

MID-SEASON BASEBALL NEWSLETTER



Brought to you by Beacon Orthopaedics & Sports Medicine

Need-to-Knows Mid-Season

This edition of Beacon's Baseball Newsletter contains information that focuses on keeping an overhead athlete healthy mid-season. This is often the point in the season where athletes start to exhaust themselves, which can lead to injury. Our goal is to provide coaches, parents and athletes with the information necessary to prevent injuries from occurring and help players achieve their ultimate potential.

Pitch Count Guide

Age 10: 50 pitches per game; 75 pitches per week
Age 11-12: 75 pitches per game; 100 pitches per week
Age 13-14: 75 pitches per game; 125 pitches per week
Age 15-16: 95 pitches per game; 145 pitches per week
Age 17-18: 125 pitches per game; 175 pitches per week

Summer's Here: Hydration 101

As the season heats up, hydration becomes a key factor in helping athletes perform and feel their best. It's crucial to hydrate the day before, during, and after a game or workout.

Even a loss as small as 1-2% of body weight from sweating can accelerate fatigue and hinder performance. Many people don't realize that thirst is an indication of dehydration, so to avoid dehydration, athletes need to continuously drink during games, prior to and after.

Hydration Routine

Pre-Game Hydrate 2 hours before: At least 16oz water
Hydrate 1 hour before: At least 8oz water/sports drink
Game Time Drink 6-10oz of water/sports drink every 15 minutes
Post Game For every 1lb lost, replenish with 20oz of water

Want to schedule a talk with the expert?

Our overhead athlete specialist Andrew Habash is available to come speak to coaches, parents, and athletes within your organization.

Please contact Jayne Walker at jwalker@beaconortho.com to schedule a talk and include specifically what you would like addressed in the session.

"Every day is a new opportunity. You can build on yesterday's success or put its failures behind and start over again. That's the way life is, with a new game every day, and that's the way baseball is."

- Bob Feller

Contact Us

For more info or to subscribe or unsubscribe, email: ladkins@beaconortho.com

Beacon Orthopaedics & Sports Medicine
500 E-Business Way
Sharonville, OH 45241

513.354.3700

Visit us on the web at www.beaconortho.com



BEACON

Follow us on Facebook, Twitter and Instagram @BeaconOrtho

PRE-GAME WARM UP

ATHLETES NEED TO BREAK A SWEAT BEFORE THROWING

Leg Kicks



Lateral Lunge



Quad Pull Walk



Fire Hydrant



Hip Flips



Backward Hamstring



Carioca Step



Dynamic Routine

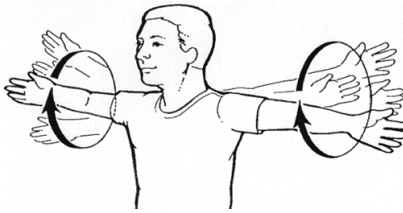
1. Jog 2-3 Poles
2. Lower Body (30 yds distance x2)
 - Leg Kicks
 - Quad Pull Walk
 - Lateral Lunge
 - Fire Hydrants
 - In and Out Flips
 - Backward Hamstring
 - Knee Chest Hold March
 - High Knees
 - Power Skip
 - Carioca Step
 - Interval Sprinting:
 - 3x at 15ft, 30ft, 60ft, 90ft

PRE-GAME WARM UP cont.

3. Upper Body (30x Each)

- Arm Swings
- Trunk Rotations
- Propellers
- Wrist Movements

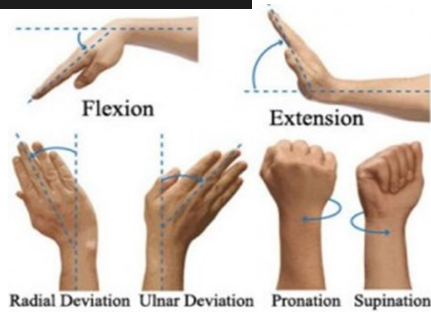
Arm Swings



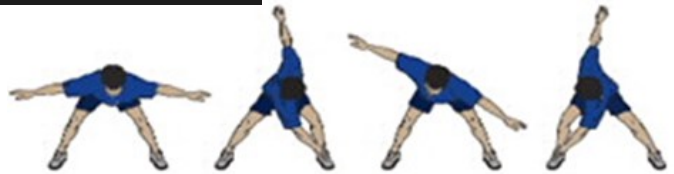
Trunk Rotations



Wrist Movements

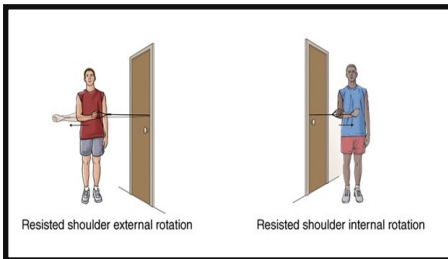


Propeller

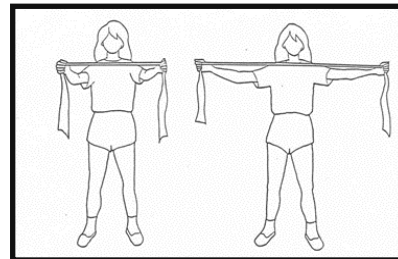


4. Band Exercises: These exercises strengthen and warm up muscles (x15 each)

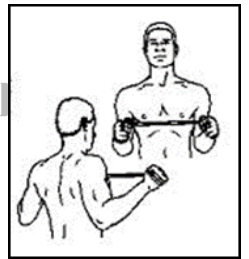
1.



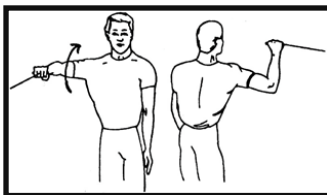
2.



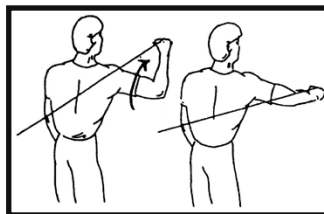
3.



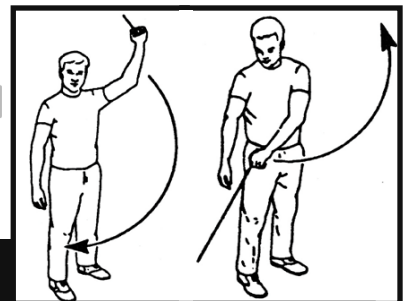
4.



5.



6.



Pre-Game Pitchers Warm Up Routine

1. Crow-Hop Throw 2 minutes: Four-Seam Fastball Grip (70 feet)
2. Four-Seam Fastball x3 (50 feet) Two-Seam Fastball x3 (50 feet)
Change-up x3 (50 feet) Curveball x3 (50 feet)
3. Four-Seam FB x4 (60.5 feet) Two-Seam Fastball x4 (60.5 feet)
Change-up x4 (60.5 feet) Curveball x4 (60.5 feet)
Four-Seam FB x2 (60.5 feet)

Total pitches: 30

Post-Game Cool Down

The post game routine is meant for both pitchers and field players. For pitchers, it is ideal for them to perform this right after they are pulled from the game. However, if this is not plausible it needs to be done at the conclusion of the game.

The routine allows the body to flush out any lactic acid built up during the game. It also makes sure the players keep as much of their ROM and flexibility as they can for the next game. The current research shows throughout the game, players can lose up to 10 degrees of motion. Lastly, it allows the players to cool down and start to prepare for the next game.

1. Flush Run: 10-30 minutes to flush out lactic acid

2. Perform Band Exercises 1-4 (x15)

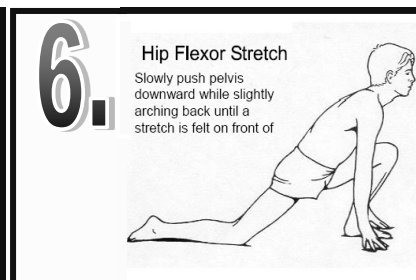
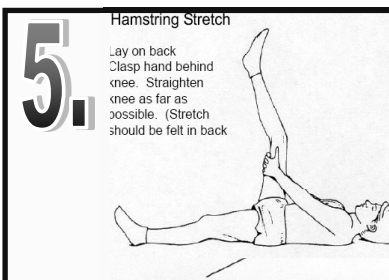
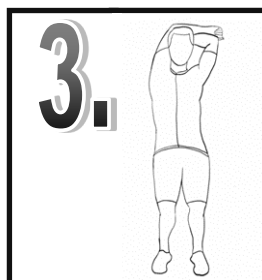
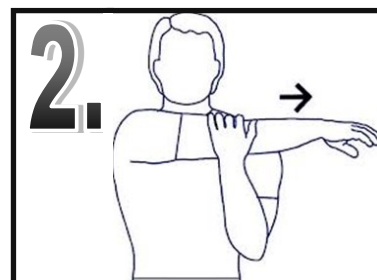
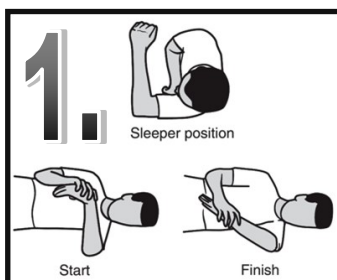
3. Full Body Stretch Program

Upper body

1. Sleeper stretch
2. Cross body stretch
3. Behind head stretch
4. Upper trap stretch

Lower body

5. Hamstring stretch
6. Hip flexor stretch



Local Baseball News

Cincinnati Reds - Upcoming Home Games

- 6/3/16 – 6/5/16 Reds vs Nationals
- 6/9/16 – Reds vs Cardinals
- 6/10/16 – 6/12/16 Reds vs Athletics
- 6/23/16 – 6/26/16 Reds vs Padres
- 6/29/16 – Reds vs Cubs

Want to schedule a talk with the expert?

Our overhead athlete specialist Andrew Habash is available to come speak to coaches, parents, and athletes within your organization.

Please contact Jayne Walker at jwalker@beaconortho.com to schedule a talk and include specifically what you would like addressed in the session.

Want more info for your organization?

Send all information to ladkins@beaconortho.com

Include name, role in organization, organization name and updates/ announcements.



BEACON

Thanks for subscribing! To learn more, visit www.beaconortho.com