



Featured Article

In this week's article, Coach **Justin Gerardo** shares a piece of advice on understanding the process of creating muscle memory through time, energy, and focus.

Upcoming Events

Softball Winter Training at BPE-Randolph is starting to fill up! For more details please click here.

To register reply to this email or call us at Randolph at 973-927-7247

- **Improve Bat Speed**
- **Improve Power Output**
- **Have Fun While Training with Friends**
- **Gain The Edge**

"There Is No Off-Season"

One of the most important and often overlooked parts of the baseball/softball season is what many consider to be the "off-season". Some think that players should be resting their bodies during their "break" and give themselves time to start fresh for their upcoming season. Over my 20+ years of playing, training and coaching, the off season has always been the best time to work on your craft and mold your body into the best possible shape you can be. This doesn't mean working out and taking swings daily. It means that even though you're not playing, staying in a routine will help elevate your game drastically.

"Muscle Memory" is one of the most used phrases in all of sports, let alone the game of baseball/softball. The body can create new habits through the countless repetitions it takes in the off season. The question is, are you creating good or bad habits...

Professional and collegiate athletes will tell you that the time to create great habits is in the off-season.

Muscle memory is best developed without the mental stress of competing in games on a regular basis, making the off-season an ideal time for

Outstanding Students!

Congratulations Emma Corbett and Austin Garguilo.

Emma is in the facility multiple times a week to work on her craft. She works on hitting and pitching on her own and with her mom.

Austin started his training in July to prepare for 2016 and has shown improvements in his throwing ability and swing. Austin is committed to training 2-3 times per week to prepare for his competition.

Keep up the hard work and both of you will be ready for success in 2016!

WEEKLY WINNER!

Congratulations to Ryan S. from Parsippany on spotting the weekly Newsletter Error in Vol.1 Issue 1.

A "Golden Sombrero" is actually a player's inglorious feat of striking out **FOUR** times in a single game and not 3.

Ryan won a Video Analysis session with a BPE Trainer.

Be sure to look out for the Error in next week's issue.

athletes to see results.

Players who spend as much time training their mind & body as they do on the mechanics of their swing, fielding, and throwing see the most results when it comes time to compete. Developing a routine and staying disciplined is the main factor in separating average players from great players. Of course, private instruction at any level can make a positive impact on a player's success but the best results are seen with the player that applies those lessons and advice when they're on their own.

Baseball and softball are humbling games. Understanding that the process of becoming a better player takes time, energy, focus, and discipline will ultimately help players over the long term. The athlete that expects to see results in a short amount of time needs to change their perspective entirely in order to get to where they want to be. Success happens over years, not weeks or months.

Just ask a collegiate or professional player how long it took them to be successful. It wasn't a certain amount of lessons or games. It was the combination of years of developing themselves in a variety of different ways!

Coach Justin Gerardo





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