When a stretch doesn't get a kid ready for when the gun goes off or ball is kicked, why do it?!

Any time knees aren't distancing themselves or not good. Ex: "buttockies" moving at hips > moving at knees.

24/33 studies showed decreased performance with static stretching.

Add load, speed, synchronization = most effective way to prepare to run fast & jump high.

"Rate of stretch = more important than the magnitude."