

# Resilience Wins

PHOTOS BY JENNA KARWOSKI

Years into his professional baseball career, health issues took Edwin Carl off the field. Through hard work, he overcame his issues and returned to professional ball. Years later, he opened Project Pro AZ to help others become their best athletic selves.

Edwin Carl was born and raised in Farmington, New Mexico. He spent the summers hiking and camping and the winters snowboarding. His parents are also from the Midwest, so he vacationed in Chicago and on the beaches of Lake Huron, Michigan.

In 2015, Edwin went to Canada, where he met his wife, Joanna. The two have been married for six years. They have a 3-year-old named Ezra and a 14-year-old dog named Snooks.

They spend every summer in Canada with Joanna's family so Ezra can be close to his mother's roots and hopefully learn French. The rest of the year, they live in Arizona for the rest of the year so Edwin can focus on his training business, Project Pro AZ.

## HOW PROJECT PRO AZ BEGAN

After Edwin finished his degree, he signed with the Kansas City Royals. He played with them for four years before signing with the Los Angeles Dodgers. It was there that his life changed.

"During spring training [in] 2014, I became very ill and spent the next five months in excruciating pain and unable to walk, let alone play baseball." After more than a year of rehab, he not only walked again but played baseball, at the top of his game, for another six years in Canada and Australia.

## SERVICES & GOALS

Through in-person and virtual programs, Project Pro AZ offers specific training for young athletes. They focus on proper fundamentals and injury prevention. They also offer programs for those looking to improve or start their health and wellness journey.



"My goal is to soon form a collection of professional athletes and coaches that prioritize making development and training accessible to everyone," he shares, "and especially those within our own community."

Project Pro AZ differs from other coaching experiences or trainers in the area because of the professionalism and expertise each coach brings to the table. Project Pro AZ strives to offer its athletes a high level of training, whether for youth or professionals.

"I also know what it's like to start from scratch," he shares. "Having to train myself to literally walk again and then add 60+ lbs. of muscle back on is a testament to the training and support that I provide."



Piece of Advice? Have fun with your training, and make sure your fundamentals for sports and general workouts are dialed in.



Outside work, Edwin enjoys training outdoors, playing pickleball, mountain biking and paddle boarding.