

TOSH TIMES

TOSH Baseball Program Newsletter

Official sports medicine and sports performance provider to



Spring 2016

Pitching: Developing and Maintaining Arm Strength A Must That College and Pro Scouts Are Looking For

Now that a few early tournaments and the first weeks of Two-a-Day Super League Saturdays have gone by, we hope you and your teams have seen some success. It is about this time of year that coaches begin to realize that little improvements can still be made. With the colder weather and rain over the last month, dry fields and games have been hard to come by but we wish you continued success as you and your teams compete each Saturday and in upcoming Tournaments.

Speaking of tournaments, I would like to put a plug in for the RMSB Tournament of Champions Tournament in July and the Inaugural TOSH Skills Challenge Competition that we will be holding during the first evening of the tournament.

The TOSH Skills Challenge is new to the Tournament of Champions this year and both RMSB and TOSH are excited to see the players from the best teams in RMSB compete to be the best of the best in each skill area. We're also excited to have a "Champion of Champions" be crowned in each age group. Best of luck as you work to qualify for this fantastic event.

Last newsletter, as part of "The Five Tools of Baseball" topic, I discussed hitting for average and fielding which are considered in overall value the top two in importance. Now, I would like to discuss arm strength and some of the criteria (other than velocity) by which pitchers coming out of high school are graded by college and pro scouts.

Arm Strength

First of all, what does this mean? How much weight you can curl? NO, I think we all know this means **VELOCITY** or what the radar gun says. The importance of this tool varies by position as you can see from this chart:

	Value of each tool from most important to least important by position				
Catcher	Fielding	Arm	Hitting	Power	Speed
First base	Hitting	Power	Fielding	Arm	Speed
Second base	Hitting	Fielding	Power	Speed	Arm
Third base	Hitting	Power	Fielding	Arm	Speed
Shortstop	Fielding	Arm	Hitting	Speed	Power
Left field	Hitting	Power	Fielding	Arm	Speed
Center field	Fielding	Hitting	Speed	Power	Arm
Right Field	Hitting	Power	Arm	Fielding	Speed



For position players, college and pro scouts are not just looking at MPH, but are also adding "plus" gradings for things like:

- Throwing accuracy
- Repeatability of correct sequential power mechanics
- Body or joint angles
- Release angles
- Ball flight, movement, or seam action
- Finesse



The key concept here is that scouts are not just looking for a one-time high mark on the radar gun, but also throwing mechanics that are sequentially correct, safe, repeatable, and a platform they can build on, if they select you. Scouts at each level will often watch your team and individual pre-game warm up habits and routines, as well as your post-game cool down routines.

I could write for days about how to optimize each one of these factors to help you or your athletes develop and show better arm strength or specific pitching mechanics! The fact is that every position has different throwing demands and we all know that a ball in play does not always allow us to use our best pure throwing mechanics.

remind you of our TOSH Free Injury Assessment Clinic. You can always call 801-314-4040 to schedule an appointment with one of our great certified athletic trainers for a free assessment.

Enjoy your Spring and Summer baseball!

Warmly,

Michael S Everett
TOSH Baseball Coordinator

For pitchers, in addition to consistent MPH, college and pro scouts are “plus” grading things like:

- Repeatability of correct sequential power mechanics from the full wind up as well as the stretch
- Command vs. control of your fastball
 - 60-80% of pitches thrown are fastball
 - Does it have “run” or any movement
 - Four seam and/or two seam
- Command vs. control of your change up
 - Around a 10 MPH difference from your fastball
 - No mechanical breaks (tells) in your mechanics
- Consistent control of a third pitch
 - Curve, slider, knuckle, cutter
 - No mechanical breaks (tells) in your mechanics
- Poise on the mound
- Handling adversity or poor conditions
- Competitiveness

From the pitching perspective, mounds are mildly different from field to field. Any elite pitcher will tell you that things like air temperature, altitude, and humidity can alter how your pitches release and move. Also be aware, scouts may be looking for how you show control of your emotions with heckling crowds, rowdy opponents, and difficult umpires.

If you feel you or your athlete needs some help in any of these areas, a throwing or pitching video analysis, that we offer at TOSH (801-314-2996), is a great place to start. Regardless, to enhance your arm strength “tool”, it is wise to have a structured strengthening and flexibility program throughout the entire year. Simply stated, you’re not very valuable to your team if your arm is injured or sore. As always we want to



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TOSHUtah

Using Pilates Training to Take Your Baseball Skills to the Next Level

Jake Arrieta was once the Baltimore Orioles' starting pitcher with the worst ERA.

After a club change and discovering Pilates in Austin, Texas, he became one of the strongest, most aggressive pitchers in baseball. While the club change was essential, Arrieta attributes his physical improvements to Pilates. In the pre-season baseball edition of Sports Illustrated, he talks about the benefits of Pilates that have boosted his baseball game.

<http://www.si.com/mlb/2016/03/28/jake-arrieta-chicago-cubs-profile>

TOSH has developed a Pilates program designed to help you and your team excel above your competition.

The explosiveness of baseball can cause injuries that can change, and even halt, your training for a time. The best training programs focus on injury prevention and full body strength. TOSH Pilates can improve core strength, flexibility, explosiveness and shoulder mechanics. Our classes are intended to fit within your training program and assist you in performing at your peak for the length of your competitive career.

Baseball Injuries may include...

- Bursitis
- Impingement syndrome
- Shoulder instability
- Tendonitis
- Rotator cuff tears
- Little leaguer's elbow
- Hamstring Tears



Benefits of Pilates

- Core strength and stability
- Injury prevention and rehabilitation
- Improved breathing efficiency
- Shoulder stability and strength
- Improved balance and coordination
- Longer leaner muscles

Using state-of-the-art equipment at TOSH (including Reformers, Stability Chairs, and Spring Walls), a STOTT Pilates certified instructor will design a workout specifically intended for you and your team. Please contact us today 801-314-2214 to discuss private instruction or team classes.

Email: TOSHPilates@imail.org

Website: www.TOSHUtah.org/Pilates

Betsy Johnson
TOSH Pilates Program Coordinator

