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Bi-monthly Newsletter

Precision News

Taking performance to the next level.

Athletic Precision Points of interest this month:

- Summer sport tips
- Stretching
- Hydration
- Bat Speed

Dates to remember

- **May 4 Kentucky Derby**
- May Basketball Playoffs
- May Hockey Playoffs
- June NBA Championship
- June 21 College World Series

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 here. Camps, Recreation ball, summer leagues, and just having fun. For many athletes this is the time to work on your weaknesses. Whether it is agility, speed, explosion or endurance. One must design a program that should last a minimum of 4 weeks and last at least 6 weeks to show the benefits of improvement. So just sit down have a 2 or 3x week program and create drills by yourself or hire some one. Before you start, you should have a starting point and then at the end of your program have an ending results, and compare to look at your progress.

STRECTHING

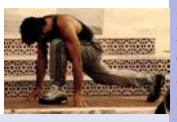
Before starting any athletic activity a proper warm-up and stretching segment must be included. A dynamic stretching program is more efficient and sport specific.

What is dynamic stretching ?

Examples would be:

Walking Lunges
Split Lunges
Open arm Jumping Jacks
Butt-Kickers
High kicks

For Static Stretching
Hold a minimum of 30 secs. x3



Performing a Lunge stretch

Hydration

Drink appropriate amounts before, during and after exercise

Pre-Exercise

Approximately 17 to 20 oz, 2 to 3 hours before activity Consume another 7 to 10 oz after the warm-up (10 to 15 minutes before activity)

During Exercise

Approximately 28 to 40 oz every hour of play (7 to 10 oz every 10 to 15 minutes) Develop a hydration process that includes drinking based on fluid needs (see above), monitoring fluid intake and having a plan based on the confines of sport

Post Exercise

Encourage athletes to rapidly replace lost fluids (sweat and urine) within two hours after activity to enhance recovery by drinking 20 to 24 oz for every pound body weight lost through sweat

Choosing a beverage

Provide the optimal oral rehydration solution (water, carbohydrates, electrolytes) before, during and after exercise. The ideal fluid replacement solution should include approximately 70 to 1266 mg sodium/8 oz and 14 to 17g carbohydrates/8 oz (6%-7% carbohydrate solution).

Make sure fluids are accessible and cooled

Hydration is much more likely to be maintained if the fluids are conveniently located for the athletes to drink during practice and rest periods. Keep individual containers on ice in a cooler so an athlete can access it during practice and increase fluid intake.

Bat Speed

Exercise of the month Part I

Great bat speed can be a tremendous asset in baseball. Many baseball coaches and scouts regard this trait as the best predictor of potential success in hitting. Increasing the velocity at which the bat travels translates to a greater impact force when the bat meets the ball.

Weeks 1-2	Weeks 3-4	Weeks 5-6
Standard bat- 10 swings	Standard bat- 12 swings	Standard bat- 14 swings
Overweighted bat- 10 swings	Overweighted bat- 12 swings	Overweighted bat- 14 swings
Standard bat- 10 swings	Standard bat- 12 swings	Standard bat- 14 swings
Underweighted bat- 10 swings	Underweighted bat- 12 swings	Underweighted bat- 14 swings
Standard bat- 10 swings	Standard bat- 12 swings	Standard bat- 14 swings

The following program is to be performed three days a week After each swing, time should be taken to reset for the next swing. And 1 to 2 minutes rest between each group to prevent fatigue

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10%