



Training Tools and Gadgets in Sports

It's no secret that sports today are not as they were 30 or so years ago. New equipment has been invented and also new ways for athletes to train. With the ever changing sports, we try to acquire what we need to help our athletes succeed.

One of the ways that we can help our players succeed is by equipping them with the right training tools and for a limited time you can purchase our [Throwing Power Package](#) for only \$12.00!

Why purchase our bands when there are so many on the market?

Our bands are made from extruded rubber. What does that mean for you?
Extruded Latex – This rubber is heated and cooled at the same temperature causing a more consistent rubber with nearly no imperfections. Our bands last longer and produce the same level of resistance over time. Compare to dipped latex, which is what some companies use: **Dipped Latex – rubber is heated and cooled before next layer of latex is added. This causes inconsistencies and weak points in the rubber increasing the risk of failure.**

Our bands are longer lasting, more consistent over time and generally less expensive. If you or your players want to strengthen your throwing muscles our bands can definitely help. We will also include, with your purchase, our great eight exercises for activating the exact throwing muscles used to throw a baseball or softball overhand. These exercises WILL help you throw harder AND strengthen your shoulder during the off season.

Barreled up: New Statcast metric shows highest-value batted balls

So far, much of what we've reported with Statcast™ data has been about observing -- how fast was this, how high was that, etc. That's all going to lead to exciting new metrics to come out of the Statcast™ lab, and today we can share the first of many to come. Let's keep it simple: Let's use exit velocity and launch angle as a pair to find the hitters who just mash the most.

Building a Safer Baseball Bat

For decades, the thwack of a ball smacking the sweet spot on a wooden bat left Kent "Hawk" Williamson with a satisfying feeling. Although the benefits were countless during his seasons playing Little League, college and semipro baseball, the bats sometimes produced grave, unintended consequences.

High Schools See Value in Gym Video Boards

If you find yourself at a basketball game at Redwood Valley High School in Redwood Falls, Minn. (population 5,200), pay attention to the action on the court. Otherwise, you may get caught eyeing your phone and wind up starring on the gymnasium's 10-by-7-foot video board.

Purchase our bands and other tools today!



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