

Coach Bill Alford, Cornerstone's Strength & Conditioning Coach, is a graduate of Vanderbilt University, where he earned a Bachelor of Science in Engineering Science. During his time at Vanderbilt, Coach Alford played defensive back for the Commodores before pursuing a professional football career.

Following college, he spent time with several professional organizations, including the Baltimore Ravens, Atlanta Falcons, and Denver Broncos, and also played internationally with Frankfurt Galaxy. He later continued his success as a standout defensive back for the Jacksonville Sharks, helping the team secure the Arena Bowl XXIV championship in 2011.

After his playing career, Coach Alford transitioned into coaching and athlete development. Known for his leadership, discipline, and passion for developing athletes, he continues to make a meaningful impact through strength and conditioning and mentorship. Coach Alford is excited to join the Spartans and help our student-athletes grow in both strength and virtue.