

Pro Source Athletics
Pre-Season Baseball
Training Program



Motivation. Development. Results.

Pro Source Athletics

DISCLAIMER AND WAIVER OF RIGHTS AGREEMENT

Name _____ *Age* _____ *DOB* _____

Address _____

City _____ *State* _____ *Zip* _____

Phone _____

Emergency Contact and Phone _____

Email _____

To the maximum extent permitted by applicable law, in no event shall Pro Source Athletics, LLC. or its suppliers, employees, sponsors, contractors, officers, managers or endorsers be liable for any consequential, incidental, direct, indirect, special, and punitive or other damages whatsoever. In consideration of the opportunity to attend and participate in the Pro Source Athletics, LLC. Instruction described as follows: individual or group/team instruction, in addition to all other prior and superseding waiver(s) of their liability, if any, I hereby further agree to fully and forever release and discharge Pro Source Athletics, LLC. its owner(s), employees, agents and assigns, sponsors and contractors, from any and all claims, demands, rights of action, causes of action, death, bodily injury, present or future, whether known, anticipated or unanticipated, resulting from or arising out of my use or intended use of the facilities or equipment of Pro Source Athletics, LLC. Due to negligence or any other fault, including but not limited to any personal injury and I agree that Pro Source Athletics, LLC. will not be responsible for loss, damage, or theft of any property whatsoever. The participant will be liable for payment of all costs incurred by Pro Source Athletics, LLC. in the collection of obligations due to Pro Source Athletics, LLC. including court costs and reasonable attorney's fees. I further acknowledge that I have no adverse health conditions except for _____ (if none, write N/A, not applicable). I understand I participate in activities on my own accord, agreeing to assume all risks of such exercise and activities, including special activities, and agree to hold harmless Pro Source Athletics, LLC. If the participant is under the age of eighteen(18), I have permission to from my parent/guardian to attend, participate, and additionally fully waive, release and remise any and all liabilities to Pro Source Athletics, LLC., their agents, employees, assigns, stockholders, officers and successors in interest.

Parent/Guardian Signature _____ Date _____

Approved _____ Date _____

Elbow Injuries in Baseball

Whiteside J A, **Andrews JR** and Fleisig GS.

The Physician and Sportsmedicine. 1999;27(6):87-92,

Skeletally immature athletes who throw repeatedly are at risk for elbow injuries that threaten the growth plate. Prevention and treatment of these injuries must take into account not only the number of pitches or throws and how often the athlete plays, but also velocity, throwing mechanics and the player's age.

Overhand throwing subjects the elbow to forces of tension, compression, shear and torsion. Typically, these repetitive excessive forces involve the hypertrophic zone of the growth plate, which is particularly vulnerable during peak growth velocity - ages 10 to 12 years for girls and ages 13 to 15 years for boys, according to the authors.

A typical history may reveal the patient has persistent medial elbow soreness, stiffness and discomfort that impair **throwing AND batting** performance.

Physical exam findings may include medial tenderness when the ulnar collateral ligament is placed in a valgus stretch; diffuse medial pain or discomfort during palpation of the flexor-pronator muscle mass on the volar aspect of the proximal forearm; and minimal swelling of the forearm and pain with resisted pronation. X-rays should be taken to confirm the diagnosis and extent of osseous injury.

Non-surgical treatment of players who have separation of the medial apophysis of less than 3 mm involves stopping play, icing the medial elbow, taking anti-inflammatory medication and starting a rehabilitation program that includes stretching, strengthening and sport specific activities.

If treatment fails, surgery usually involves pinning the medial apophysis if separation is greater than 3 mm and wiring if avulsion of the triceps- olecranon complex is significant.

To prevent injuries, athletes should stretch and condition on a regular basis. Young players should undertake a strength training program designed for their age and ability before beginning a formal throwing program. They also should use age guidelines for learning new pitches and limit the number of pitches (See chart).

Amount of pitching:

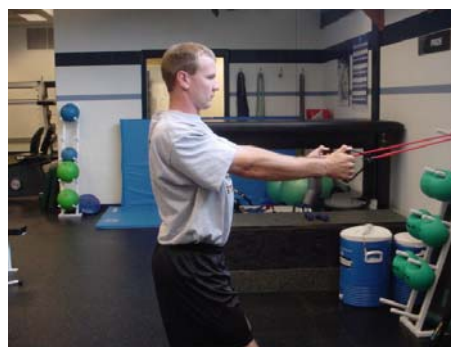
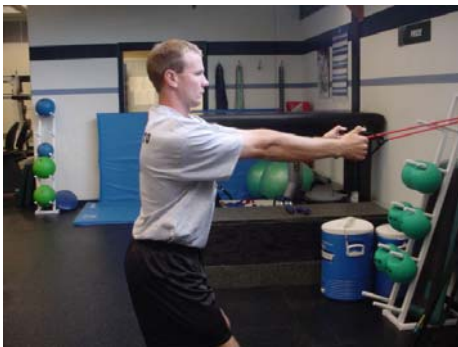
<u>Age</u>	<u>Max pitches/game</u>	<u>Max games/week</u>
8-10	52 +or- 10	2 +or- 0.6
11-12	68 +/- 10	same
13-14	76 +/- 10	same
15-16	91 +/- 5	same
17-18	106 +/- 5	same

Minimum age for learning pitches:

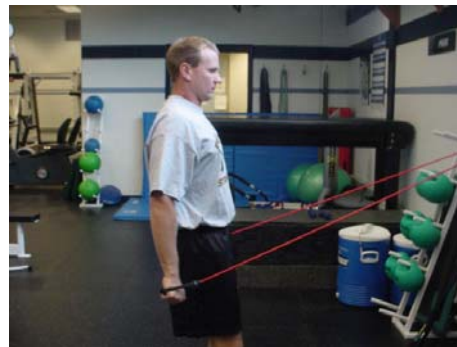
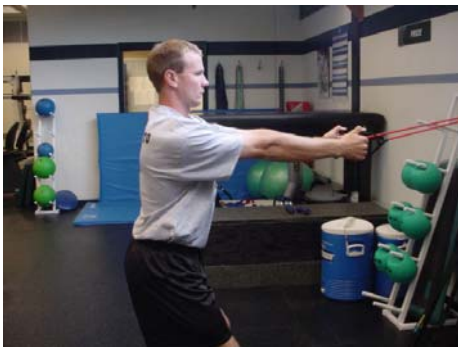
<u>age</u>	<u>pitch</u>
8	fastball
10	change-up
14	curveball
16	slider
16	forkball



PRO SOURCE CORD PROGRAM



SHOULDER RETRACTION: Start in a standing position facing the wall with arms extended and tubing handles in each hand. Set abs. Keeping arms straight, pinch shoulder blades together (retraction), hold for three seconds and release back to start position.



SHOULDER EXTENSION: stand with feet shoulder width apart, abs set and arms extended. Retract (pinch) shoulders and move extended arms in the backward direction. Hold in extended position for 3 seconds. Under control, return arms back to start position.



90-90 SHOULDER EXT. ROTATION: Start in athletic position (bent knees and chest out) facing the fence. Cord handles are in each hand, elbows by your side. Extend hands in backward direction keeping elbows in place. Pause and then slowly return to start position. Can also do standing on one leg for balance.

