

## YANKEES AAA PLAYER FOUNDS FREE INSTRUCTION SITE FOR KIDS

Infielder Doug Bernier providing tips, instruction and advice for youth to college baseball players through new website, ProBaseballInsider.com.

Yankees AAA infielder Doug Bernier has founded a new website providing professional-level advice, instruction and expertise for young baseball players nationwide. Youth, high school and college aged players have free access to hundreds of pages on topics ranging from basic throwing mechanics, to advanced base-running techniques, to marketing themselves for the MLB Draft. Each of these tips pages are written by Bernier and other professional baseball players, and the site also provides an opportunity for players to ask questions directly to the athletes.

ProBaseballInsider.com, or "PBI", was created to give youth baseball players a place where they can turn for good advice, top-level instruction, and individualized support for their questions, all at no cost.

"I created PBI so that young players who are passionate about the game don't have to be wealthy to have access to professional players, coaches, trainers and scouts," says Bernier. "I was tired of hearing stories about talented kids learning bad habits from instructors or coaches who pretended to know what they were talking about. For every good instructor or coach, there are five who really don't know what it takes to get to the big leagues. Often a kid is told something that they feel is wrong, but they have no one to ask and no way to know if their intuition is right or wrong. At PBI, I want to create a place where kids have access to learn from the best players out there, and even ask pros their questions."

The site currently includes baseball tips from a number of Major League players, including **Matt Treanor** (catcher, Los Angeles Dodgers) and **Juan Pierre** (outfielder, Philadelphia Phillies), as well as minor league players, coaches, and scouts. Bernier's plans for the site include additional contributions from fellow Major League and Minor League players, as well as instruction videos and Q&A sessions with pro baseball stars.

ProBaseballinsider.com, launched in February 2012, is a free resource that exists to help serious baseball players maximize their potential by providing baseball tips and instruction from professional baseball players, as well as best baseball gear recommendations and the Low Liners Blog. PBI founder [Doug Bernier](#) debuted with the Colorado Rockies in 2008 and is currently plays AAA for the New York Yankees. During off seasons, Doug lives with his wife and co-founder Sarah, and their 8 month old baby girl, in Palm Beach Gardens, Fla.

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For more information about this topic, photos, or to schedule an interview with Doug Bernier, please call Sarah Bernier at (805) 264-3006 or send your email to [sarah@probaseballinsider.com](mailto:sarah@probaseballinsider.com).

