

# Nationals Baseball Prevention of Injury & Performance Workshop for Coaches

**Saturday, February 2, 2013**

**8:30am - 2:30pm**

**Cost: \$125** Register on NSPA website [http://nspacertified.com/?page\\_id=417](http://nspacertified.com/?page_id=417)

**Hosted by The Arena Club**

## Workshop Includes:

- Baseball-specific Strength & Speed Training w/ renowned professionals
  - Batting Tips
  - Agility & Power Development
  - Shoulder Injury Prevention & Strength
  - Importance of Nutrition & Supplementation
- Upper/ Lower Body Strength Position & Pitchers
  - Program Sponsor Presentations



### Coach John Philbin

Director of Conditioning, Washington Nationals

2012 Best Record in MLB Baseball  
NLE Division Champions

Players Include: Stephen Strasburg,  
Bryce Harper, Ryan Zimmerman, Jayson Werth

### Additional Coaches:

Matt Eiden, CPT, CCS, Washington Nationals  
Assistant Strength & Conditioning Coach

Mike Edge, BA, CPT, CSPS, CSCS,  
Washington Nationals Assist. Strength & Condi-  
tioning Coach, The Arena Club Athletics Director

## SWINGXP

*The bat that will revolutionize baseball.*

**NSPA**  
National Strength Professionals Association

**Cosamin<sup>®</sup> ASU**  
JOINT HEALTH SUPPLEMENT



2304 Churchville Road  
Bel Air, MD 21015  
410-734-7300  
[www.thearenaclub.com](http://www.thearenaclub.com)



### Steve Lombardozzi

Second Baseman, Washington Nationals

Throws: Right, Bats: Switch

College: St. Petersburg College (FL)

Named a preseason third-team Rawlings' high school All-American in 2005.

Selected by the Washington Nationals in the 19th round (571st overall) of the 2008 Major League Baseball Draft.

On the Double A Harrisburg Senators in 2011 he achieved a .309 BA in 65 games

Called up to the majors for the first time on Sept. 6, 2011. Earned a spot on the Nationals' 25-man roster for the 2012 season. Achieved a .333 BA as a semi-regular through May 20, 2012.