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For Immediate Release

### **A-Train Brings “A” Game for Wizards**

Secaucus, NJ – There are a special few individuals that earn the title of “playground legend.” Thanks to his dazzling ball handling ability, locomotive-like speed, and world class showmanship, Arnold “A Train” Bernard is one such basketball player. Despite standing only 5’6, A-Train has been a showstopper for the Wizards for the past twelve years, and looks forward to many more “oohs” and “ahhs” during the upcoming season.

A native of the Bronx, New York, A-Train was a boyhood star for the Gauchos AAU Basketball Team, which won a national championship and provided a young A-Train with a once-in-a-lifetime opportunity; to carry the Olympic torch as it passed through New York on its way to the 1984 Olympics. A-Train’s high school career was also illustrious. In first teaming up with future NBA star, Rod Strickland, in the backcourt at Harry S. Truman High School during his freshman season, he then transferred to Xaverian Lutheran. It was here that he became an All-City player and led his team to a New York City championship over another New York City playground legend, Kenny Anderson. Even though he went on to play against many greats in the NBA, Kenny called Arnold one of the toughest players that he ever had to face because of his quickness, ball handling ability, and court savvy. Showing that he can both swish and dish, A Train set a school record with 28 assists to go with his 24 points during a game in his senior season.

From there, A Train moved on to San Jacinto Junior College, one of the top junior college basketball programs in the country. As a Sophomore, he led his team to third place in the National Junior College Tournament and lost to Odessa College, led by former NBA All-Star Larry Johnson. In finishing his collegiate career at Southwest Missouri College (of the Missouri Valley Conference), A Train went on to average 11 points and 11 assists per game as a senior, was named an honorable mention All-American, and led his “Cinderella” team to the NCAA Tournament. A-Train’s Cinderella story was just getting started on the hardwood.

In being one of the few players to be recruited directly out of college by the Harlem Globetrotters, A-Train played with them from 1990-1998 and had many memorable experiences. He traveled all over the world, became an expert dribbler/trickster and showman, and even got to meet Nelson Mandela during the team’s visit

to South Africa. After his career with the Globetrotters A-Train came to the Wizards. Through a mutual friend and former Harlem Wizards legend, “Sudden” Sam Worthen, A Train found the Wizards and hasn’t looked back since. It was the exact type of scenario he had been seeking. As he said, “The Wizards have allowed me to be extremely hands on with the fans. As the captain, I get to control the plays, the comedy, and the action on the court.” In finding the Harlem Wizards, it is safe to say that the A-Train had reached its destination.

A-Train’s popularity with the Wizards excelled him to reach new heights with his fame and popularity. By winning a Nike ball handling competition in 2005, A-Train went on to star in the highly-popular “Freestyle” television ads that aired nationally in the mid 2000’s. He has also appeared in other Nike television ads with LeBron James, Vince Carter, and Snoop Dogg.

In being on the Wizards for the past 12 years, A-Train has delighted audiences across the world with his flair, creativity, and sense of humor. He is extremely proud of the fact that he has taught his show basketball tricks to his younger Wizards teammates and has watched their careers flourish as a result. A-Train also takes pride in the camaraderie that comes up with being a Wizard. As he stated, “The coolest thing about being a Wizard is that it is like one big family.” Speaking of family, A-Train has a son that is 16 and A-Train provides him with the same advice that he gives to children across the country as a member of the Wizards. “Don’t let anything come in the way of you and your dreams. At 5’6, nobody ever thought I’d be a professional basketball player. I am a living example of the fact that with dedication, hard work, and believing in yourself, anything is possible,” A-Train said.

His goals for the upcoming season include continuing to grow the Wizards brand and continuing to put smiles on more faces. It sounds like this “A-Train” is on the right track to another memorable Harlem Wizards season. All aboard!

**Health and Fitness Fact** – At 41 years of age, A-Train takes pride in his longevity and his ability to keep up with the younger Wizards players. He credits his workout routine for this, as he does crunches, calisthenics, and jogs three times per week. While the Wizards’ travel schedule is intense, A-Train makes sure to eat a healthy breakfast involving fruit every day.