



# OAKLAND ATHLETICS

## Media Release

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FOR IMMEDIATE RELEASE:

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### A's Borgard Named California League Strength & Conditioning Coach of the Year

OAKLAND, Calif. – Chris Borgard, strength and conditioning coach for the Oakland Athletics' Single-A affiliate in Stockton, has been named 2012 California League Strength and Conditioning Coach of the Year. The annual award, presented by the Professional Baseball Strength & Conditioning Coaches Society (PBSCCS), is voted upon by the strength and conditioning coaches from each team in the California League.

Borgard, who has served three seasons in the A's minor league system with Stockton and Vancouver, holds a B.S. degree in exercise science from Arkansas State (2007) and a master's degree in kinesiology from Cal Poly San Luis Obispo (2010). He initially served as a strength and conditioning assistant at Cal Poly from 2008-2010, as well as stints as strength and conditioning intern coach with the St. Louis Rams in 2007 and training camp guest coach with the Oakland Raiders in 2009.

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