



End Of Summer Reading

As the summer reaches an end we are working on coming up with a list of the best products for you and your teams! So keep an eye out for our next newsletter that will help you start the season off on the right foot!

Until then, please enjoy these articles that we have found for you!

Or you could take a look at our [Website](#) if you are looking for something to kick your new season off early!

[What happens when a pitcher hits triple digits?](#)

Perhaps nothing is more electrifying than seeing a pitcher light up the radar gun with triple digit fastballs. Back in the day Nolan Ryan was the king of the heater, and before him Bob Feller could throw a fastball past a speeding motorcycle. Steve Dalkowski, who never reached the major leagues, probably threw harder than either of them.....

[How do Kawhi Leonard -- and Steph Curry -- train their brains? Strobe lights \(yes, really\)](#)

With 20 seconds left in the third quarter of the young season's biggest game, Gregg Popovich screams. He wants everyone out of the way so that Kawhi

Leonard can go to work against Andre Iguodala. Leonard waits near half court as his teammates shuffle to the corners. Popovich walks two steps to his left, assuring himself a great view, then happily crosses his arms. Then he gives the go sign.....

Minnesota Mandates Asthma Training for HS Coaches

In a recent study from the Minnesota Department of Health, it was found that 58 percent of middle and high school students in the state are involved in sports. In light of this information, the Minnesota State High School League has announced that all coaches of high school-aged students will be required to complete an online training program entitled "Athletes and Asthma: The Coach's Role.".....

Post-concussion, peripheral vision reaction times substantially impaired

After a concussion occurs, symptoms most commonly experienced are headache, dizziness, memory problems and sleep disturbances, as well as visual dysfunction. Such symptoms can be difficult to quantify and follow in patients on a long-term basis.....

Take a Look at Our Newest Products!



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