

FORMER TEXAS RANGER TOP PROSPECT

GERALD SMILEY PRESENTS:

2 MONTH MAJOR LEAGUE SPRING TRAINING CONDITIONING COURSE

Gerald's 8 years of experience with the Texas Rangers Organization, Northeastern Oklahoma A&M Pitching Coach joined with his work history with Orel Hershiser, Tom House, Nolan Ryan & Bob Cluck (founder of the San Diego School of Baseball) will give your ball player the fundamentals and special attention it takes to maximize his performance during competition.

LOCATED AT UTAH PRO PERFORMANCE INDOOR TRAINING FACILITY

3532 GALAXY PARK PLACE

WEST JORDAN, UTAH 84088

SESSIONS WILL START JAN. 11, 2010

- ARM STRENGTHENING
- CORE STRENGTHENING
- SPEED & AGILITY
- LOWER BODY STRENGTHENING
- MEDICINE BALL WORK
- SLIDE BOARD WORK



- LEARN TO BE EXPLOSIVE
- FLEXIBILITY
- ROTATOR CUFF STRENGTHENING
- RHYTHM & TIMING
- TUBING
- TRAMPOLINE WORK

"I find Gerald to be an honest, hardworking, conscientious young man, who is willing to give of his time to all individuals who are in need of whatever he can provide. I would not hesitate to work with him. I consider him to be one of the most impressive young people I have had the pleasure to meet and also a good friend."

~Bill North, 3 time MLB World Series Champion

"Gerald is a high energy, extremely professional coach that excels in proper and repeatable pitching mechanics. I have personally witnessed dramatic results in numerous clients."

~Ryan Fox, MLB Washington Nationals Scout

"Gerald Smiley is a hard working instructor with the background and experience to help those who want to work hard and improve---he has played professional baseball and been around some outstanding coaches who have given him the insight to help those he coaches--I recommend him"

~Ron Hopkins, Texas Rangers Scouting Director

*"It is rare in life that you come across a person who enjoys the job they have and approaches it with pure sincerity and passion. "*

~Nate Burleson, Seattle Seahawks

*"Gerald understands how to use the tools that someone has and take those tools to another level. He has done so much for me in understanding the game and getting to know myself as a better person. So I highly recommend him as a friend and a mentor of the game."*

~Christian Scholl, 8th Round Pick (Angels)

\$225 non -member -\$200 for members= 24 (1 HOUR AND 30 MINUTE SESSIONS)  
INCLUDES A FREE SPRING TRAINING T- SHIRT.

