

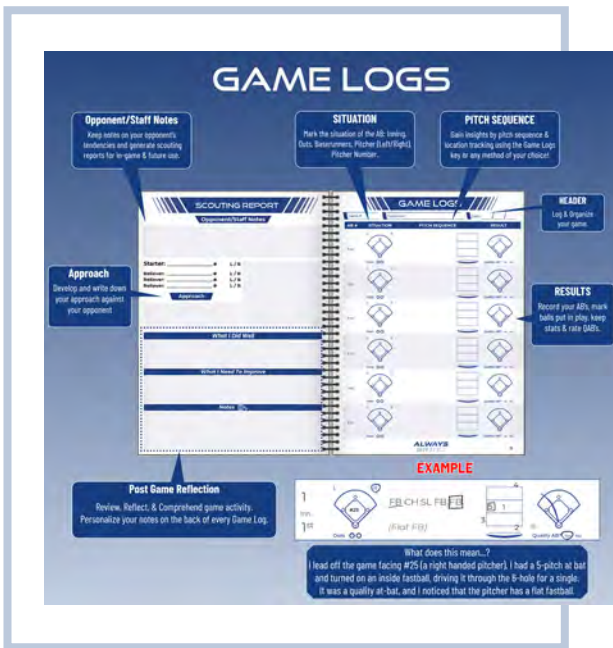
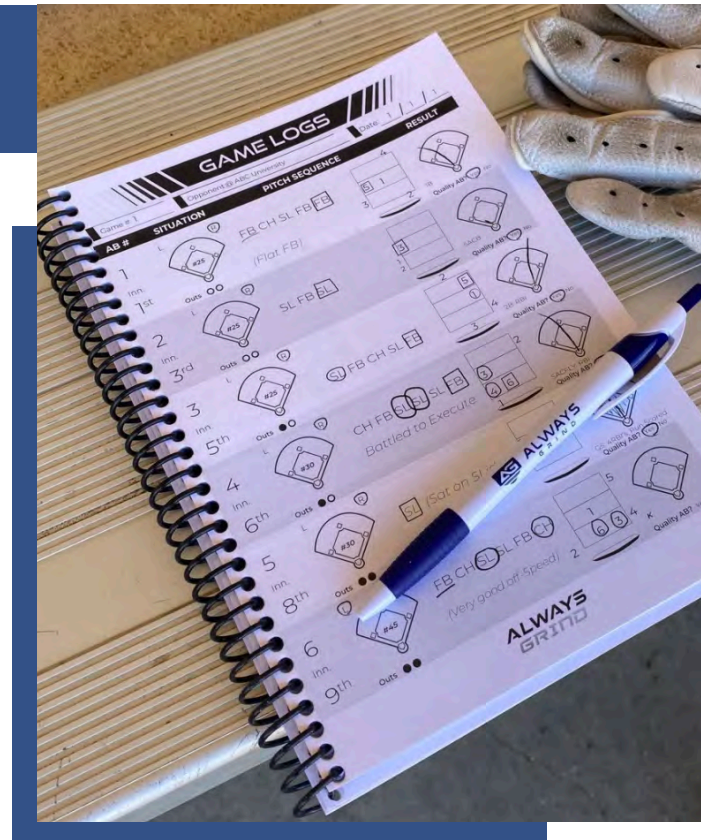


NOTEBOOK CATALOG

ALWAYS
GRIND

AG: Softball Hitter's Game Logs

ALWAYS GRIND: Hitter's Game Logs are designed for ALWAYS GRIND Athletes to scribe a participated game and receive instant feedback beneficial for development. By learning tendencies from opposing teams and players, and analyzing in-game situations, ALWAYS GRIND Athletes create a competitive advantage for themselves and their team. They become "Students of the Game." The best professional and collegiate softball players analyze game situations and log every single pitch, at-bat, and box score. The ALWAYS GRIND: Hitter's Game Logs is an effective tool for player development.



Specs:

- Game Logs for Situations, Pitch and Result Tracking, & Spray Charting
- Scouting Report & Self-Reflection section on back of Game Logs
- Pre-Game Routine Development Section
- Key Page for Ultimate Use
- Ownership Page
- Spiral Bound for Lay-Flat Capability
- 60 Games
- Additional Note Pages
- A5 (5.83" x 8.27" / 148 x 210 mm)

"We used the AG: Hitter's Game Logs for the first time this past Spring (2020). We believe these had an extremely positive impact on our hitters. They helped narrow our hitters' focus on 'the process,' and added the ability to self-reflect and adjust throughout the game. These will be a part of Iowa Baseball for years to come!"

-Marty Sutherland, University of Iowa

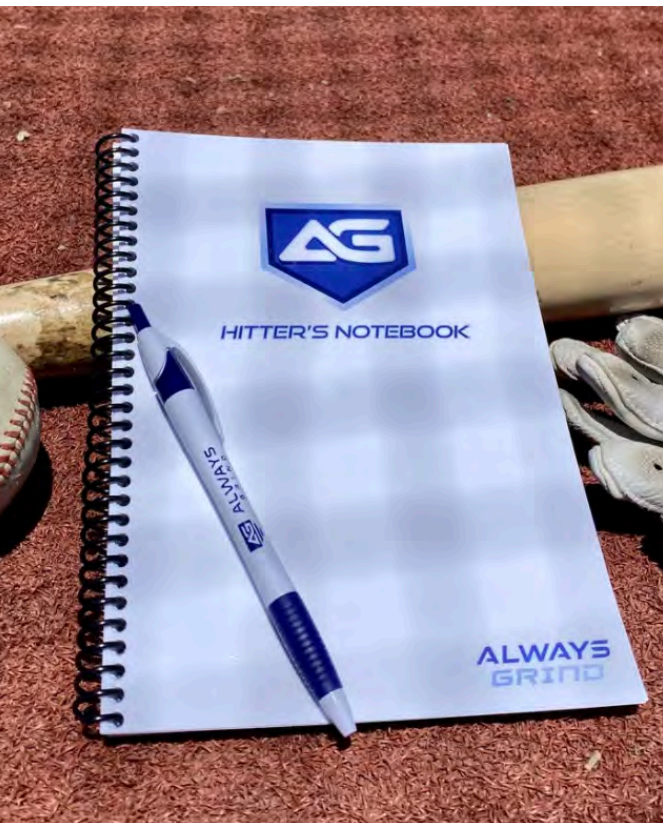


ALWAYS GRIND

AG: Hitter's Notebook

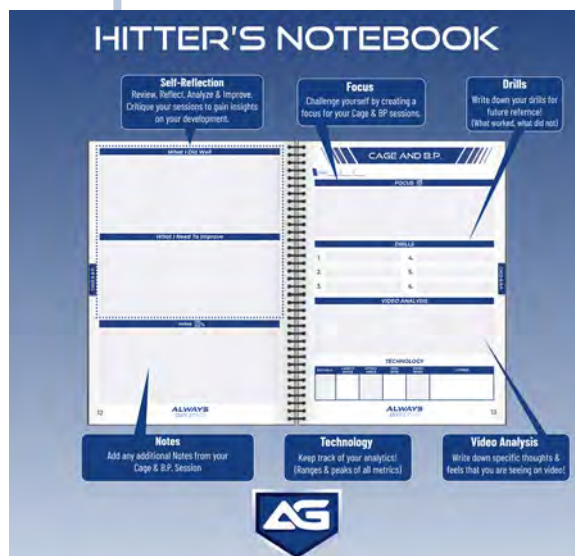
The ALWAYS GRIND: Hitter's Notebook is designed to give ALWAYS GRIND Athletes the proactive tools needed to track their progress throughout the season and off-season.

Included in this notebook are sections for hitters to develop their daily routines, reflect on practice sessions, and receive instant feedback during their progress. By creating proactive habits for development and analyzing their practice routines, ALWAYS GRIND Athletes create a competitive advantage for themselves and their team. They become "Students of the Game." The ALWAYS GRIND: Hitter's Notebook is an effective tool for player development.



Specs:

- Routine Pages (Practice Hitting Routines)
- 50 Cage & Batting Practice Pages (Broken Down Into Sections)
- Note Pages
- 128 Total Pages
- Ownership Page
- Spiral Bound for Lay-Flat Capability
- Size: A5 (5.83" x 8.27" / 148 x 210 mm)



For me, the AG: Hitter's Notebook is an invaluable tool that helps hitters organize their thoughts and feels from each training session. The ability to then take ownership of their adjustments during the week, and then take notes as they go through the process of training is something hitters at all levels need to have."

-Casey Smith, OUTFRONT Hitting

ALWAYSGRIND