



## **TREVOR RAINEY STRENGTH & CONDITIONING COORDINATOR**

I have been in and around the game of baseball for over 25 years, from an early age coaches would always tell me, "get in the weight room", "get stronger", but what did that mean? On a basic level, it meant just that, as I grew older and understood the game more, it meant become a better athlete. A lot of baseball players can play the game, the separation comes in being a better athlete. When you are bigger, faster, stronger on a baseball field, your game gets elevated. I want to give every player the chance to elevate their game through strength and conditioning. We won't be afraid of weights, but we will also get functionally stronger as well. We will increase speed, strength, and flexibility which in turn creates power and explosiveness. I believe in creating better athletes and that's what I intend to do.



**SPEED, STRENGTH,  
POWER,  
EXPLOSIVENESS**

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**MY JOB IS TO MAKE  
YOU A BETTER  
ATHLETE**

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**WE WILL COMPETE  
ON A DAILY BASIS**

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**FUNCTIONALITY AND  
FLEXIBILITY ARE  
KEY COMPONENTS  
TO BEING A BETTER  
ATHLETE**

**TEXAS OILERS  
BASEBALL FACILITY**

**Monday/Wendesday/Thursday**

**6:45-7:30**

**7:30-8:15**