



Collegiate Softball Connection

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# SCOREBOOK

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## CONDITIONING? I'M TOO BUSY, AND BESIDES, I'M ALREADY IN GREAT SHAPE!

### Important Reminders from Cathi Aradi...for 2012 Grads

- 1) Now that fall is here, you *must* make your follow-up phone calls.
- 2) Most D-I coaches won't recruit players they don't see in person. So if you're aiming at D-I schools, be sure those coaches will have the chance to see you this fall.
- 3) Send copies of your video or YouTube link with every new contact.
- 4) I send out regular email updates. If you aren't getting them, I have the wrong address or your spam blocker is doing too good of a job.
- 5) Fall is when I see players falter, but it's also when I see them decide how much they really want to play in college. If you are struggling with the process—or even with the decision whether or not to play—just give me a call and we can work on this together.

Have a great fall and



Holiday season!

Talking to athletes about playing softball in college, I sometimes hear groans and see rolling eyeballs when I bring up the importance of conditioning. Kids who play two or three sports in high school often think they're getting enough exercise and don't need to do anything special to stay in shape. (And *they* might be!)

But many students will find themselves in misery when they begin their freshman workouts at college. Twenty years ago, conditioning—weight training, running, etc.—was common at D-I programs, but was only starting to be routine at other levels of competition.

In today's collegiate athletics, conditioning is as important to good performance as are drills and practices. Many, if not most, college softball teams start with conditioning in the fall before they even start practice.

Running--whether distance or sprints--weight training and other exercises designed to improve speed and stamina are done on a regular basis, usually year round.

Why is this so important? The answer is simple. If you watch the

Women's College World Series, you often hear the commentators referring to the strenuous training these athletes are required to do. They also emphasize the effect conditioning has on stamina, and how it helps players to survive the long college season.

If you're in peak physical shape, you're prepared to deliver a peak performance on the field. And your body can better withstand the stress of tough competition. Many college teams play 60 or more games over the course of the spring. That's a lot of double-headers!

Some high school athletic programs are forward thinking (or well funded) enough to offer conditioning or to integrate it into their individual sports teams. But many do not. And kids who aren't in shape often show the effects of this lack of conditioning. They are at increased risk for injury, fatigue and burnout.

College coaches know the benefits of a fit team. They're less injury-prone, recover faster from minor injuries, and perhaps most importantly, they'll still be going strong in May when post-season play rolls around.

I encourage athletes to start conditioning by the time they are juniors. This gives them two years before they start college, and it allows them time to "ease" into a good training program. There are a lot of resources you can investigate to find out what specific program is right for you. An excellent way to start is to write several college coaches or athletic trainers and ask them what their softball players do to stay in shape. Some health clubs or gyms also specialize in training for athletes.

**It is important to have expert supervision when you start because your body is still growing and changing, and you don't want to overdo it. You also want to be sure you're doing everything correctly.**

Wherever you go to college, conditioning probably will be the first thing you do as a team. So wouldn't a head start be great? Wouldn't you like to be the player coach singles out because you're already ahead of the other freshmen on the team?

If there's a chance you'll be walking on somewhere, or challenging a starter for a spot, you may be able to give yourself a small, but real advantage by starting college in the best shape possible! Being able to handle a demanding college conditioning program may not be the thing that wins you a walk-on or starting spot, but it could be a factor.

Whether you love or hate "training", it's going to be part of your college athletic experience. So why not get a head start on the competition? Do your homework now, and you'll pass the test when it counts.

Find an expert (or an expert resource) to help you plan a program you can manage. Then start slowly and stick to it. By the summer of your senior year, you'll not only be in great shape physically, but you'll start college confident in the knowledge that you can handle whatever your coach asks of you!

### **Remember to Tell Your Friends About CSC This Fall!**

Despite some improvement in the economy, (okay so it only improved for three months), many families are still unsure where to best put their money. Too often, staying at the Marriott or buying a \$350 bat wins out over getting the kind of help that can ensure their player is successfully recruited.

As you know, CSC families are my very best advertisement, and without your support, I wouldn't have stayed in business for over twenty years!

Ninety percent of new clients come through direct referrals from CSC alumni or knowledgeable travel coaches, and I even offer my current families an "incentive bonus"--\$25 for every new client who mentions you as a referral source.

Tell your fellow teammates that I offer several service options designed to fit almost everyone's budget. And I have over 400 colleges that get regular information on my clients!

Now is a great time for 2013's to start thinking ahead to their college search and to begin to plan their big college mailing. Together, we can ensure they find the schools where they have the greatest "Wow Factor!" So please pass the word along.

Thanks for your help!

*Cathi*

