Lynwood Cowan

Sturgis, KY native, Rev. Lynwood Cowan was a basketball standout at SIC from 1976 to 1978. Cowan earned All-Conference honors for his efforts. After his Southeastern Illinois College career, Cowan continued his involvement with basketball as assistant coach for the Community Basketball League in Paris, TN for two years. Although he stays in touch with his family members in western Kentucky, Cowan currently resides in Orlando, FL with his wife, Rosemary. Working professionally as a cab driver, he also enjoys ministering the gospel. He is the proud father of four: Kristy, Shavonda, Sharon, and Charles. Cowan’s memories of Southeastern include when “we made it to the semi-finals and were escorted back home by the police. The whole town was proud of us and had a parade in honor of the SIC ball players.”