

Alabama Baseball Coaches Association Distinguished Service Award



LOU THORNTON **2019 Recipient**

*“In Recognition of a Lifetime of Outstanding Achievement in the game of Baseball.
The State of Alabama will forever be in your debt.”*

Lou Thornton has been a common fixture at Alabama Baseball Coaches Association events as a speaker or clinician since the ALABCA was founded in 1995. Whenever ALABCA Executive Director Barry Dean has called upon Lou to lend a helping hand he’s always made time to be there to serve. Dean says, “Lou has spoken at the Convention before, been a clinician on more than one occasion at our high school winter showcase and clinic, and has been a frequent speaker and clinician at the summer high school All-Star Event.” His talk at the All-Star Event on his journey to and life in the big leagues is captivating, as is his journey to pursue his undergraduate and masters degrees during and after is professional playing career.” Dean says, “Lou has impacted no telling how many lives when he gives his inspirational and challenging talk to the 120-160 high school underclassmen and their parents at our All-Star Event.”

Lou is a native of Hope Hull, Alabama, where he attended and graduated from Jefferson Davis High School in Montgomery in 1981. He signed a college baseball scholarship with the University of Alabama, yet decided to sign a professional contract after being drafted by the New York Mets in the 19th round of the MLB June Amateur Draft. Lou made his Major League debut with the Toronto Blue Jays in 1985. He played parts of five seasons in the Major Leagues between 1985-1990.

Lou used his MLB Baseball Scholarship to attain his BS degree in Education from Auburn University at Montgomery in 1994. Lou then went on to complete his Masters Degree in Education from AUM in 1995. He’s been employed by AUM since his graduation in 1995, as an instructor early on and currently as the Director of Wellness at the AUM Wellness Center.

Dean goes on to say about Lou, “He’s the model of someone who serves selflessly to a cause greater than himself, and in any way called upon. To have played at the highest level of baseball, as very few have, he treats everyone as if they were a big league teammate of his.”

Honored January 18, 2019