

**FOR IMMEDIATE RELEASE**

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## **MAXEY HIRED AS JOINT STRENGTH AND CONDITIONING COORDINATOR**

Major League Baseball and the Major League Baseball Players Association announced today that Tim Maxey has been named the sport's Joint Strength and Conditioning Coordinator, a new position whose duties will focus on providing guidance to and identifying best practices for Clubs and Players on issues involving conditioning, fitness, nutrition and other related subjects.

Maxey, who completed his seventh season as Major League Strength and Conditioning Coach of the Cleveland Indians in 2009, will be a resource to Major League Club staff and Players in all areas pertaining to strength and conditioning, including the development of educational programs and assisting with the establishment of industry-wide initiatives. He will visit each Club during 2010 Spring Training.

Maxey has served MLB and the MLBPA on its Strength and Conditioning Advisory Board and has been an advisor to the Taylor Hooton Foundation. Prior to working for the Indians, Maxey was a part of the Kansas City Royals organization from 1998-2002, the last four as Strength and Conditioning Coordinator for the Major League Club.

Maxey is a National Strength and Conditioning Association-Certified Strength and Conditioning Specialist and a Registered Strength and Conditioning Coach. The Ohio native is a graduate of Shawnee State University and holds a Master's Degree in physical education from The Ohio State University.

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