# Elite Baseball Performance Article Template

*Thank you for your interest in contributing to EBP. Please use this template to prepare your submission for EliteBaseballPerformance.com. Follow the directions closely and please fill out each section. This greatly enhances our editorial process. This information must be completed on each submission.*

Instructions on Saving Article

Please use this template for all submissions. Before submitting, please rename this template document based on the follow guidelines:

* [Last Name] – [Article Title].docx (or .doc)

For Example:

* Reinold – Rehabilitation Following Tommy John Surgery.docx

## Title

*Please enter your proposed title, or list of potential suggested titles, below:*

## Author Information

*Please fill out the below table with your information, place NA next to anything that does not apply.*

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| Name: |  |
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*\* Please include your email address associated with your Gravatar account. If you do not have one, please sign up for one for free and upload a headshot to use as your avatar here: http://gravatar.com. All authors must do this to have their headshot associated with the article.*

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##

## Brief Description of Article

*Please summarize the article between 130-155 characters. Please not this is “characters” not words. Go to Tools > Word Count in the Google Docs menu to see character count. This will be used on search engines to describe the article so write it with that in mind:*

##

## Excerpt

*Please write a 3-5 sentence summary of the article here that will be used as a brief excerpt. This will be used in previews of the article so briefly write what the article is about so people can quickly see if they are interested in reading more:*

##

## Content

*The main content of the article. Please use subheadings, bullet lists, and bold fonts as needed. Please insert any URL hyperlinks as needed. You can communicate to the editors by writing in all caps between the [ ] brackets, such as [NOTE TO EDITOR]. Please do NOT embed photos in the document, they must be uploaded separately. Videos should be uploaded to Youtube and the URLs included here. Enter where pictures and videos should be inserted by adding notes such as [INSERT VIDEO HERE https://www.youtube.com/watch?v=CxKWTzr-k6s] or [INSERT FIGURE 1 HERE]*

**ADMIN USE ONLY - EDITORIAL SECTION – PLEASE DO NOT ADJUST**

## CoSchedule

|  |  |  |
| --- | --- | --- |
| H1 | Title |  |
| H2 | Question |  |
| H3 | Quote |  |
| H4 | Alt Headline |  |

## Slug

Post Date and Time

Categories

Place a check in the column next to the categories to be used:

|  |  |
| --- | --- |
|  | Best Baseball Articles |
|  | Coaching |
|  | Injury Prevention |
|  | Injury Rehabilitation |
|  | Performance Enhancement |
|  | Product Review |
|  | Research Review |

Tags

*V1.31 – Last Edited 2/26/17*