



Check out our weekly Trivia Questions!

Staying loose in the summer doesn't only mean keeping your body in shape, it can also mean keeping your mind sharp. We have come up with a fun way to test your knowledge and win prizes at the same time! We have a weekly trivia question on our website that we will be giving prizes to the first person to e-mail us the correct answer! Just check out our [website](#) and e-mail Emily@howelltosports.com for your chance to win! Each week we will have a new question and a new prize. This week's prize will be an exercise band and a handle (valued at \$10). So make sure you stop by our website each week for your chance to win some new training tools!

Also, please enjoy these articles!

[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.

[Better Just Keeps Getting Bigger: Giant Video Sports Scoreboards](#)

If you are keeping up on the news on the topic of sports stadiums, you would not be surprised that sports venues are continuing to grow at an exponential rate. As old stadiums fall in ratings for what they are offering, the attendance and sponsorship also falls. The number of stadium facelifts and new construction are entering into a whole new era of bigger means better. Any stadium that wants to jet to the top of the ratings also needs the kind of giant video sports scoreboard that will wow the crowd.

[Electro-Mech Now Offers Scoreboard Leasing Options](#)

Leasing has become a more popular option in business decisions today. From extensive trade show floor displays to automobiles, there is often a more cost-effective aspect to a leasing choice as opposed to a full purchase. Due to popular request, Electro-Mech is now offering your school, team or stadium the choice of leasing an electronic sports scoreboard.

[Check Out Our Website!](#)



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