

## Alexandria Marie Anderson

Alexandria Anderson began her fitness journey at a young age. Competing in track and field since the age of 6, she competed for the University of Texas at Austin Lady Longhorns from 2005-2009, where she was a National Champion. Alexandria is a recently retired World Class NIKE American sprinter who specialized in the 100 and 200 meters. After competing on several USA World Medal Winning International Teams for 8 years, she decided to retire and continue in the fitness industry. Receiving her ACE certification in January 2018, Alexandria continues to pursue her passion of fitness, nutrition and sports. She became a personal trainer, meditation instructor, nutrition specialist because she truly has the desire to help others be the healthiest version of themselves they can be. She believes that fitness, nutrition and mindfulness work together in order to create a perfectly balance lifestyle.. In Fall 2018, she launched her business **Essential Fitness ATX**, *with a mission to bring a holistic experience that integrates training for the body, mind and spirit. With this approach customized for the unique individual, you will unlock your full potential in the gym and in life.* E.F.ATX specializes in functional movement & strength training, core and balance, sports performance and cardiovascular conditioning along with nutrition and meditation for all fitness levels and ages. She trains and works with high school students to active aging adults. She will be completing her yoga teacher training in March 2020.

Alexandria has always believed in the adage – To whom much is given, much is required. She is heavily involved in community organizations, non-profits and volunteers on a weekly basis. One of her favorite organizations is A.P.I.E, Austin Partners in Education. Alexandria is a mentor at Ortega Elementary School in East Austin and was recently named their mentor of the Year. She understands the importance of giving back, being a great role model and encouraging student athletes to pursue their dreams.

### **FAMILY INFO:**

*Parents* – Alonzo and Cynthia Anderson

*Siblings* – One older brother Christopher, one younger brother Alexander and one younger sister Ashlee

### **HIGH SCHOOL:**

Morgan Park High School; Graduated 2005; GPA 4.2

### **HIGH SCHOOL SPORTS INFO**

#### **TRACK AND FIELD:** *13 Individual State Titles*

- Four-time State Champion - 100m
  - Four-time State Champion – 200m
  - Two-time State Champion – 400m
  - Three-time State Champion – Long Jump
- 2001-2002 State Champion – 4x100m Relay  
Holds IHSA State Records: 100m - 11.41, 200m - 23.32,

400m - 52.63, Long Jump - 20'9" (broke Jackie Joyner Kersee record held since 1979)

Gatorade Illinois Athlete of the Year: 2002-2003, 2003-2004, 2004-2005

Chicago Tribune Outstanding Achievement – 2001-2002, 2004-2005

Chicago Tribune Athlete of the Month – May 2004

2004 Verizon Outstanding Youth Athlete

Jackie Joyner-Kersee East St. Louis Relays Most Outstanding Athlete 2004, 2005

Chicago Public Schools Most Outstanding Female Student/Athlete 2005

Willie White Gold Medal Award – June 2002

### **VOLLEYBALL:**

All City Volleyball w/multiple City Championships

Four-year Varsity volleyball

All Area Volleyball Team – 2003

Oak Lawn Volleyball Invitational All Tournament Team 2004

Chicago Suntimes All State Team – 2004

### **COLLEGIATE:**

2009 NCAA Outdoor 100m champion (11.20)

Two-time NCAA Indoor 60m runner-up – 2009 (7.24), 2008 (7.17)

Two-time NCAA 200m bronze medalist – 2009 outdoor (22.88), 200 Indoor (22.81)

17-time NCAA All-American

Three-time Big12 Champion (Indoor 60-meter dash, 4x100-meter relay, Outdoor 100-meter dash)

19-time All-Big 12

### **PROFESSIONAL:**

#### ***USA Championships***

2011 USA Indoor 60m champion (7.12)

2013 USA Outdoor 100m bronze medalist (10.91)

2006 USA Junior 100m champion (11.12)

2005 USA Junior 200m runner-up (22.96)

2005 USA Junior 100m bronze medalist (11.69)

#### ***International Championships***

2014 Outdoor World Relay Championship 4x100m Gold Medalist (Bahamas)

2013 Outdoor World Champion 4x100m silver medalist (42.75)

2013 Outdoor World Championship 100m finalist

2006 World Junior 4x100m gold medalist

2005 Pan Am Junior 200m runner-up (23.06)

**2013:** 2nd at Brussels (10.97); 3rd at Linz (11.27); 2nd at Stockholm (11.25); 2nd at World Outdoors 4x100m (42.75), 7th in 100m (11.10); 2nd at Monaco 4x100m (41.78); 3rd at Madrid 100m (11.07); 3rd at USA Outdoors 100m (10.91); 2nd at Ponce (11.30)

**2012:** 8th at Olympic Trials 100m (11.37), 5th in heat 3 of 200m semifinal (23.09); 4th at Ponce Grand Prix (11.43); 1st at Austin Longhorn Invitational in 200m (22.84); 4th at New Balance Indoor Grand Prix (7.26); 4th in heat at USATF Classic (7.25); 4th at USA Indoors (7.20)

**2011:** Ran prelims on USA 4x100m 1st place relay at World Outdoors (41.94); 6th at London (11.26); 5th at USA Outdoors (11.07); 6th at New York Grand Prix (11.63); 6th at Pre Classic (11.02); 1st at USA Indoors in the 60m (7.12)

**2010:** 6th at USA Outdoors 100m (11.44)...5th at USA Outdoors 200m (22.83)

**2009:** 6th in Monaco (11.18); 4th in London (11.63); 4th at USA Outdoors (11.00w); NCAA 100m champion (11.20) and 3rd in 200m (22.88); 1st at Big 12 Outdoor 100m (11.25) and 3rd 200m (23.24); NCAA Indoor 60m runner-up (7.24) and 4th in 200m (23.11); 1st at Big 12 Indoor 200m (23.23) and 2nd at 60m (7.31)

### ***USA/World Rankings and Personal Bests***

**2013:** Outdoor bests – 100m, 10.91 (No. 3 in the USA, No. 6 in the world)

**2012:** Indoor best – 50m, 6.28 (No. 3 in the USA, No. 13 in the world); 60m, 7.18 (No. 7 in the USA, No. 16 in the world); Outdoor best 100m, 11.12 (No. 10 in the USA, No. 30 in the world)

**2011:** Indoor bests – 60m, 7.12 (No. 2 in the USA, No. 3 in the world); Outdoor bests – 100m, 11.01 (No. 3 in the USA, No. 10 in the World); 200m, 22.87 (No. 20 in the USA)

**2010:** Outdoor bests – 100m, 11.04 (No. 5 in the USA, No. 11 in the world); 200m, 22.83 (No. 11 in the USA, No. 34 in the world)

**2009:** Indoor bests – 60m, 7.19 (No. 8 in the USA, No. 15 in the world); Outdoor bests – 100m, 11.02 (No. 3 in the USA, No. 9 in the world); 200m, 22.60 (No. 12 in the USA, No. 22 in the world)

**2008:** Indoor bests – 60m, 7.17 (No. 3 in the USA, No. 11 in the world); Outdoor bests – 100m, 11.07 (No. 13 in the USA, No. 22 in the world); 200m, 22.75 (No. 13 in the USA, No. 40 in the world)

**2007:** Indoor bests – 60m, 7.25 (No. 10 in the USA, No. 31 in the world); Outdoor bests – 100m, 11.21 (No. 19 in the USA, No. 38 in the world); 200m, 22.67(No. 9 in the USA, No. 20 in the world)

**2006:** Indoor bests – 60m, 7.30; Outdoor bests – 100m, 11.12(No. 10 in the USA, No. 16 in the world); 200m, 23.16

**2005:** Outdoor bests – 100m, 11.39; 200m, 22.96

**2004:** Outdoor bests – 100m, 11.41; 200m, 23.45