



FOR MORE INFORMATION:

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Bill Fabrocini, Coach
BUMPS FOR BOOMERS ®

While growing-up as an athlete, Bill Fabrocini, spent a lot of time in training rooms dealing with injuries and working out in gyms, so a career in sports medicine was natural for him. At 26, Fabrocini moved to Aspen to pursue his career in sports medicines. Currently, Fabrocini is the Director of the Aspen Club Sports Performance Center, a high altitude training facility specializing in the fundamental and advanced concepts of athletic performance. From 2001 to 2006, he served as the President of The Carmichael Training Performance Center in Aspen, Colorado, and established the biomechanical movement and screening analysis for the centers high level athletes. Fabrocini is also a board certified clinical specialist in orthopedic physical therapy and continues to practice clinically at the Aspen Club Sports Medicine Institute in Aspen, Colorado.

Fabrocini is the creator of the BUMPS FOR BOOMERS ski exercise program. The program is comprised of complimentary, weekly skiing tips and an online ski fitness video training series. The movements and progressions on the videos help strengthen, build better balance, and increase coordination enabling skiers to have successful runs on the slopes. Fabrocini believes by utilizing the moves in the ski fitness videos, skiers can reduce the likelihood of injury on the slopes.

Fabrocini is one of the most sought after trainers in Aspen working with both professional and Olympic athletes. His client list includes former NBA Champion and MVP David Robinson, Olympic Snowboard Medalists Chris Klug and Gretchin Blieler, former NFL rookie of the year Mike Croel, and several members of the US Ski Team, among the many other recreational athletes he sees daily. He also works with John McBride - former head coach of the USA Ski Team on training strategies for high performance ski athletes.

Fabrocini has authored numerous articles on sport training and fitness that have been featured in magazines such as Skiing, Women's Sports and Fitness, and Shape Magazine along with several medical journals.