

Attention All Youth Baseball and Softball Coaches!

Free Coaches Clinic

Saturday, February 4th, 2012

9:00 am until Noon at Fifth Third Bank Ballpark

The Kane County Cougars, Class-A affiliate of the Kansas City Royals, will be holding our annual FREE coaches clinic featuring professional instructors from the Cougars and Royals organizations. Although open to the public, the clinic's purpose is to specifically instruct coaches. This clinic is intended for adult coaches rather than youth players.

Clinic Instructors

Fielding: Brian Buchanan

Kane County Cougars manager.

Buchanan, named by the Royals in November as the Cougars' 2012 manager, is entering his third year as a coach in the Kansas City organization. He managed the Royals' rookie-advanced Idaho Falls club the past two seasons after finishing a 16-year playing career in 2009. A 1st-round pick of the Yankees in 1994, Buchanan reached the major leagues with Minnesota in 2000 and also played for the Padres and Mets over a five-season span.

Pitching: Doug Henry

Kansas City Royals minor league pitching coach.

Henry is entering his fifth season as a coach in the Royals minor league system and his third as pitching coach for Triple-A Omaha. Henry ended his playing career in 2001 and after spending parts of 11 seasons in the major leagues for the Brewers, Mets, Astros, Giants and Royals. The Wisconsin native coached for three years in the Braves' minor league system before joining the Royals in 2008.

Catching: Tony Tijerina

Kansas City Royals minor league field coordinator.

Tijerina enters his sixth season as a coach in the Royals organization. Tijerina was drafted by the New York Mets in the 1991 amateur draft and played for seven seasons in the minor leagues, reaching as high as Triple-A in 1995.

Hitting: Mike Jirschele

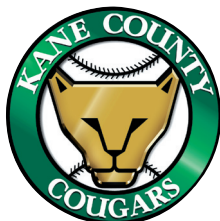
Kansas City Royals minor league manager.

Jirschele is approaching his 10th consecutive season as manager of the Royals' Triple-A Omaha affiliate, which won the Pacific Coast League title in 2011. Jirschele recently was named the Dick Howser Player Development Person of the Year by the Royals, the fourth time he has won the award, and has won over 1,000 games as a minor league skipper.

Strength & Conditioning: Rob Gregory

**Certified Strength & Conditioning Specialist,
Delnor Health & Wellness Center**

Rob is a certified specialist in strength and conditioning and also massage therapy and CPR/1st Aid. He received his degree from Ferris State University and specializes in stretching, flexibility, Sports Performance and general conditioning.



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