Director of Strength and Conditioning

Written by Staff Reports

Wednesday, 04 January 2012 09:14

Kareem Young, a former Appalachian State University football standout and assistant director of strength and conditioning at ASU for the past two years, has been promoted to

interim director of strength and conditioning, director of athletics Charlie Cobb announced on Tuesday.

Young will oversee the strength and conditioning efforts of Appalachian's 20 varsity programs while working primarily with Mountaineer football. He has worked with the football program extensively since joining ASU's staff in 2010 and also directed strength-and-conditioning activities for men's and women's soccer each of the past two years and women's basketball last season.

A four-year letterwinner and three-year starter at running back for ASU from 1994-98, Young spent eight years in the business sector at IBM. While with IBM, he remained active in the field of sports performance with the L.I.F.T. Health Organization, which he has been involved with since 2000. He currently serves on the organization's board of directors and is the research lead for a case study titled Cognition in Competition: Evaluating Athletic Achievement and Performance, which examines mental cognition of athletes that results in higher physical achievement and performance levels.

Young left IBM in 2005 to return to athletics on a full-time basis in his native Tampa, Fla. He served in a variety of roles with the Robles Park Wildcats youth football organization, including as president and head coach, and spent 18 months as an assistant coach and head athletic trainer at Tampa's Middleton H.S. before returning to Appalachian, where he earned a B.S. in industrial/organizational psychology and business.

Last summer, Young was a training camp/preseason strength and conditioning intern for the National Football League's Oakland Raiders.

Young replaces Mike Kent, who has accepted a similar position at Colorado State, where he will work closely with longtime friend Jim McElwain, CSU's recently named head football coach. Kent and McElwain were on the same staff at Louisville from 2000-02.

Also on Tuesday, assistant football coaches Brad Glenn, Trey Elder and John Holt resigned their positions at ASU to join the staff of former Mountaineer assistant Mark Speir at Western Carolina. A search to fill the four open positions on Appalachian's football staff will begin immediately.

Star RB Transferring To ASU

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Running back Quarterrio Morgan, a three-star recruit from Mount Zion High School in Jonesboro, Ga., has announced he will transfer from Western Kentucky University to Appalachian State.

Morgan, who was also a Georgia Tech recruit before academics became an issue, stands five-foot-ten and weighs in at 181 pounds. He did not play for WKU last season. He ran for 1,470 yards and 22 touchdowns his junior year at Mount Zion.

Morgan had offers from ASU, Georgia Southern, Georgia Tech, Illinois, Illinois State, Indiana, Memphis, Middle Tennessee, South Alabama and Tulane coming out of high school, according to Rivals.