



## What Does The Phrase "Launch Angle" Mean To You?

Thanks for opening our latest newsletter. We do appreciate your business. We thought we would send you a few articles on MLB's flyball/homerun/launch angle revolution. If you follow MLB you must have heard about the latest catch phrase, "launch angle". Home runs are up significantly this year. ALL the internet hitting gurus are encouraging coaches to teach launch angle. Is this really the best, most efficient way to hit? Even for youth players? Check out our blog to see an article I have written about this. Hope you enjoy these articles and thanks again for being a Howell To Sports customer.

---

Please check out our blog links:

[The New "Launch Angle" Era](#)

And our [Training Links](#) page!

---

### Here are some articles for you to check out!

[These days in baseball, every batter is trying to find an angle](#)

One day several years ago, as Chase Headley was still trying to establish himself as the San Diego Padres' everyday third baseman, Padres management

passed around a sheet of paper full of facts and figures on how its spacious ballpark, Petco Park, played for hitters. Flyballs were mostly swallowed up in the vast expanses of outfield, while groundballs and line drives played better than in the average stadium.....

### As launch angle gains prominence, Red Sox wary of applying blanket hitting philosophy

No longer does Marco Hernandez merely want to slap ground balls through the infield for singles.

Hernandez dedicated his winter to a slight adjustment to his swing, bringing his feet closer together and better leveraging his back leg.....

### Daniel Murphy and his never-ending pursuit of the perfect swing

Chris Heisey knows seven percent of ground balls result in extra-base hits because Daniel Murphy told him so. Murphy calls them “seven-percenters.” Heisey never heard of that term before they became teammates last year.

“He’ll just say it randomly,” Heisey said. “A guy will hit a double and he’ll say, ‘That’s a seven-percenter right there.’.....”

### Rusney Castillo trying to hit the right kind of ground balls

Rusney Castillo overwhelmingly tends to hit the ball on the ground. Nobody in the major leagues hit the ball on the ground at a higher rate than he did last season. That’s OK with the Red Sox. They don’t want Castillo to try to become a hitter he’s not.

“I’d rather see him hit the ball on the ground than in the air,” Boston assistant hitting coach Victor Rodriguez said. “We don’t want to create fly balls. That’s the last thing we want to do.”.....

---

### Brock String Exercise

One of the most important pieces of equipment for vision exercises when working on convergence is the Brock String. It offers instant



feedback to the participant if their eyes are working together to focus on an object at various distances. Children with reading problems or who are slow readers often have problems with convergence.....

[Check Out Our Store For More Products!](#)



©2017 Howell To Sports | 322 Friendship Rd, Clarksboro, NJ 08020

[Like](#) [Tweet](#) [in](#)

[Web Version](#) [Preferences](#) [Forward](#) [Unsubscribe](#)

Powered by  
[GoDaddy Email Marketing](#)®