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Impair Healthy Healing In People Over The Age Of 30!

High School Baseball

By Andre Anderson

Both high school baseball players as well as their parents share the same mentality, thinking that reaching to play division 1 baseball (NCAA) is the main goal for any student. However the paradox is that the same players that think this end up being extremely unhappy about the choice they have made, Division 1 not being the best choice.

When Junior College might be the better choice:

1. You are not one of the top brains in high school. Most of 2.5–3.0 GPA high school students believe that to be the easiest way is to attend a junior college.
2. You might be a draft pick, not picked out of high school, wanting to get the benefits of two-year draft eligibility.
3. You're one of the chosen players but you're not good enough to sign a contract and still you would love to play professional baseball. Junior college way gives you the opportunity to either sign or be re-drafted when both seasons—freshman and senior seasons end.
4. You dream of conquering Arizona or Clemson State while you're being offered from only lesser division 1 schools. If you go to a junior college and show them what your abilities are, you will get the opportunity at the college you really wanted to play at.

There is only one thing both players as well as their parents have to keep in mind: finishing 2 years in a junior college and then being transferred to a division 1 college will lead in one direction: receiving a degree that says "Clemson" or "Arizona State", but says absolutely nothing about the junior college.

Let's talk about money now. Almost every division 1 schools (who have 11.7 scholarships for baseball) have to share this money equally with 30–35 players, the player having left a large sum of money to pay. With lower tuition costs and more scholarships (24) many times a junior college can offer 2 free years.

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You can save money this simple way: you attend a division 1 school 2 years for free and the next 2 at 50 %, which equals to four years at 75 % savings. All these lead you to a \$20,000 save from that 25 % left of every year.

You can also choose a JUCO because of the additional playing opportunities, being able to play against those who are your own age.

Although Junior College sounds good for some of the young players it isn't the right option for all of them. It's almost impossible for a 3.5– 4.0 student, who could attend some of the best colleges as Notre Dame or Duke to even take a junior college in consideration since all these top academic schools don't even consider JUCO transfers.

No matter what the choice is, it's yours and has got to be the right one. Good luck!

My name is Andre. I work at the Neiman Marcus at Lenox Square.

<http://atlantanewsblog.com/>

Important Aspects Of A Baseball Coach

By Sintilia Miecevole

Being a baseball coach can be very rewarding. It is a big responsibility, though. You are basically the 'leader' of your team, and how you act will directly affect how the assistant coaches and the players act. There are some tips you can follow to make yourself a better baseball coach. These tips are:

1. Give everyone on your baseball team a responsibility. Make each and every person on the team feel if they don't do something, it won't get done! Any accomplishments made by a member of the team are shared by the whole team. (It is important to give recognition to individuals, though.)
2. Help everyone on your baseball team make good, informed decisions. As the baseball coach, you need to guide and teach the players to make the good decisions you want them to make. Don't bully the baseball team to do what you want them to do, just encourage them to do what is best.
3. Always treat your baseball team like they are winners! If your baseball players feel like winners, they will be more likely to win.
4. Let everyone on your baseball team know you care. Be interested in every individual baseball player. Encourage them and show them your support. Look at your behavior around your baseball team and evaluate it carefully.
5. Help your baseball team understand the meaning of playing with good sportsmanship! Good sportsmanship is just as important as winning. Make sure your baseball players understand the meaning of fair play from the moment you become their baseball coach.

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6. Make sure you motivate and reward your baseball team players. Just knowing the basic skills and strategies of baseball won't necessarily make you a very good baseball coach. Being a baseball coach is truly more than just teaching these things. A really good coach can motivate a baseball team to do its best! Good baseball coaches understand and can empathize with the players' feelings of joy, anger, anxiety, frustration, and pride.

7. Don't make your baseball practices boring or repetitious. Shake up practices by playing games and teaching new techniques and plays. Since only 9 players can play at a time, make sure to keep the rest of the baseball team feeling useful by having them keep score or charting pitching and offence. Make sure to keep each baseball player feeling they have an important role in winning.

8. Make sure you have a plan for your baseball team. Just like a teacher needs to plan for the school year, a baseball coach needs a plan for the season. Having no plan is a sure road to failure.

9. Give your baseball team enough time to review things they have learned. Whether at the end of a practice or the end of a game, give your players time to review what has been learned and what could be improved upon. Keep the review as positive in tone as possible.

10. Make sure you communicate with your baseball team. If you cannot get across to your baseball team what you want, how will they know what to do?

Sintilia Miecevole, host of

<http://www.reelbaseball.com>

provides you with baseball information from

games, cards and equipment to teams, gloves, pictures and more. Be sure to visit

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