

Precision News

Taking performance to the
next level.



Athletic Precision Points of interest this month:

- Spring sport tips
- Tennis Drill
- Nutrition for the game
- Sprinting tip

Dates to remember

- March Madness Basketball
- April 1 MLB Baseball Starts
- April 27 NFL Football

**For all student-athletes
New Clearing House requirements from the NCAA.**

Go to:

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



Welcome to Athletic Precision

Summer is just around the corner, but we must get through spring first. Baseball, Track, and Tennis start getting into high speed. So what better way then to discuss some tips for each sport. What all three of these sports have in common is rotation of the trunk. Performing any type of core strength exercises will get you in the right direction.

A simple way to exercise the core of the body is to perform a Pull-up.



Baseball Daily warm-up Throwing program

Before starting anything a proper throwing warm-up is essential to the success of all baseball players during the in-season. This is the key to prevent injuries and to gear the body for a day of baseball.



Make sure in addition you jog, perform mini sprints or any type of core warm up before specializing in the shoulder. The warm up for the shoulder should consist of 15-20 min before any practice.

Example of daily throwing warm-up for non pitchers in season

- 30' throws for 4 min
- 45' throws for 3 min (rest 2 min)
- 90' throws for 3 min
- 120' throws for 3 min (rest 2 min)
- 180' throws for 3 min



TENNIS

The first step for the tennis player may be the most important component. Perhaps the most forgotten movement guideline is making small decelerating steps before hitting the ball. It is this component that allows the tennis player to line up the shot in a balanced manner while making consistent contact in the hitting zone. A high quality shot most often occurs when a player is relaxed, balanced, and still at ball contact.

This is a drill that takes place on the baseline. One player hits the ball crosscourt while the other player hits the ball down the line. Net clearance should be high while employing the spin principles practiced in the aforementioned short court topspin drill. After two (2) to five (5) minutes, partners switch roles while maintaining consistency.



Sprint Training: Stride Length & Stride Frequency

To Train Stride Length

- Perform Resistive training
- Uphill running
- Parachute
- Tire pulls
- Resistive pulls

To Train Stride Frequency

- Perform Assistive training
- Downhill running
- Overspeed Pulls

Exercise of the month

Once again build a great base for the body in athletics will give you an advantage. A good base on the body is from chest to hip, including the back part (shoulder blades to buttocks). Another exercise that can help in the weight room is the Barbell roll-out.

- Rest on your knees
- Roll-out as far as you can go!
- Remember to come back



NUTRITION



During exercise athletes primarily rely on pre-existing glycogen stores and fat stores. If your pre-event meal is eaten at the proper time then you will be assured that your glycogen stores are plenty full and this will optimize performance. Liquid meals can also be an advantage by digesting more rapidly than solid foods as well as provide hydration. Liquid meals can be eaten closer to competition because they are emptied from the stomach quickly. Pre-event snacks within 1 hour of competition or practice can be more beneficial to athletes that exercise longer than 60 minutes.

It is important to choose primarily carbohydrates before an event because they digest quickly and are readily available for fuel. You can still eat some protein and fat with your meal but high fat meal may leave you feeling sluggish and uncomfortable.

Hours before event	Meal type	Calories
3-5 hours	large meal	300-500
2-3 hours	small meal	200-300
1-2 hours	liquid meal	100-200
0.5-1 hour	snack	50-100

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