

Newsletter- August 2009

A Message From the General Manager

As many of you know, Pinnacle Sports and the Edge Sports Performance Academy have come together to become one organization. The company will be called Pinnacle Sports with two locations in Medina and Twinsburg. The EDGE will remain our Speed and Conditioning arm of the company.

This has been a marriage - not a merger, not a takeover - but a marriage. Two have become one! These two entities are together for one reason and one reason only - to develop better people (primarily youth) through athletics. Pinnacle was doing this and the Edge was doing this - it was an absolute no brainer that the two become one. We were - and are - focused on character development and work arm in arm with Coaching 4 Life. We are about making athletes better people physically, mentally, socially and spiritually.

We employ top level coaches who understand and teach their respective games like no other AND, more importantly, those coaches understand youth development. There are many people who can teach you how to pitch or proper footskills or how to shoot a free throw. There are few who can do that as role models and heroes.

Technical and tactical teaching of the game, game play, integrated character training, integrated physical training along with many other opportunities to keep the athlete healthy and fit that is who we are and what we do. This is wholistic training for the young athlete (and the athlete young at heart) to make them a better person through athletics. The marriage also allows us to provide the community the BEST indoor and outdoor facilities in this area. We have close to 200,000 square feet of indoor space where any and all sports are played. Turf fields, batting tunnels, hard wood courts, meeting space you name it and we have it! We also have a state of the art 140,000 square foot turf, lighted outdoor facility in Medina that is awesome!

This is NOT a sales pitch or a commercial this is passion and excitement! The entire staff believes in who we are what we are called to do. Our mission is our driving force and we all believe that Pinnacle Sports and the Edge can truly DEVELOP ATHLETES FOR LIFE!

With Regards,

Rich Garbinsky
General Manager

COACHES SPOTLIGHT

[Drew Saylor](#)

Following a successful High School career at Wadsworth, Drew began his college career

in Cincinnati and completed it at Kent State where he was team captain and earned 1st team All Mid-American Conference Honors his senior season. He was drafted by the Florida Marlins in 2006 where he played in their farm system until signing with the Houston Astros Single A team in 2007. Last year, he spent time with the Chillicothe Paints (Frontier League) where he played second base and batted .267 and recently landed with the Frontier League's expansion team; Lake Erie Crushers where he has played in all of their 35 games to date. Drew is currently first on the team in homeruns, second in doubles and third in hits, runs and RBIs. Lake Erie is in second place in their division. www.lakeeriecrushers.com

Stroller Fit

StrollerFit was founded in 1997 in Cincinnati, Ohio, with a mission to help parents and babies enjoy a lifetime of health and fitness.

The StrollerFit program helps moms get in shape using the company's proven, exclusive mommymuscle exercise system to strengthen the muscles women use most during pregnancy and motherhood. Babies are active participants in the 50-minute class, engaged in the workout with tactile, visual, and auditory stimulation as StrollerFit transforms their strollers into portable fitness machines. And, research shows that exposing and involving babies in fitness at an early age promotes the importance of exercise and a healthy lifestyle, forming the first line of defense against childhood obesity.

During a StrollerFit workout, moms perform highly targeted movements using exercise tubes, body weight and stroller resistance to build functional strength, aerobic endurance, and flexibility. Our total fitness concept blends cardio conditioning, core strengthening, interval training, isometrics, pilates, strength training and yoga into one super charged, highly effective, results-driven class. All of our fitness routines are created and supervised by our Chief Fitness Director, Mary Beth Knight. This is no easy going walk in the park - our moms SWEAT. Sometimes dads join us for class, and more often than not, they are surprised that they sweat too.

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C4L

Rutigliano, Tomczak, Callahan and Cousineau Speak to Captains, Coaches and Parents On Wednesday, July 29 Coaching4Life, Pinnacle Sports, and Sports Construction Group sponsored the 1st annual "Captains Leadership Training" event at Pinnacle Sports. The evening was well attended with over 300 coaches, captains and parents involved. The event was the brainchild of Ken Stuursma of Coaching4Life, stating "so often we elect high school athletes captains, yet we don't really tell them what that means nor do we equip them with the tools necessary to really be effective in their leadership role." The Coaching4Life team, along with Tom Cousineau immediately went to work to get live presenters as well as video of well known Ohio State Football Captains including Archie

Griffin, Chris Spielman, Todd Boeckman, and Troy Smith. Coach Jim Tressel also shared his thoughts on Captainship and leadership via video.

The live presenters included Sam Rutigliano, Mike Tomczak, Tom Cousineau, Kay Catlett, and John Callahan of Coaching4Life. The primary message of the evening for the Captains, Coaches and parents centered on the privilege, responsibility, and the opportunity involved in Captainship and leadership.

The specific message to coaches included the importance of defining the vision, mission, and values of the program...and sharing those things with the captains and parents so that they can be effective representatives of the coach and the program. So while the desire to "win" is important and present, it is not the only measurement of success or failure, and we are not subjecting high school students to a "win at all costs" mindset.

"We were thrilled with the turnout and extremely grateful for the participation of all of the speakers," said Mike Orazen of Coaching4Life. "I only wish that as an 18 year old 2 sport captain in High School, I had these types of resources available to me!"

Coaching4Life and Pinnacle Sports will partner to bring this event back to this and other areas for captains and coaches of all types and all season. For more information on Coaching4Life, go to www.coaching4life.us

Akron Children's Hospital

Pinnacle Sports and Akron Children's Hospital continue to work together to educate parents and children. This issue of ACH's HEALTH UPDATE addresses concerns related to teen issues.