



## Training Articles

Thank you for opening our newsletter. I'm sure, if you traverse the internet like I do, you have seen or read about this "new" training protocol using weighted bats or weighted balls. This is not new (it's been around at least 50 years) but is now coming into vogue in the major leagues so it must be worth considering. If you want to read about this check out our blog [here](#).

If you have any questions I love to talk baseball and softball. Shoot me an [e-mail](#) or give me a call at 856-381-8888. Thanks again and we hope you enjoy our newsletter.

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