



## How To Keep Your Teams' Running and Looking Fresh!

Thank you for opening our latest newsletter. We have a few articles for you and one blatant advertisement. We have hand-picked these articles on a variety of subjects. We hope you enjoy and pick up something for your team.

Although we have put these into our newsletters before we have not really given them the push they deserve. If you are looking for a way to add a little chutzpah to your school press conferences, board meetings, cafeteria or ticket stations why not consider our [school logo furniture](#)? This furniture is quality constructed, in fact the manufacturer also builds business furniture and equipment. We are positive you will be glad you purchased any of these items.

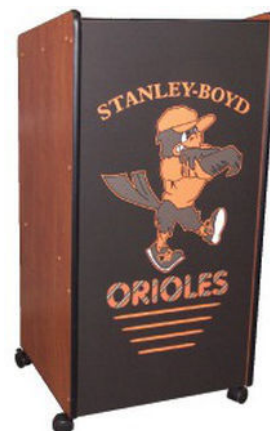
Thanks again for being a loyal customer and reader of our newsletter!



*Spirit Station*



*Coach Caddy*



*Stand Up Podium*

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## Unified Gym Class Fosters Inclusion

Filtering into a final-period physical education class at Wayzata High School, students put on heart-rate monitors, then mingle quietly until class begins and each finds a partner.

The day's focus is tennis — temporary nets are strung up across the gym floor — but first things first. Partners play catch, then deliver the ball on one bounce. Simple, progressive steps follow. Most of the class period is over before physical education instructor Mike Doyle breaks out modified rackets, and they barely get used.....

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## Editorial: What's the Cost of Sports Success?

The latest chapter in the nation's overdue examination of the abusive power and control men exercise over women came to a conclusion in a Michigan courtroom last week when former U.S. women's gymnastics team doctor Larry Nassar was sentenced to 40 to 175 years in prison.

The repudiation of his repulsive behavior followed harrowing accounts by more than 150 girls and women who were sexually abused by Nassar. But putting Nassar away for the rest of his life, however satisfying, does not solve this festering problem.....

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## Better Vision: It's Not About What You See, But What You Know

Ever noticed how elite athletes seem to know what's about to happen before it actually does? Like Abby Wambach's last-minute goal in the 2011 World Cup, one of the hallmarks of successful sports performance is knowing what to do at precisely the right time. It's not about having better vision, but knowing what to see and when, and most important, how to act based on what you see.....

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## Proof That Better Vision Leads to Increased Sports Performance

Strengthening your legs and building a stronger core don't require a trip to the

doctor's office, so why should improving your performance vision? (Check out What Is Sports Vision Training?) It didn't make sense to Dr. Jacob Liberman either. he asked, "Why shouldn't athletes exercise their eyes like they exercise other parts of their bodies?"

"Exercising my eyes not only changed my visual performance but also dramatically affected my entire way of seeing the world," Liberman says, "From the playing field and in our everyday life, how we 'see' holds the key.".....

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