

# TOSH TIMES

## TOSH Baseball Program Newsletter

Official sports medicine and sports performance provider to



Fall 2015

WOW, where did this last year go? Thinking back over 2015, I have some questions for you:

- Are you pleased with how your baseball season(s) turned out? I hope so! What would you have done differently to make this past year even more of a success?
- What are you going to do about it?
- How long are you going to wait?

To magnify what you or your athlete can do to progress for next season, I suggest utilizing the following "Preparation for a Successful 2016 Baseball Season" checklist:



### 1. Do an injury/body assessment

- Find out where and how you or your athlete are physically, and how to overcome any weaknesses.

### 2. Do a baseball knowledge assessment

- Be honest about what you or your athlete can do to better understand this great game to maximize your future potential.

### 3. Do a baseball skill assessment

- Honestly, but positively, break down your own or your athlete's defensive position skills, hitting/bunting skills, throwing/pitching skills and base running skills.

## FREE INJURY ASSESSMENTS AND OUTSTANDING MEDICAL CARE

Now is the best time to push your "BODY SCAN" button and see if there are any nagging injuries that need proper attention. If you have any injuries (past or present) that may rear their ugly heads again, please let our staff of doctors, certified athletic trainers and physical therapists evaluate you and make sure you heal properly — and in time to start preparing for next season.

**If you have any questions about an injury, call us at 801-314-4040 and set up an appointment for a free injury assessment.**

If you are not injured, but just want to get stronger in specific body areas and if you have the time and motivation to achieve your goals, we can help you at TOSH. Feel free to call me if you need direction on how to assess and achieve your strength goals.

## BASEBALL KNOWLEDGE REINFORCEMENT

There are a lot of books and articles on the internet on every subject you can think of to improve your understanding of baseball. I think the most difficult thing is to: First, admit that we don't have all the answers. Second, pin down the areas of our knowledge that need strengthening or clarity. Third, be dedicated to do research to find out how to get the answers you need.



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Lastly, spend the necessary time to learn and enjoy the learning process. If you don't know, TOSH and RMSB are proud to provide an outstanding series of baseball seminars geared towards giving athletes, coaches and parents the best information possible in areas such as throwing, pitching, hitting, catching during the off-season and in-season conditioning.

We have already scheduled three seminars to be held at TOSH in Murray between now and March 2016, and we hope to add a catching specific seminar, as we have had many requests for help in this area.

We just held a seminar at TOSH, entitled "Offseason Training Do's and Don'ts." Please keep checking the RMSB.com website, along with the TOSH Facebook page, for more information and to sign up for the seminars as they are posted. Our **Pitching Seminar with Gorman Heim Mueller is scheduled for January 19th 2016 at 7 pm** at TOSH. Please register at RMSB.com

## BASEBALL SKILLS IMPROVEMENT

If you have great baseball coaches and programs already set up, then by all means dive full force into training so you can prepare and maximize your athletic potential.

If you need skill-specific coaching help, just need a change of pace, or just would like to see how using sport science can more specifically help you or your baseball athlete, this is your reminder that TOSH offers baseball specific training services including two camera video analyses for: throwing, hitting, pitching, and fielding, as well as follow up training sessions in each area. We also have the very best speed training with treadmills that can run at 28 MPH. These challenge the fastest athletes in the world. Our experienced staff will focus on correcting running form, overall strength, power and agility.

We use equipment unique to our program for those athletes of appropriate age, and great ground-based training for younger athletes.

**Call us 801-314-2996 to find out more about our amazing speed and agility programs or our baseball skill specific programs and how to get started.**

This time of year I have been known to say, "Now is the best time for your athlete to become a better athlete, so they can be an even better baseball player next season."

Enjoy your off-season improvement journey!

*Michael S. Everett*  
TOSH Baseball Program Coordinator

## BECOME NUTRITION SMART IN THE OFF-SEASON

In the off-season, and around the holidays, it can be easy to take our fitness and nutrition for granted. During the season, you are burning more calories than the off-season and unless you change your eating habits, you can gain extra weight. The off-season is a time to figure out what you want to accomplish before the upcoming spring season.

These goals can include, but are not limited to: gaining muscle mass, avoiding weight gain, and eating healthier to keep your immune system strong. Whatever your goal may be, it is important to be mindful around the holidays and parties and not eat past your comfort level.

I recommend that you follow the MyPlate approach in the off-season; at each meal aim for half your plate fruits and vegetables, a quarter protein and a quarter grains.

Remember, hydration is just as important in the off-season as during games. Since we live in a cold, dry climate, it is important to continue drinking water since we will not sweat as much or feel as thirsty.

Lastly, sleep is something that can significantly make or break your off-season goals. Aim for 8-10 hours each night to avoid getting sick. It's important that as you establish these healthy habits, to carry them into the spring season when you'll be playing doubleheaders and practicing routinely.

Have a great off-season and work hard to get better!

Happy Holiday Season!

*Ashley Hagensick*  
TOSH Sports Dietician

