

Precision News

Taking performance to the
next level.



Athletic Precision Points of interest :

- Introduction & Welcome
- What to expect
- Tips on Speed
- Exercise of the month
- Dates to remember

Dates to remember

- **Feb. 5 National signing day**
- **Feb. 16 Start of Baseball Spring Training**
- **Feb. 18-24 NFL Combines**
- **March Madness Basketball**

For all student-athletes New Clearing House require- ments from the NCAA.

Go to:

http://www.ncaa.org/eligibility/d1_i-e_changes.pdf



Welcome to Athletic Precision

Welcome to the first bi-monthly newsletter that will be published by the staff of Athletic Precision and displayed on our web site www.athleticprecision.com every two months. We want to thank you for visiting our site and hopefully the information and our services will be helpful to you. Every newsletter will have an exercise of the month. Tips on nutrition, wellness, and a sports drill that can be used by any team, coach, or athlete to increase their athletic performance. Don't forget to sign our guest book if you want our newsletter sent to you every two months.

Frank Colabella
President

What is the Football Combines?

Every year after the football season is over, high school and college football players get ready to showcase their talents to the next potential level at designated athletic venues called combines.

Here a football player performs in 8 physical drills and participates in positional skills. The results are graded by scouts to determine the players ability and potential to the next level. For college athletes it can determine on high you are drafted. For high school athletes it can determine if you have the right stuff to land a Division I scholarship.

The most common physical skills that are performed at a combine are:

- 10,20,40 yard dash Vertical Jump Flexibility Test
- Bench Press 225 for Pro 185 for High School
- Pro Agility Broad Jump
- 20 yard. Shuttle "L" Drill



High School combine participant being tested in the broad jump.

Exercise of the month

Core Training:

In the sports and fitness world every couple of months there is a buzz word or health craze that turns up in the fitness industry. A couple of years ago it was pilates, now the next craze is core training.

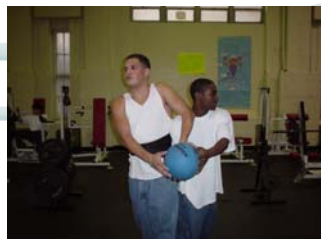
Core training is very vital to getting back to the fundamentals for athletes and it also vital to promoting good health.

Basically it is training the core of your body, from chest line to slightly lower to the hip line.



Examples of Core Exercises:

- Rotation with medicine ball
- Lumbar stabilization
- Variation of the push-up
- Marching or running in place with resistance around the ankles.



Tips on Speed

A simple exercise that can help ones speed is to sit upright on the floor with the legs stretched out. Now you are saying what does my arms have to do with my legs. Its been said by many recognized track coaches that the faster you move your arms the legs will keep up.

- Have a 1 or 2 pound dumbbell.
- For one minute move your arms from shoulder to hip as fast as you can.
- Rest for 35 seconds and repeat 2 more times.

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10%

