

**Chris Joyner, CSCS,\*D,  
Minor League Strength & Conditioning Coordinator  
Toronto Blue Jays Baseball Club**

Chris graduated in 2001 from Minnesota State University, Mankato with a B.S. in Physical Education, majoring in Exercise Science with a minor in Management. Upon graduation Chris coached high school baseball, football, and weight lifting for two years at his alma mater North Marion High School.

In 2002 joined the Toronto Blue Jays organization as a strength and conditioning intern with the club's Short-Season A affiliate, Auburn Doubledays of the New York Penn League and Triple-A affiliate, Syracuse SkyChiefs of the International League. Chris was named the Minor League Strength & Conditioning Coordinator in January 2003. In this position he coordinates the strength and conditioning programs for over 150 players on six minor league affiliate teams and assists the Major League coordinator throughout the year.

National Strength and Conditioning Association (NSCA) member, Certified Strength and Conditioning Specialist with Distinction (CSCS,\*D), and Registered Strength and Conditioning Coach. Member of the Professional Baseball Strength and Conditioning Coaches Society (PBSCCS).