

Select Physical Therapy and Star Hill Family Athletic Center cordially invite you to attend the 2016 Baseball Coaches Conference!

Please join Select Physical Therapy, Star Hill Family Athletic Center and Dr. Dan Veltri for pertinent information concerning throwing mechanics, core exercises for pitching and hitting, video analysis on running form and much more! Get ready for a new season and help your players to endure the inevitable aches and pains that accompany spring training!

2016 Baseball Coaches Conference

**Saturday, February 27
8 a.m. to 12 p.m.**

**100 Gerber Drive
Tolland, CT 06084**



Complimentary Admission! Refreshments provided!

Educational Stations:

- Overhead Throwing Mechanics
- Batting: Linear vs. Rotational Hitting
- Upper Extremity Rotator Cuff Rehabilitation
- Core Exercise for Throwing and Batting
- Dartfish/Coaches Eye Video Analysis

Little League First Aid:

- Sessions offered for each town

Breakout Session:

- Dan Veltri, M.D., and Lance Morgan, P.A., from Sports Medicine & Orthopedic Surgery P.C., will present "Common Overhead and Pitching Injuries."

Vendors:

- Axe Bat – Baden Sports
- Fleet Feet



**Please RSVP to knechtj@selectmedical.com by
February 15 to reserve your seat today!**

We look forward to seeing you there!



**Sports Medicine &
Orthopedic Surgery, P.C.**