

Dr. Heather Vincent of the UF Health Sports Performance Center highlighted in the November issue of Lacrosse Magazine.

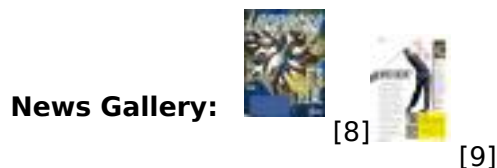
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[Dr. Heather Vincent, PhD](#) [2], shares new research from the [UF Sports Performance Center](#) [3] (UFSPC) in the November issue of Lacrosse Magazine. Lacrosse players who golf may be at an advantage for shooting mechanics and ball speed compared to players who do not golf. The UFSPC team also shared their experience with working with the [Thompson Brothers Lacrosse Program](#) [4] and the [Florida Generals](#) [5].

You can find out more [details of the shot mechanics of these professionals now on the roster of the Florida Launch](#) [6] can be found here via Lacrosse Magazine.

Learn more about the [lacrosse testing performed at the UF Sports Performance Center](#) [7].



Source URL: <http://ufsportsperformance.com/news/2015/vincent-and-uf-sports-performance-center-highlighted-in-the-november-issue-of-lacrosse-magazine>

Links

[1] <http://ufsportsperformance.com/taxonomy/term/4>

[2] <http://www.ortho.ufl.edu/hk-vincent>

[3] <http://www.ufsportsperformance.com/>

[4] <http://tblcamps.com/>

[5] <http://floridagenerals.com/>

[6] <http://laxmag.us/1P3d2GF>

[7] <http://www.ufsportsperformance.com/lacrosse-shooting-or-throwing>

[8] http://ufsportsperformance.com/sites/ufsportsperformance.com/files/styles/galleria_zoom/public/images/news/lacrosse-magazine-nov-2015-cover.jpg?itok=6QOjhotm

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