



Check out our Trivia Question for this week!

Good morning! It is a new week so we have posted a new Trivia question on our [Website](#)! Our prize this week is an exercise band with a handle (valued at \$10). The first person to e-mail us the correct answer will be this weeks winner! So please go to our website and e-mail your answer to Emily@howelltosports.com!

Also, here are some articles for your enjoyment!

[Is The Home Run Back? Will The Shift Ever Die? And 8 More Burning Baseball Questions](#)

The first days of spring are the perfect time to kick back, relax and get ready for a new MLB season and all the possibilities it might bring. We've previewed all six divisions already at FiveThirtyEight, but we still had some deep thoughts about baseball's Big Questions. That's why we've prepared a guidebook of sorts for what to watch for in 2017, with an eye on where the game is headed. Here are 10 topics we'll be thinking — and writing — about throughout the season:

[Long toss: Is it toxic or a tonic?](#)

Thirty minutes before first pitch of the national championship series, Vanderbilt freshman Hayden Stone shouts an order to his fellow pitchers warming up in right field.

It is a reference to one of the great warriors of all time. It is a signal to step back and let it fly.

“Braveheart! Freedom!”

Throwing Programs Of Elite Pitchers

LOS ANGELES — In 2012, I wrote an article for Collegiate Baseball entitled, “The Origin of Throwing Programs” (September, 2012).

The essence of this article was to source why a “one-size-fits-all” throwing program began to take root in the baseball community decades ago, and why, in some cases it is still being implemented.

Improve Eye Focus With This Vision Training Drill

The Bull's Eye Target, a vision training drill, improves eye movement skills and builds strength, flexibility and stamina in the eyes' focusing system (known as "accommodation"). Accommodation is how quickly and accurately your eyes switch focus to a different distance; and how you maintain accurate focus while tracking a ball, puck or anything else moving toward or away from you.

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