

Winter 2010 Dates:

- Monday, November 8
- Wednesday, November 10
- Monday, November 15
- Wednesday, November 17
- Monday, November 29
- Wednesday, December 1
- Monday, December 6
- Wednesday, December 8
- Monday, December 13
- Wednesday, December 15
- Monday, December 20
- Wednesday, December 22
- Monday, January 3
- Wednesday, January 5
- Monday, January 10
- Wednesday, January 12

Sessions will meet at Premier Physical Therapy weeks 1-4 and Cook Field weeks 5-8. Sessions last 90 min from 6:00pm-7:30pm and include education about nutrition, arm care, proper pitching form, strength and conditioning. You will improve your dynamic flexibility, speed, and agility. You will learn pre, post and in-season routines that will help you prolong your baseball career.

“Here’s the Deal...”

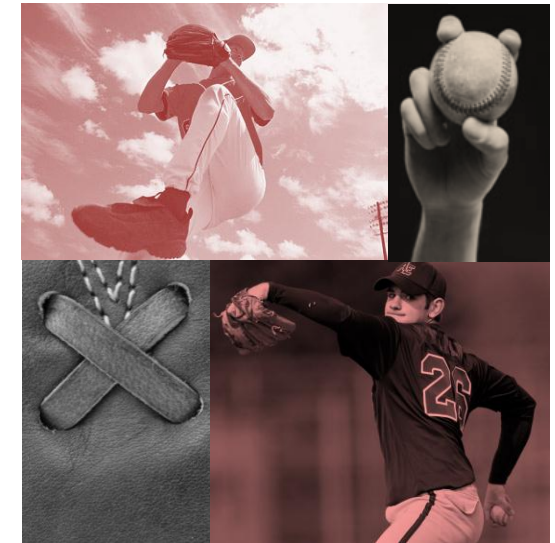
Premier Pitching Academy



Premier Physical Therapy

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Premier Pitching Academy

Premier Physical Therapy

Jill M. Boorman, PT
Physical Therapist

Bryce Florie
Pitching Instructor/
Former MLB Player

Who is it for?

The training program is appropriate for all athletes, ages 12 and up, who have a focus on achievement in the sport of baseball. Athletes should be considering collegiate scholarship opportunities, professional aspirations, and be dedicated to attendance and training consistency. With consistency, athletes will experience the greatest level of achievement.

Training statistics are individual, meaning collegiate and professional athletes will share in the same program as our amateurs.

Athletes.

What do we do?

We offer a comprehensive pitching academy founded upon the latest research, mechanical assessment, strength and conditioning services, and core pitching programming. This program is available to pitchers of all ages and strongly recommended for youth and adolescent participants (high injury risk populations). This program is designed to enhance velocity, pitch variability and control, while reducing the risk of shoulder, elbow, abdominal and lower back injuries.

Make you better.

Why do we do it?

We want to maximize your full athletic potential. Our program is developed by Physical therapists with more than 16 years' experience in rehabilitation with a special interest in baseball performance training. Recently, we have seen an increase in injuries due to overuse, poor mechanics, and muscle imbalances.

The program has been established to reduce repetitive strain injury, competitive season burnout known as "overtraining", and to maintain muscle mass, which has shown to decrease during the course of the competitive season.

Performance. Prevention.



For the Love of the Game

“Practice as if you are the worst. Perform as if you are the best.”

Premier Physical Therapy

Jill Boorman has been a physical therapist for 16 years. She is an avid sports fan and experienced triathlete. She has a passion for baseball and has trained and worked with players from little league to the major league.

Premier Physical Therapy has combined efforts with...

Bryce Florie, former major league pitcher and local boy. He was drafted in the 5th round in 1988 by San Diego Padres. He pitched for the Detroit Tigers, Milwaukee Brewers, Boston Red Sox, and Florida Marlins and continues to be active in the Charleston baseball scene.

