



## **DAVID FROST**

David Frost pitched for the California Angels from 1978 to 1981. In 1979, his first full season with the club, he won sixteen games and helped lead the Angels to their first division championship. At the conclusion of the season he was chosen as the team's most valuable pitcher by the Baseball Writer's Association of America.

Upon retirement from baseball, Mr. Frost worked as a floor trader at the commodities exchange in Chicago. Mr. Frost has also presented seminars and training to businesses on a wide range of topics such as motivation, team building, attitude, and stress management. He has been a columnist for the Orange County Register in which he wrote a weekly feature on "sports and family issues." He has also been a frequent guest on radio talk shows discussing subjects such as life transitions, family sports issues, and athletes in crisis.

Mr. Frost received his Bachelors degree in Political Science from Stanford University. He also has a Master's degree in Psychology from Azusa Pacific University.

He and his wife, Alla, have one child and reside in Long Beach, Ca.