

# Precision News

Taking performance to the  
next level.



## Athletic Precision Points of interest this month:

- Health sport tips
- Ankle Sprains
- Bat Speed Part II

## Dates to remember

- **July Wimbledon**
- July MLB All Star Game
- July NFL Camps begin
- **Aug Athletic Precision Pre-season Football & Soccer Conditioning programs begin.**

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

Go to:

[http://www.ncaa.org/eligibility/d1\\_i-e\\_changes.pdf](http://www.ncaa.org/eligibility/d1_i-e_changes.pdf)



## Welcome to Athletic Precision

**Injuries** get the best athlete. Most are preventable while the rest are unpredictable. Being in shape and preparing yourself decreases the chances of getting injured. Injuries range from ankle sprains (**most common**) to knee, foot, wrist and shoulder injuries. With strength training and sport-specific training with **Athletic Precision** this can better prepared the body and accommodate the body to handle stresses caused by sports. Remember train hard and safe.

## Here are the top 10 tips... From Men's Health

1. Eat Macadamia nuts. These nuts reduce bad cholesterol and increase good cholesterol because of their monounsaturated fat content.
2. Eat an apple a day.
3. Drink 2 cups of tea per day.
4. Consume a variety of fruit each day, including grapefruit, raspberries, blueberries, grapes, and strawberries. All of these were identified in studies to help heart health.
5. The American Heart Association recommends that you eat fish twice per week.
6. Snack on 1 ounce of pumpkin seeds each day.
7. Include tomato sauce and salsa at your meals.
8. Be physical every day. Go for a walk on the days that you don't go to the gym.
9. Meditate - Find a way to incorporate meditation into your daily schedule.
10. Read for half an hour each day, preferably out loud, perhaps to your kids.

## Ankle Sprains



The most common type of ankle injury is a sprain. A sprain is stretching and tearing of ligaments.

### DEGREE OF SEVERITY OF ANKLE SPAINS

- Grade I - stretch and/or minor tear of the ligament without laxity (loosening)
- Grade II - tear of ligament plus some laxity
- Grade III - complete tear of the affected ligament (very loose)

### TREATMENT (RICE)

**Rest** - no weight bearing for the first 24 hours after the injury (Possibly longer, depending upon severity)

**Ice** - apply ice packs using a towel over a plastic bag to the area that is painful. Be careful to avoid frostbite. Ice should be intermittently applied for the first 24 hours

**Compression** - an ACE bandage or other soft elastic material should be applied to the ankle to help prevent the accumulation of edema.

**Elevation** - elevating the ankle helps in removing edema. By having the foot higher than the hip (or heart), gravity is used to pull edema out of the ankle.

## Bat Speed Exercise of the month Part II

Here is the second part of the Bat Speed program

Weeks 7-8	Weeks 9-10	Weeks 11-12
Standard bat- 16 swings	Standard bat- 18 swings	Standard bat- 20 swings
Overweighted bat- 16 swings	Overweighted bat- 18 swings	Overweighted bat- 20 swings
Standard bat- 16 swings	Standard bat- 18 swings	Standard bat- 20 swings
Underweighted bat- 16 swings	Underweighted bat- 18 swings	Underweighted bat- 20 swings
Standard bat- 16 swings	Standard bat- 18 swings	Standard bat- 20 swings



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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