



## Training During the Off Season

**Looking for a new way to stay in shape during the off season? We have some great products that will help you do just that! We've got tools to help you stay fit whether it's working out outside, in the gym, or in your own home.**



*Dura Band Softball Trainer*



*Green Dura Band*



*Dura Bat*

Our highlighted products in this newsletter are:

## **Dura Bands/Bat for arm strengthening & Weighted Balls for throwing AND hitting!**

ALSO, for a limited time we are having a promotion where if you type in the code: 5extra at check out, we will give you \$5 off any item!

If you are interested in some other products, please check out our [Shop](#) for lots more!



*Weighted Baseballs*



*12" Weighted Softballs-Leather Cover*



*Weighted Balls for hitting*

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## **Also, here are some articles in reference to Weighted Ball training and Arm Strengthening!**

### [Soft Toss: The Need For Bat Speed](#)

Ask most scouts about bat speed and you'll often get a succinct definition. "It's the time it takes for a hitter to go from the launch position to the contact point," says Orioles Scouting Director Gary Rajsich.

"In its simplest form, it's the velocity at which someone can get the bat head through the strike zone," says Zack Minasian, Milwaukee's Professional Scouting Director.....

### [The Truth About Weighted Ball Training](#)

It is no secret that pitching in Major League Baseball has become the

dominant force in the game over recent years. Perhaps the largest contributor to pitching success at the highest level can be attributed to significant increases in fastball velocity. With average fastball velocity climbing from 89.5 MPH in 2002 to a staggering 92.0 MPH in 2014, it is no surprise pitchers at all levels are striving to throw harder.....

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Here is our Trivia Question for the week!

Why is second base called the keystone sack?

Please e-mail: [emily@howelltosports](mailto:emily@howelltosports) with the correct answer and receive a gift on us!

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