



OAKLAND ATHLETICS

Media Release

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FOR IMMEDIATE RELEASE:

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A's Name Mike Henriques Interim Strength & Conditioning Coach

OAKLAND, CALIF. – The Oakland Athletics today named Mike Henriques the team's interim strength and conditioning coach, replacing Bob Alejo who has accepted a position at North Carolina State University as assistant athletic director for strength and conditioning.

Henriques, hired as the A's minor league strength and conditioning coordinator this past November, previously spent five seasons in the San Diego Padres' minor league system (2006-10) including two years as their assistant coordinator. The Central Connecticut State graduate also served four off-seasons with the NBA's Portland Trail Blazers as assistant strength and conditioning coach from 2007-10, as well as a summer internship at Arizona State in 2005.

Alejo finishes his second stint in Oakland, having served as director of strength and conditioning from 1993-2001 and then returning in the same capacity in 2009. He previously held strength and conditioning positions at UC Santa Barbara (2005-08) and UCLA (1984-93).

Henriques (pronounced hen-REEKS) will join the A's this week, the team said.

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