

## 2019 BLOG CALENDAR

### JANUARY

Combine Training

### FEBRUARY

Strength Training

### MARCH

Nutrition

### APRIL

Injury Prevention

### MAY

Acceleration

### JUNE

Motivation

### JULY

Top Speed

### AUGUST

Strength Training

### SEPTEMBER

Change of Direction

### OCTOBER

Injury Prevention

### NOVEMBER

Nutrition

### DECEMBER

Motivation

## BLOGGING TIPS

- **Keep your audience in mind.** Who is this blog post for - athletes, coaches, parents?
- **Be specific and timely.** Is the information applicable to specific sports? What connections can you make to well-known athletes or coaches?
- **Provide education.** Make sure your reader learns at least ONE new thing.
- **Excite and entertain.** You don't have to be the best writer to be a blogger, just make sure the article is something that you and your peers would want to read.
- **Consistency is key.** If you want consistent readers, you must provide consistent content.

