

# Chris Gissell

## Instructors Bio

I am 35 years old and married to Rachael (13 years). We have 3 children (Christopher 10, Zachary 8 and Brooke 5). I graduated from Hudson's Bay HS in Vancouver, WA in 1996. In June of that year I was drafted by the Chicago Cubs in the 4th round. I went on to pitch professionally for the next 14 years for various organizations (Cubs, Rockies, Cardinals, A's, Seibu Lions in Japan and the Uni President Lions in Taiwan) briefly reaching the big leagues in 2004 with the Rockies.

I am currently a minor league pitching coach in the LA Angels organization.

- \*2000 AA Southern League Champions
- \*2004 Led the Pacific Coast League with 14 wins
- \*2004 Made Major League debut vs. the Expos on 8/22
- \*2004 Made his one and only MLB start on 9/26 (his wife's birthday) vs. the St. Louis Cardinals
- \*2005 Started the AAA All Star game, was Winning pitcher and MVP
- \*2006 Tied NPB record for rookie in Japan to start career 5-0
- \*2008 AAA Pacific Coast League Champions with the Sacramento River Cats
- \*2008 Winning pitcher of the AAA championship game and was MVP
- \*2009 Pitcher of the Month (March) in the CPBL (Taiwan)
- \*Finished my career with 1500+ innings and 1200+ strikeouts

## Website

[www.baseballdudes.com](http://www.baseballdudes.com)

## Contact Info

(360) 921-4648

[chris@baseballdudes.com](mailto:chris@baseballdudes.com)

## Expertise

- \*Pitching
- \*Hitting
- \*Mental Game

## Special Notes

Please check out the "Train Like A Pro" tab on my website for more info on what I offer.  
Thanks

## Location of Instruction

Vancouver Sports Facility  
Vancouver, WA

## Price Range

\$40-\$90

## Availability

- \*Sunday
- \*Monday
- \*Tuesday