



OAKLAND ATHLETICS

Media Release

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A's Nagahara Named Athletic Trainer of the Year for Arizona Summer League

OAKLAND, Calif. – Toshiaki Nagahara, the Oakland A's minor league trainer for the club's Arizona Rookie League team, has been named Athletic Trainer of the Year for the Arizona Summer League as voted on by his peers. He is now an eligible candidate, along with trainers from 15 other leagues, to be recognized as the Professional Baseball Athletic Trainers Society' Minor League Athletic Trainer of the Year.

Nagahara, a native of Takamatsu, Japan, came to the United States in 1997 when he attended Southern Arkansas University, earning his B.S. degree in exercise science in 2001. He became a certified athletic trainer in 2001 and later graduated with a master's degree in exercise science from Southern Arkansas in 2003, along with his certification through the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS).

After his graduation, he served an athletic training/strength and conditioning internship with the Chicago Cubs during minor league spring training in 2004. From 2004-07, Nagahara worked for the A's in many roles within the minor league system as an athletic trainer and strength and conditioning coach. He assisted the Modesto A's (former Single-A affiliate), Sacramento River Cats (current Triple-A affiliate), along with spring training and instructional league programs during that period.

From 2008-09, Nagahara worked as an assistant athletic trainer and interpreter for the Cleveland Indians at the major league level. During that time, he assisted staff, players and media in interpreting for Japanese relief pitcher Masa Kobayashi. Following his time in Cleveland, Nagahara joined the Pittsburgh Pirates' major league staff in 2010, serving in a similar role in interpreting for infielder Akinori Iwamura and assisting the minor league medical and rehabilitation coordinators.

In December 2010, he rejoined the Oakland A's as the Arizona League Rookie League athletic trainer in Phoenix, Ariz. While performing those duties this season, he has also assisted the minor league medical coordinator in the treatment and rehabilitation of minor league players.

Nagahara resides in Stow, Ohio in the off season with his fiancée, Christine, whom he plans to wed this November.

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