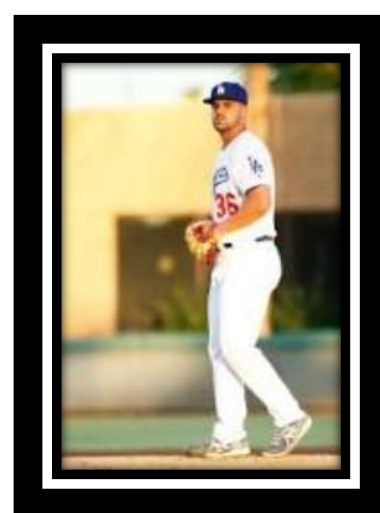


A.J. VANEGAS



PROFILE

Now an ordained minister, A.J. Vanegas was forced out of baseball in 2016 because of back and shoulder injuries, but not before a stellar pitching career at Redwood Christian High, Stanford and the minor leagues.

Vanegas caught the eyes of professional scouts at Redwood Christian where he was a three-time all-league selection, a two-time East Bay Prep Athlete of the Year and the 2010 National Christian School Athletics Association Player of the Year. He consistently clocked 92-93 miles per hour on his fastball and even touched 96.

The San Diego Padres drafted Vanegas in the seventh round out of high school, even though he had committed to Stanford. He eventually turned down the Padres' \$1.8 million offer to attend Stanford.

Vanegas reached his peak at Stanford in 2012, his sophomore season, when we went



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4-0 with a 2.62 earned run average and made the NCAA Regional All-Tournament team. That summer, playing in the Cape Cod semi-pro league, he clocked 100 mph on his fastball and his career seemed to be soaring. Until he injured his back and had to undergo surgery.

A.J.'s junior year at Stanford – when he was hoping to establish himself as a full-time starting pitcher – was basically a lost season. Trying to rehab his back, he began having shoulder problems and was able to pitch a total of only five innings. He also saw the velocity on his fastball begin to diminish. Still, he managed to go 4-3 with a 2.63 ERA as the Cardinal closer his senior year.

Drafted by the Dodgers in the 11th round in 2014, Vanegas pitched three seasons in the minor leagues, two with Single-A Rancho Cucamonga, the Dodgers' Single-A affiliate in the California League. While his minor league record was an impressive 5-1 with a 2.62 ERA, his shoulder problems kept landing him on the Disabled List until he finally called it quits in July of 2016.

A.J. is currently Discipleship and Life Group Director at 3Crosses Church in Castro Valley. He and his wife, Laura, live in San Leandro with their three daughters: Ellie, Olivia and Jocelyn.