



THE NATIONAL SCHOOL OF BASEBALL AND SOFTBALL NEWSLETTER

APRIL 2017

March Student of the Month



STUDENT OF THE MONTH



11U Player for the Pirates of Chicago - Sam did not miss a lesson the entire month. His enthusiasm and passion for the game is contagious. He has a burning desire to get better every time he pitches. He is as coachable as any young player I have ever had the privilege of teaching. He doesn't need anyone to push him. He pushes himself. Most importantly he has a magnetic personality and a wonderful sense of humor. We developed our own little side show featuring, "You're killing me Smalls!" Sam just turned 11 and is already topped 52mph and has a wicked change up.

Congrats Sam! We are very proud of you! Well deserved!

Advertise with the NSOB&S

Check out the latest
Quick Tip
from Coach Pete:

**"Go Hard or Go
Home"**

<http://www.nationalschoolofbaseball.com/quick-tip/>

We are seeking small businesses who would like to engage in sponsorship or advertising opportunities with the NSOB&S.

Contact us for information about getting your name on our merchandise.

April Theme of the Month: Get Heated

Many baseball and softball seasons are already underway. The weather in a lot of geographic areas is still quite chilly. Therefore, it is imperative that all players not only warm up, but get “heated”. There is a big difference between the two.

Warming up is just doing your team’s normal warm-up and stretching routine.

Especially in cold weather, a player needs more than that. Getting “heated” especially for pitchers is a different level that protects the body. A player must get to the point of starting to sweat, but not being tired: Heart pumping, lungs pumping, blood flowing, muscles firing. In other words, find a way to build up a sweat even if it’s cold. There is nothing more dangerous than playing any sport in cold weather and your body is not ready to go. This is when injuries occur. Protect yourself.

A great way to do this is using Biomechanics Dynamic Warm Ups. Get HEATED before every game regardless of the weather!



Check out our website for ideas on warmups before games.

Coach Pete's Pointers

One of the biggest mistakes made during the season is to stop training. When you stop training and stop your drills, exercises and checking in with your instructor, old habits will easily creep back in. One of the main goals is to improve during the season. It is difficult to do that with just a practice or two a week and two games a week. You need to keep up with your reps, not only to secure the muscle memory in order to achieve Dominant Longevity. Not only that, but many of the drills and exercises keep the player strong throughout the year. It is not uncommon that by the end of July performance drops. This because the player is not “refueling the tank”. In other words, they stopped working. Working puts fuel back in the tank.



Student Game Reports

We love hearing stories from our students about their accomplishments. Their success is our success! Here are just a few of the great reports we have received. Check out our website at <http://www.nationalschoolofbaseball.com/student-game-reports/> for more, and send us your own success story!

Hey Pete I just pitched a great 4 innings and they scored 4 runs on me and only 1 hit on me

Won the game eventually 11-10

And there were errors too but my changeup was amazing and I was throwing good strikes

Ryan

Hey coach I pitched 2 innings in relief today. I struck one guy out gave up one infield hit and gave up 0 runs

Jon

Ralphy

hey pete. pitched 4 innings today. 62 pitches. first three innings no runs perfect game then fourth inning error by infield led to 3 runs. overall great outing. dad said i looked good mechanically and on the hill.

Message to our Students:

“Go Hard or Go Home.” Approach every game like it might be your last. Throw every pitch as if it might be the last pitch you ever throw. Step into the batter’s box like it could be the last at bat you ever have. Field and throw like it’s the last play you might ever make. Leave **NOTHING** on the field. Do not walk away from a game thinking you could have tried harder. There is no excuse for lack of effort. Do it for yourself. Do it for your teammates. Do it for your coaches.



We want to hear from YOU!



If there is any kind of special clinic or event you would like us to hold please let us know! We are open to your ideas and suggestions.

Join us in Celebrating a HUGE



In March we set a new milestone in giving lessons to **440 students!** From January through March we gave lessons to **1160 students!**