

BASEBALL TRAINING

VHS SPRING BALL 2024

A few key principles to help you through your training:

❖ BE CONSISTENT

- Improvement in anything is based on the accumulation of all the practicing you do. The more consistent you are, the better you will get, and the better you will perform when called to action.
- Practice does not make perfect if you are going through the motions in practice.
 - “Perfection is not attainable, but if we chase perfection, we can catch excellence.” Vince Lombardi
- Chase perfection through consistency at every practice.

❖ EAT QUALITY FOODS IN THE RIGHT QUANTITY

- The easiest way to make sure the quality of your food is good is to eat like an adult. Eat real food. Eat a variety of vegetables, fruits, meats, seafoods, and whole grains.
- For food quantity you have to make sure you are getting enough total calories, through high quality protein and complex carbohydrates to support the work you are doing. For most of you high quality complex carbohydrates are what is lacking in your diets. High quality complex carbohydrates are starches like: peas, beans, whole grains, and root vegetables like carrots, potatoes, and yams. For some of you quality protein may be an issue. Quality proteins are lean meats (sirloin, flank steak), chicken, eggs, and fish.
- You will need to do some math for these: take your body weight in pounds and divide by 2.2 to get your weight in Kilograms. For every Kilogram in body weight you need a MINIMUM of the following:
 - Protein needs: 1.6 grams of protein to maintain body weight of an athlete. Up to 2.4 grams of protein during high intensity training and for weight gain.
 - Carbohydrate needs: 6 grams of carbohydrates on hard graining days with minimum of 4-5 grams on easy days.
 - Fat needs: (yes you need fats in your diet) make sure the percentage of fat in your diet is around 25%-30%. High quality fats come from things like avocados, nuts and seeds, and vegetable oils like olive oil, peanut oil, canola oil, safflower oil, and sunflower oil.
- Total calories per day: you should be getting a minimum of 45-50 calories per Kilogram of body weight per day. You should intake more on days you train harder or do more. While it is true that protein provides the body what it needs to rebuild muscle and body tissues, it is more important while training to develop a total energy balance that will

enable you to recover from hard training and increase the benefits you receive from that training.

❖ **GET ENOUGH SLEEP! GET ENOUGH SLEEP! GET ENOUGH SLEEP!**

- Sleep is non-negotiable.
- Anything less than eight (8) hours per night is insufficient. If you are training hard or dealing with extra life stress it should be closer to 9 or even 10 hours on some nights.
- Dark, cool rooms are better for sleeping.
- Avoid blue light or bright light an hour before bedtime (this means screens). If you do not have the self-discipline to stow your phones, tablets, and devices on your own, ask your parents to help you.
- Be careful what you eat before bedtime, as large meals, and certain foods may make it harder for you to fall asleep and stay asleep.

❖ **DO NOT DO STUPID THINGS**

- This one is straightforward.
- If you get sick or injured, you cannot train.
- If you get suspended or in trouble you cannot train.
- If you cannot train you cannot get better.
- If you cannot get better, you will not be ready for the season.
- If you are not ready for the season you will have left yourself and your teammates down.

❖ **BE READY FOR THE SEASON**

- Do not wait until the season starts in March to start implementing these principles and getting in shape.
- By that time, it is too late.
- Your teammates and competition will be MONTHS ahead of you in training.
- The time to start is NOW!

Best of luck on a championship season!
Your Valley Viking coaches.