

PRESENTS

# DFW HS ATHLETE OF THE MONTH

## Kathy Shelton

**SCHOOL:** McKinney North

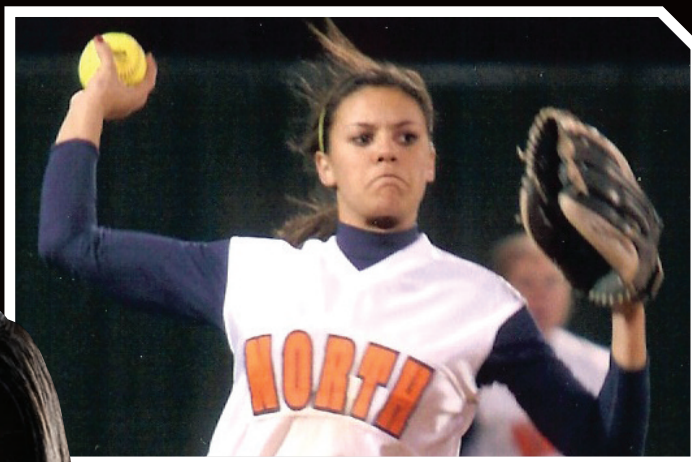
### SOFTBALL HONORS

- 2008 1st Team All DFW – *Dallas Morning News*
- 2008 Collin County MVP – *High School Sports Magazine*
- 2008 District 9-4A MVP

### VOLLEYBALL HONORS

- 2008 1st Team District 9-4A
- 2008 District 9-4A Outstanding Hitter
- 2008 Team MVP

**DESTINATION:** Baylor University



Getting better and making the team doesn't mean just training harder. It means training smarter with state-of-the-art equipment, the coolest, edgiest training technology and the world's most advanced training techniques! Performance training at the **Michael Johnson Performance Center** will make you faster, stronger, more agile, more reactive and super-quick. But even more than that, it will give you the visions and attitude of a champion.

## MJP TRAINING TIPS

- ≡ **TIP #1:** Build explosive rotary power using the MJP PowerBall Perpendicular Twist Throw. Keep your feet actively 'spreading' the ground as you transfer a big weight shift from your legs into your core and out through your hands.
- ≡ **TIP #2:** Extend a typical single into extra bases through improved acceleration mechanics. Remember to drive your dorsiflexed foot down as you rip the opposite elbow behind your torso; stay tall at the hips, but in a deep attack angle at the ankles.
- ≡ **TIP #3:** Keep your throwing shoulder healthy and fast by performing the MJP Y-T-W Shoulder Routine before each workout. Lying on your stomach, raise your arms into the air to form the "Y" shape leading with your thumbs; repeat 10-15 times for each letter. Add resistance by using a dumbbell or weight plate when you can complete 15 reps each.



**MICHAEL JOHNSON  
PERFORMANCE**

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