

TOSH TIMES

TOSH Baseball Program Newsletter

Official sports medicine and sports performance provider to



Q4 2017

What can enhance your offseason...and what quality will improve every skill every baseball player needs?



By Michael S. Everett

TOSH Baseball/Softball
Program Coordinator

How was your baseball success in 2017? Did you and your team make the improvements you expected or needed in the 2016-2017 offseason?

What can you or your team change between now and next spring to take your game to a whole different level?

Do you want some help?

Once again, TOSH-The Orthopedic Specialty Hospital and Rocky Mountain School of Baseball are teaming up to offer a series of seminars for the coaches, parents, and athletes of our community to expand their baseball knowledge and improve the quality of baseball in Utah.

Our monthly seminars will include several great topics: 1) Offseason Do's and Don'ts, and 2) Catching, 3) Pitching,

and, 4) Hitting. We also hope to add a sports psychology seminar this offseason.

As always, these seminars are free and are offered at TOSH in our auditorium. Unfortunately, it only seats 100 people, so get registered on RMSB.com as soon as possible, and come to TOSH early for the best seating.

Can you solve this baseball riddle?

The riddle is about one of the least-developed and coached aspects of the game.

It has EVERYTHING to do with winning and is crucial for every individual to possess. It can never be mastered and needs constant nourishment and work.

It can't be purchased, yet every individual, every coach, every team, and every sport covets it. Even individuals at the top of their game, or teams playing at the peak of their talent, can fail because they lack or can't properly control this all-important aspect of the game.

This quality may be acquired quickly but may also be lost in seconds. What is it?

" _____ wins ball games!"

What is the first thing that comes to your mind when you fill in the blank? Over my many years in baseball and fast-pitch softball, I've heard many great players and even more great coaches offer a number of answers:

- Defense
- Skill
- A quality bullpen
- Physical conditioning
- Pitching
- Luck
- Attitude
- Team speed
- Hits
- Momentum

JOIN US

for our Nov. 15th FREE Offseason Training Seminar

TOSH—The Orthopedic Specialty Hospital & RMSB are offering a free instructional seminar ***Offseason Training Seminar - Do's & Don'ts*** to help prepare your player for the upcoming 2017 season.

- Wednesday, **November 15**, from **7 p.m.** to **8:30 p.m.**
- In the TOSH Auditorium, 5848 South 300 East in Murray.

TOSH Baseball Program coordinator Michael Everett will present on what to do and what to avoid during baseball's winter offseason. He will cover what and how to strengthen and condition your athletes for next season.

Seating is limited to the first 100 registrants.

Go to the RMSB website at RMSB.com and register today.



In truth, all the words I've listed have some bearing on success. However, winning and success don't happen because of one skill, on concept, or one refined quality.

In individual sporting events, one's talent and hard work are the difference between winning and losing only MOST of the time—even less so in the team setting. In the team setting, an individual's dedicated hard work or skill can only add to the overall team success.

Those factors make the difference even less so in a team setting, where one's own dedicated hard work and skill can only enhance or add to the overall team outcome. The extra hard work of one or a few can't always make up for teammates who haven't done the extra work to become consistent and fluid in their game.

But one factor can make any poor player a little bit better at the right moment and can help any team play beyond their abilities and win.

What am I talking about? CONFIDENCE.

Confidence will ALWAYS enhance output and increase the potential of a positive outcome.

Enhanced by the right timing or momentum and with the right belief system or motivation, confidence can change outcomes immediately.

Confidence honed correctly can build beyond the moment and can encourage increased work ethic and

effort. We've all watched as the confidence of a great team is lost and unlikely errors make things worse.

We've also all watched as a team leader, one person on a team of nine or more, gets injured and it seems as though all is lost. What type of substitute would it take to fill in and keep the momentum to enable a win? The answer has to include the confidence that leads to overcoming difficulties and winning.

Hank Aaron once said, "Failure will never stand in the way of success — if you learn from it."

Baseball is a game of failure, but we can greatly decrease moments of failure if we practice with purpose and confidence.

Obtaining confidence begins with getting rid of negativity and it grows by using building blocks of positive work habits or routines. If you watch most players, they do quirky things before every pitch. What purpose do those quirks serve?

I believe that building and practicing purposeful pre-pitch routines can instill confidence. Developing your pre-pitch routines to feel proper movement patterns, increase areas of focus, utilize visualization, and instill confidence through feeling prepared will increase consistency of actions.

Pitchers, catchers, hitters, and defensive players can all improve the quality of what happens at that next pitch if they utilize these routines, not only in games, but in every practice rep they take. More game-similar practice reps will certainly instill increased consistency and quality into game actions.

If you or your athlete have questions or need any of the great baseball-specific, softball-specific or speed and agility training services we provide at TOSH, please call me at **801-314-2996**. We're also happy to offer free-injury assessments to any athlete.

Have a fantastic offseason!

Michael S. Everett, ATC, LAT

Be Your Best: Nutrition for Injury and Illness Prevention

By **Claire Siekaniec**

TOSH Sports Dietitian

Offseason is a good time to make sure you give your body the chance to recover from a demanding season. Allowing your body time to recover is important so you can stay healthy, prevent injuries, and be the best athlete you can be.

While you already know that getting enough sleep and rest aids in the recovery process, do you know that what you eat can have a big impact, as well.

Eating a variety of nutritious foods can help to reduce your risk of injury and illness as well as improve healing after an injury or surgery.

In order for the body to heal itself and maintain a strong immune system it's important to make sure you are getting enough of the following nutrients:

- **Protein:** Slightly more protein is needed when recovering from injury. Eat small amounts of protein at each meal and snack throughout the day to promote optimal healing.
- **Iron:** Athletes with low iron levels may be at a higher risk of injury and illness. Include iron rich foods such as meat, green veggies, and fortified cereals in your eating pattern.
- **Vitamin C:** Is an antioxidant that helps keep your body healthy. It also aids in the recovery process by assisting in the production of connective tissue.
- **Calcium and Vitamin D:** These are important nutrients needed in the development of strong bones. Vitamin D helps the body absorb calcium and getting enough of these two nutrients may reduce the risk of bone-related injuries.

The best way to make sure you are giving your body all the nutrients it needs is to make sure you are eating a variety of foods from all food groups.



Eating enough calories on a daily basis is important because if you don't eat enough your body will begin to break down your supply of stored nutrients, leaving you at a higher risk of becoming sick or injured.

Additionally, including foods such as avocados, fish, nuts, olive oil, garlic, and tart cherries (dried or juice) may help to reduce inflammation in the body and speed up the recovery process.

If you're interested in having a dietitian talk to your team about how nutrition can improve your performance, TOSH offers this service free of charge!

Just call **801-314-4038** or email **TOSHnutrition@imail.org** to schedule a sports nutrition workshop for your team.

Good luck this offseason!

Claire