



2016

SPRING BASEBALL & SOFTBALL

Salmon Creek Little League

Safety Bulletin

The following are recommendations not rules.

With all the information coming out from Major League Baseball about arm injuries of players and those appearing to be from injuries as young players. SCLL is recommending that coaches follow the guidelines below. These are all for the safety of the kids and to avoid overuse.

While little League hasn't implemented a pitch count max per inning we believe it is coming and would like to be ahead of the curve

Any pitcher reaching a total of 25 pitches (7-12 year old) 30 pitches (13-18 year olds) in an inning will be removed by the manager. If a pitcher reaches an inning max while facing a batter, the pitcher may continue to pitch until any one of the following conditions occurs: 1. That batter reaches base; 2. That batter is retired; 3. The third out is made to complete the half-inning. The pitcher will then be removed before facing another batter. A pitcher who ends an inning at the 25 or 30 pitch max can still continue the next inning as long as the max isn't exceeded. Again these are for the safety of the players.

Pre-Season Arm Conditioning

By Chris Gissell

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What does it mean to "Condition" an arm and why is it important?

Conditioning an arm means to get it in shape. This takes, at minimum, a month (I recommend 2-3 months) of a regimented throwing program. You can compare this to a marathon runner training for that 26.2 mile run. If they were to go out and try to do the whole run on day one, they will fatigue quickly, have a hard time finishing the race and put themselves at risk for injury. They need to work up to that type of distance, which takes weeks, to be completely prepared and ready to run a strong race of that length.

Now, think about our pitchers. Throwing bullpens leading up to the season is a must. This is how we get comfortable with our deliveries, fine tune our command, get feel for our changeups and tighten up our breaking balls.



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With that said, just because a pitcher has been throwing regular bullpens, 30-40 pitches, does not mean they are ready for 60-80 pitches their first game out. They NEED to be built up to this type of number. This can be done before the regular season games start with throwing simulated innings (throw their pregame routine, rest, get back up and throw their warmup pitches followed by simulating three outs and repeat this to build up stamina and strength) AFTER their bullpens or if they have not done that, they need to build up their pitch count over the course of games pitched. For example...

Game 1 = 2 innings or 30 pitches

Proper days rest!

Game 2 = 3 innings or 45 pitches

Proper days rest!

Game 3 = 4 innings or 60 pitches

Proper days rest!

Game 4 = 5 innings or 75 pitches

Proper days rest!

Sending a pitcher out there, whether he is 9 or 29, and throwing them 60+ pitches for their first outing of the season without being properly conditioned, is setting that pitcher up for failure and an injury. Fatigue will instantly set in and with fatigue comes a higher risk of injury.

Let's also be clear that all pitchers need proper warmup in the bullpen before they go into a game to pitch. They should have a 20-30 pitch routine they like to do that will help them be prepared for battle! I know sometimes, this is not possible in youth baseball as you may only have enough players to field a team, but if you do have enough players, have the pitcher you plan on using next, on the bench ready to warm up if the situation presents itself.

Always remember this game is about the kids! Not about the coaches or parents!