



Staying Cool

With summer in full swing we are all trying to keep cool. So with this in mind, we are going to use this newsletter to provide you with some reading material that you can enjoy while you're spending time inside keeping cool. Please click through the articles and the video and enjoy the rest of your summer!

[Russian Studies of Vision in Relation to Physical Activity and Sports:](#)

Part 1: Visual Acuity and Accommodation.....

[Boomer and Millennial Generation Team-Building Tips](#)

We represent a boomer and a millennial working together. That's right — one of us with one foot out the door stereotyped as ambitious, greedy and materialistic, while the other is much earlier in their career and stereotyped as competitive, confident and ready to save the world. Despite these differences, we are an effective team, and believe it or not, this dynamic can be replicated. But all relationships take work, and there are a number of factors needed to make it possible. Effective teamwork comes from understanding each other's strengths and weaknesses, and utilizing your partner's skills and talents.....

[Coaches Warnings Part of HS Basketball Rule Changes](#)

High school basketball coaches may be subject to an official warning for

misconduct during games beginning next season, according to one of several rule changes recently approved by the National Federation of State High School Associations.....

And lastly, please take a minute to watch this short YouTube Video!

[Test of Anticipation Skill - Tennis forehands](#)

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