

WORST-CASE SCENARIO®

HOW TO SURVIVE PLAYING CATCH

1

Eat right.

Start the day with a high-protein, high-carbohydrate breakfast: Pancakes and sausage, bacon and eggs, or a bagel and an egg are all good choices. Drink plenty of fluids to aid in digestion, but avoid excess caffeine, which dehydrates. Wait 30 to 45 minutes for the meal to digest before playing ball.

2

Stretch.

Get the blood flowing with 15 to 20 minutes of intense stretching, fast jumping jacks, and vigorous running in place (get your knees up high). Make sure all major muscle groups—especially your arms, shoulders, thighs, and upper and lower back—are loose.

3

Tape ankles.

Wrap your ankles in first-aid tape to add support and reduce the chance of a twist or sprain.

4

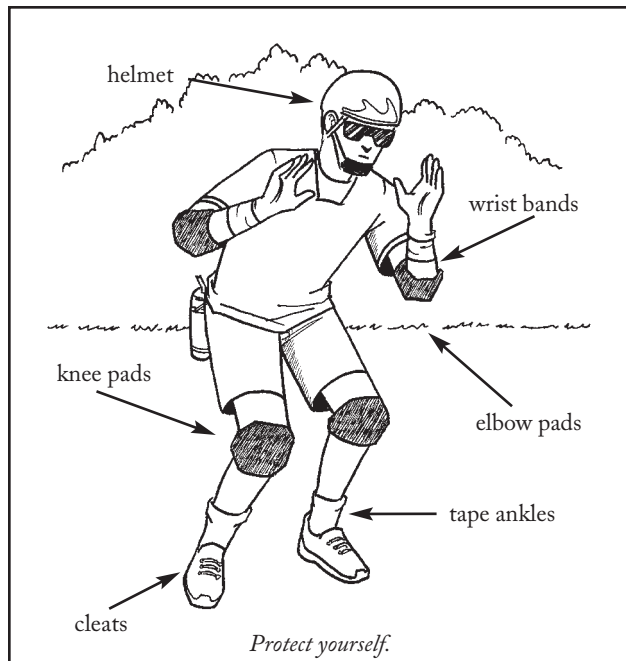
Don head- and wristbands.

Keep sweat out of your eyes and off your hands.

5

Wear protective eyewear.

You may be forced to shag some flies or grab some pop-ups. Sunglasses will reduce glare and eyestrain and make the ball more visible. Wear a hat for added protection from the sun.



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6 Wear knee and elbow pads.

Pads will protect your joints should you need to dive, slide, or roll, or should you trip.

7 Wear cleats.

Cleats provide added traction.

8 Play ball.