



BC Minor Baseball Association

# Coaches Conference

2021

Friday Mar. 26th  
Saturday Mar. 27th  
Sunday Mar. 28th

5:00 PM - 10:00 PM  
8:00 AM - 5:00 PM  
8:00 AM - 2:00 PM

Virtual Event Hosted by HQ Enterprise



Register here:

[REGISTER NOW!](#)

Or visit:

[www.bcminorbaseball.org](http://www.bcminorbaseball.org)

Brought to you, in part, by:



*Winner of Baseball Canada's  
2020 Event of the Year!*

## Back by popular demand... for the BC Minor Baseball Coaches Conference 2021!

Aaron is a 10 year professional baseball player spending time in the Major Leagues with the Chicago White Sox, Texas Rangers, Cleveland Indians, and Cincinnati Reds. Aaron Played for Team Canada in 2006 in the World Baseball Classic, and in 2004 on the Canadian Olympic Team in Athens, Greece. Aaron also played a season in the Japanese Baseball League with the Rakuten Golden Eagles. He is currently the head coach for the Women's National Baseball Team.

Aaron was drafted in the 17th round by the Seattle Mariners in 1995 but opted to attend the University of Washington on a full scholarship. He then transferred to Central Arizona College where he was a First Team All American and then drafted in the 1st round by the Chicago White Sox.

Aaron has been working with athletes for over 15 years. Throughout his career and post career he has devoted his time to maximizing athletic output for the individual athlete and has worked with some of the worlds best pitching coaches and strength trainers in the process.

Aaron now does work locally and overseas with youth in sports and is excited to be a part of the Gameready team.

*The BC Minor Baseball Coaches Conference is the only one of it's kind in Western Canada. It brings together some of the brightest minds in the sport's industry to address:*

- Athlete Development
- Skills and Mechanics
- Injury prevention and recovery
- Strength And Conditioning
- Mental Aspects of the Game
- Technology and Training
- Skills Development Drills
- Health and Nutrition
- Coach Development
- Practice Planning and Execution
- Game Strategies
- ... and so much more!