

*PerformFit Sports Experience and Towson Sports Medicine present*

## **BASEBALL PREPARATION FOR PLAYERS: ON AND OFF THE FIELD**



**When:** Saturday January 9, 2016  
9:30 - 11:30 a.m.

**Where:** PerformFit Sports Experience  
10880 Railroad Avenue  
Cockeysville, MD 21030

**Presenters:**

Steve Bernhardt, The Baseball Factory  
Tim Bishop, MS, CSCS  
Alvin J. Detterline, MD  
Scott Tarantino, MD  
Jason Shipley, PT, DPT, OCS  
Brian Perez, MS, LAT, ATC

Presenters will discuss College Recruiting and Placement, Strength & Power Development for Baseball, and Maintenance of the Throwing Shoulder through Flexibility and Strength Exercises to help Avoid Shoulder Injuries.

Dr. Detterline and Dr. Tarantino will be available for questions from athletes, players and coaches.

To enroll, contact Brian Perez at [bperez@towsonortho.com](mailto:bperez@towsonortho.com)  
or 410-337-8847, x1273.

Visit [towsonsportsmedicine.com](http://towsonsportsmedicine.com) for more information.

