

### **Heart Rate Monitors:**

This season we are hoping to use heart rate monitors to better train our athletes. While not a mandatory part of the training, these monitors have been found to help athletes train, while ensuring ample recovery in the process. If you do choose to use a heart rate monitor, I would suggest purchasing one this summer so that you can figure out how to use it. Once the season begins, we can discuss target heart rates, etc.

The link below will send you to a page that displays a heart rate monitor that an athlete on the team has purchased. Her feedback includes, "It involves wearing a chest strap in addition to a watch that displays your heart rate. It is comfortable to wear and easy to setup."

Again, no athlete is required to purchase these, nor are you required to purchase this one, but feel free to check it out. This link does display a women's heart rate monitor, but there appear to be links to more neutral colors.

<http://www.heartratemonitorsusa.com/polar-ft4f-purple-h1.html>