



Buddy Biancalana

Being in the “zone” is often described as a mystical experience with a tremendous sense of freedom that happens by chance. Buddy Biancalana teaches it by design.

Buddy was a 1978 1st round draft choice by the Kansas City Royals. He quickly learned the importance of perseverance by hitting under .200 in each of his first three professional seasons. He made it to the Major Leagues in 1982, and became somewhat of a household name thanks to his “zone experience” and stellar play in the 1985 World Series, for the World Champion Royals. In the Series he played the best baseball of his career as he outplayed his counterpart, Hall of Famer Ozzie Smith.

His recognition heightened from appearances on Late Night with David Letterman and the Today Show. However, Buddy was never able to repeat his stellar play and was out of the Major Leagues just a year and a half later. But as he has learned, all of life’s challenges are wonderful gifts.

Through reflecting on his “zone experience” and the success he had on the field during the most important seven games of his career, Biancalana eventually came to believe that if an athlete experiences something once, there is no reason they cannot experience it on a more regular basis. He now teaches professional and amateur athletes how to get in the zone and stay there. Buddy is the founder of Zone Motion and is also a Fluid Motion Golf master instructor. He has consulted with the Chicago Bulls, Portland Trailblazers, Atlanta Braves and St. Louis Cardinals. He has worked with athletes in nine professional and 21 amateur sports. He also works with musicians.



Buddy is the co-author of *The 7 Secrets of World Class Athletes*. His methodology benefits many areas of life including in the class room for student athletes.

Book Buddy to speak to your group or team about maximizing performance – he has lived it, studied it and he can teach it to your organization and employees.

Sports Celebrity Marketing S.C.M. Inc.
13332 Tenth Line,
Georgetown, ON L7G4S8 Canada
Phone: 647-221-8405

www.sportscelebs.com