

We Don't Make The Athlete, We Make The Athlete Better!



ATHLETES OF THE MONTH

Junior

"Cai-Lee and Emilia Lopes are our Premier Athlete's of the Month for August 2011. The two sisters are residents of the town of Bridgewater and are members of our junior division classes. They have been working with the Premier Athlete staff since the end of the school year in June and have shown tremendous athletic strides in a short amount of time this summer increasing their explosiveness and foot speed which has translated well on the court in their basketball games at Mass Premier. The two sisters enjoy working out and working with our staff on a daily basis and push each other hard everyday to get better."

Division 2

"Alex has been working with us at PAT since the end of the school year this summer. As one of our many clients from Norton he has also seen dramatic and outstanding increases in his athletic ability which has translated well to his main sport which is baseball. Alex's bat speed, and lower body power and balance have shown the greatest improvement. By regularly attending our division two sports performance classes and being a leader in attendance this past month its no secret why Alex has shown the most improvement for his age group."

Division 1

"The Keefe brothers have been working with the Premier Athlete staff since April 2011. The two have seen drastic increases in their flexibility specifically in the hip region of the body. By increasing flexibility in the hips they have increased their explosive range of motion and ability to change directions at full speed fluidly. John is entering the 10th grade at Mansfield High while younger brother Anthony will be entering the 8th grade. They both are products of the great Mansfield Pop Warner Football Program and John is now a member of the high school team. increasing his vertical jump (24") and lateral speed clocking a 4.26 second shuttle time this month."

Premier Athlete Training
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