# Nationals Baseball Prevention of Injury & Performance Workshop for Coaches

Saturday, February 2, 2018 830am — 230pm

Costs \$125 Register on NSPA website http://nspacertified.com/?page\_id=41 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

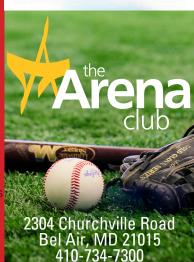
2012 Best Record in MLB Baseball **NLE Division Champions** Bryce Harper, Ryan Zimmerman, Jayson

### **Additional Coaches:**

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

Mike Edge, BA, CPT, CSPS, CSCS, Washington Nationals Assist. Strength & Condi-





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.