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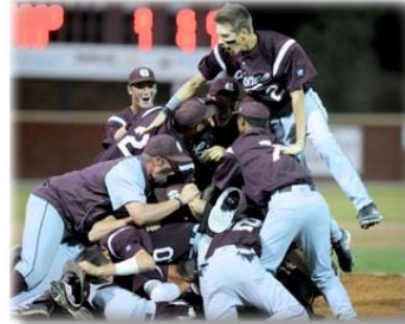


Henderson County High Baseball and Milk

By Dave Roberts

Henderson County High Head Baseball Coach Nathan Isenburg read a research article a few years ago that stated, drinking a glass of milk within 30 minutes after intense exercise or workout helps repair muscles and replenishes essential vitamins and nutrients. Coach Isenburg saw this as a great way to supply his team with the nutrition they needed and help keep them at the top of their game. The dairy industry and the value of milk is no stranger to Coach Isenburg, he grew up helping on his parents dairy farm in Smith Grove, Kentucky.

Coach stated that as the son of a dairy farmer, I grew up understanding the importance of hard work and the dairy business. Over the last five years, studies came out showing how important it is to properly provide an athlete with protein within 30 minutes of their workout. So I with the collaboration of a local grocery store and manager (Sureway and Wayne Higgs) got them to donate six gallons of milk a week to our players for their post workout drink. In the fall and winter, we lift weights and exercise three days a week. As soon as we finish, the players get a large glass of milk. Over the last



Henderson County High School where he has coached and also taught Social Studies for seven years. Three out of the last six years Henderson High has been Regional champions. Coach Isenburg has had six players receive scholarships at Division I schools and 17 players receive scholarships at smaller colleges. It is apparent that dedication, work ethic, talent, enjoyment of teaching, and yes that dairy background, has made

for a winning combination for Coach Isenburg and Henderson High's baseball program.

"The team started drinking milk after workouts around 2008 and have continued ever since, they really enjoy it and look forward to it," stated Isenburg. Now other sports teams at Henderson High have started drinking milk after their workouts.

Ahhhhhhhhhh!!!!!! THE POWER OF MILK.

