

# SAL SANQUINI

Sal has been coaching and training baseball players for 7 years and began his career at Macarthur High school. He played all four years, being the varsity starter on the mound and at third base his junior and senior year. He was named to the All-Conference team his last two years.

Sanquini began his college career as a pitcher for Dominican College. He was out of the bullpen early in his tenure there before becoming the closer his sophomore year. After transferring to Farmingdale State Sal began to play the field again, serving multiple roles as a utility player. Sal helped lead his team to back to back conference championships and his senior year they made it to the quarter-finals in the NCAA Regional Tournament.

Sal serves as the Team Training Director for MaX Effort, being the lead instructor on many group workouts and overseeing overall player performance and progress.

