



**PERFORMANCE TRAINING, INC.
(PTI)
Pre-Season Basketball Training
By: Jackie Ansley**

Quotes from coaches:

Jackie Ansley/(PTI) is a great teacher of technique. She develops a tremendous rapport with the student-athletes and she earns their immediate respect. Jackie worked diligently with our team to develop much-needed first step explosion, improved body balance and basically assisted our team in being much more functional on the floor. We are thankful for her continuous efforts to grow our game.

Wendy Larry
Head Women's Basketball Coach
Old Dominion University

"Jared/(PTI) has done an outstanding job for us the past 2 years. Our student athletes have total buy in with what he is doing because they have seen the positive results in the individual athleticism and performance. As their coach I have seen a measurable improvement in our quickness, lateral mobility and acceleration."

Michael Peterson
Head Women's Basketball Coach
Wake Forrest University

Jackie's/(PTI's) program revolutionized our approach to footwork. Our players made incredible strides in explosiveness and change of direction...two things that I feel are critical to getting the most out of your team. The principles she teaches are now principles we implement in our program and stress it daily.

Matthew Mitchell
Head Women's Basketball Coach
Kentucky Women's Basketball

"Moving as efficiently and quickly as possible is crucial in basketball. It's also important to move in a way that minimizes the risk of injury, especially ACL tears. I brought in Performance Training, Inc. **(PTI)** (Jared Lawrence) in last spring to train us in speed, agility, and quickness, and I was very pleased with the progress we made during that time. Jared is a very effective coach and trainer and I brought **PTI** back this fall to continue the progress. We are better now than we were in the spring, and I expect us to be better next spring than we are now. Most importantly, I can see the carry over to how we move in basketball specific drills during our individual basketball skill workouts. I would highly recommend **(PTI)**/Jared to any program looking to improve their speed, agility, and quickness."

Mary Hegarty
Head Women's Basketball Coach
Long Beach State University

"We have used Jackie's/**(PTI's)** program for the last eight years and she only continues to get better. Jackie/**(PTI)** does a great job of incorporating her techniques and concepts into our workout program. Whether we need quick hitters after a session in the weight room, 30-minute team conditioning workouts, or even individualized player improvement plans, she can make it work. Our players buy into the program because they can see exactly how the workouts will translate into success on the court."

Debbie Taneyhill
Head Women's Basketball Coach
George Mason University

"With 8 new and 7 returning players, I felt this was a great time to introduce some new training techniques. After watching and meeting Jared/**(PTI)** at the WBCA Convention, I was convinced that this was what my team needed to help us compete for a conference championship. Our new Performance Training Program has already made my team more focused and effective than they have ever been".

Lynne Andrew
Head Women's Basketball Coach
University of Alaska Fairbanks

Jackie Ansley's/**(PTI's)** expertise, knowledge and experience make her the best women's basketball trainer in the country and as soon as I had the chance to have Jackie/**(PTI)** work with our players I jumped at the opportunity to do so. The difference between winning and losing in Division I basketball is often miniscule and as a coach you are always searching for ways to get an "edge". Jackie's training techniques are

sport specific and transfer easily to the basketball court to make our players better basketball players, giving us the “edge” I am looking for. In addition, our players have responded extremely well to Jackie as she is an excellent teacher and relates well to the different personalities of players that all teams possess. We have been extremely privileged to have Jackie/(**PTI**) work with our team and our program is better because of her efforts!

Tanya Haave
Head Women's Basketball Coach
University of San Francisco

"Jackie Ansley, Jared Lawrence/ (**PTI**), and the crew at Performance Training do a great job instructing kids on how to get the most out of their bodies. They preach core strength, joint stability, and proper use of the hips that gives our players a chance to maximize their potential in an incredibly competitive women's basketball league. They are incredibly detailed and professional and our program has seen benefits from the program that they've implemented."

Rick Pietri
Head Women's Basketball Coach
University of South Alabama