

Improve Player Performance and Durability - A Clinic for Coaches and Parents

Let's take the science from professional baseball and apply it to our local players.

Having fun and developing as a person and player is the ultimate goal in baseball. But, winning and performing well also feels great. Nothing can be more frustrating than when you can't compete at your best.

This lack of progress can be from stalled physical development, lack of skill development, or injury. The unbelievable thing is that all of these are tied together: winning -- performance improvement (whether it is velocity or shaping pitches) -- and injury. When the batting average and velocity go up and the ERA goes down, everyone is happy.

What you will learn:

- Exercises to improve power and explosiveness
- Tips to improve speed in the field and on the basepath
- How to manage player load with pitching, catching and position play
- How to tell the difference between arm fatigue, soreness, and pain with pitching
- A straightforward performance readiness program that will get your players ready to compete and has exercises proven to reduce injury

When & Where

Sunday, April 10th, 6-8pm
Stone Center for Health Science
515 Bob Jones Way
Evansville, IN 47708

The course is free but space is limited. Register at <https://www.philplisky.com/CoachesClinic>

About the Instructors

Phil Plisky PT, DSc, ATC, OCS, CSCS

As a performance systems consultant with all major professional sports and the military, my passion is teaching athletes how to elevate their game to the next level. I am a physical therapist, athletic trainer, strength and conditioning coach, Associate Professor in the Doctor of Physical Therapy Program at the University of Evansville, as well as a consultant at the highest level of athletics. For more information or to schedule an appointment, go to www.philplisky.com

Kyle Matsel, PT, DPT, PhD, SCS, CSCS

Enriching the profession of rehabilitation and wellness has always been a passion of mine. In addition to being a clinician, I am an Assistant Professor of Physical Therapy at the University of Evansville and the Director of the ProRehab and University of Evansville Sports Residency Program. I obtained my PhD from the University of Kentucky, where I studied the identification of musculoskeletal injury risk factors and implementation of arm care exercise programs in baseball players. These experiences have provided me with insights into injury risk factor management in order to reimagine the idea of musculoskeletal healthcare and wellness.