



Monday Morning Reads

Thank you for opening our latest newsletter. In this week's newsletters we point you toward some interesting articles and remind you again that it's not too early to consider scoreboards for next fall.

The first article considers one of the aspects of high level throwing. Throwing mechanics are obviously important in baseball and softball but are also important in track.

Our second articles makes a great case for your athletes lifting weights, even at an early age.

The third article would be great to pass on to your baseball & softball coaches, especially if their hitting is not meeting their expectations.

And finally, this article on shocking the body has implications for every sport.

Believe it or not, it's not too early to start thinking about a new [football scoreboard](#) for your school or youth organization. We have actually starting selling a few football boards. If you are considering a new scoreboard or thinking about upgrading your present board with a bright, shiny video display please connect with us.

Finally, we hope you read the tweets we included in this newsletter and pass them on to your coaches. Thanks again for your support and readership.

Rotation Medicine Ball Throws for Baseball and Softball Players

I've written about Rotation MB Throws in a previous article, What Sport Specificity Really Means but wanted to repost and re-explain the importance of hip flexion to hip extension when performing this exercise.....

The Case for Lifting Weights, A Declaration for The Youth/High School Pitcher

As a kid who grew up in the 90's and early 2000's access to baseball training information was limited. The process of getting information was to ask the local legend how he got his 90 mph fastball and played in the big leagues. This was usually met with a variety of replies, from "I had a God-given arm" to "one spring I returned from a growth spurt and was throwing much harder"... or, "I just long tossed one summer and gained 10 mph." As a child, ignorant of most physics concepts, the questions usually stopped there. Most people do not drill down to the next level – like what makes a God-given arm?.....

Twitter Video

That's what happens when hitters get in about 200-250 swings a hitting session, you become great!!!!!!

Twitter Video

Shocking the body! Figure out how to use it in the proper sequence and how the barrel is supposed to work.

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