

Precision News

Taking performance to the
next level.



Welcome to Athletic Precision

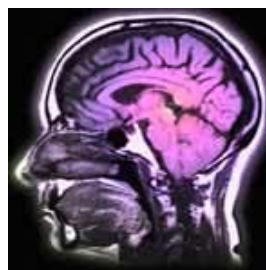
Winter is here. Football Bowl Games, Baseball Pre season Conditioning, Wrestling, and Basketball Kicks off!!! For any sport you play there is always something going on. Off season, preseason, and in season. Each chapter in an athlete's preparation is something different. A fancy word in the sports training world is periodization. In addition a message from Athletic Precision is that due to hectic schedules and sudden increase of business this year we are going to the format of having 4 Newsletters a year instead of 6.

Remember Training is a year long process!!

The Mental Aspect of Sports

When I practice, I perform exceptionally well. However, when I am at a competition, I absolutely "choke". This is when you know it's mental. Here are some things to Help you.

1. Focus on the task, not outcomes.
2. Practice in conditions that mimic competition.
3. Perform like you don't care. **"Paralysis by analysis"** I learned this from one of my mentors in Sports Psychology Dr. Rob Gilbert.
4. Have a game plan.
5. Don't expect to "choke." I am convinced that a person's expectations can have a huge impact on their performance. If you go into competition knowing that in the past you have choked and will probably do it again, you are done from the start.



Dates to remember

- Nov. 27 Thanksgiving
- Dec 6 SEC Championship
- Dec 13 Hiesman Awards
- Dec-Jan NCAA Bowl Games
- Off season Training for baseball and softball begin

Athletic Precision Points of interest this month:

- Welcome
- Rule of "TEN"
- Mental Aspect of Sports
- Dates

When choosing one of Athletic Precision services. Receive an additional 10% off with this coupon.



10%



Exercises of the month

Rule of "TEN"

This exercise test you CP-Phosphogen energy system You will basically need:

6 Mini Hurdles Hard Work

You place 6 mini Hurdles in a row with at least 1-2 feet apart from each other.

The athlete starts in the middle and start lateral stepping either right or left. After you complete one row of hurdles continue, until you completed "TEN" times. Rest 2 min complete 3 more times



The PUSH -UP

This is the old fashion push-up. Taking this exercise to the next level can make it exciting and stimulating.
Falling Push-up
Push-up on Swiss ball (many variations)



Falling Starts or Falling Push-ups

Here is a way to get either explosive reaction for the upper or lower body. You start in the same position for either exercise. Have the athlete lean their body into you as in fig. 1. Then let the athlete fall either by catching themselves in a push up or to a falling run start as in fig. 2.

Fig 1



Fig 2

