

UPMC Sports Performance NORTH

C. Rosensteel

The 5 tools of baseball hitting for power, hitting for percentage, throw velocity, speed and fielding. Excellences in the use of these tools are the areas that pro scouts and college coaches are looking for as everyone knows. The beginning of the season should not be the height of fitness for the player. The beginning of each season should mark the start of a progressive development of the player's performance. Spring baseball season in Western Pennsylvania can be grueling with extremes in weather, multiple make-up games in days, and less than perfect field conditions. Despite some less than favorable conditions, baseball players from this area can and have excelled. With baseball searches for players having become a highly competitive world-wide market, players need to be constantly advancing their skills and athletic abilities.

The performance in the baseball game takes precedence over practice at this time of the year (after all that is what the player has been training to do.) However, other areas of development can not be ignored in order to really progress or excel. Areas such as strength, flexibility, balance, speed and endurance need to be your foundation throughout the season in order to excel in your performance and prevent injury. To further complicate matters, training in baseball needs to be position specific since the physical demands on the player are different at each position. For example, a catcher must maintain his squat for warming up the pitcher, the inning, and pop out of that squat to throw as fast and accurately as he can to second base at any given time. Whereas an outfielder warms-up his arm, then has little movement for a good portion of the inning waiting for the play to come his way. When the ball comes towards the outfielder, he now must sprint into position to catch the ball and throw the ball a considerable distance quickly and accurately to the cutoff or baseman with an arm that is cooling off. The specific characteristics of each position are not going to change but how you prepare and recover can make a huge difference in your overall performance. You must learn to be an active participant in your preparation and performance. **We can teach you how to prepare and perform better!**

At the UPMC Sports Performance centers, we are preparing our athletes for the upcoming season. For some of the athletes, it means being ready to perform their best at a tryout. **"We can help you prepare for tryouts."** For others, it's getting ready for games and the long extended seasons. **"We can help you prepare for the season."** We take into consideration the amount of throwing you are doing and other stresses that accompany the beginning and length of your season. As part of our arm maintenance program, you learn how to strengthen muscles of the shoulder and forearm through a series of "baseball specific" exercises. You'll learn specific exercises with slight adaptations to aid your recover from a tired arm. You will strengthen areas of your body that players commonly report as hindering their performance. You can develop the proper movements and skills to succeed.

You can call, click or visit the UPMC Sports Performance center for your baseball specific screening. This personalized screening is extremely beneficial for players, parents and coaches. You can work on and monitor yourself throughout the season, so that each player, parent or coach can take preventative action against overuse and

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overtraining which will greatly effect performance and predispose the player to a greater chance of injury.

Real progress and performance excellence in baseball is achievable through proper and lasting preparation. A baseball specific screening at the UPMC Sports Performance center and a manageable training program that addresses individual needs can make a huge difference!

For more information call Colleen Rosensteel @ (724) 444-8850, click rosensteelc@upmc.edu or visit the UPMC Sports Performance center north 1035 Executive Dr. - Gibsonia, PA