

Baseball and Softball Combine

Presented by UPMC Centers for Rehab Services

Saturday, April 28, 2018
9:30 a.m. to 1 p.m.

Erie Premiere Sports (EPS) East
3515 McClelland Ave., Erie, PA 16510

Ninety-minute performance combine for youth and high school baseball and softball players to improve your game.

Ages 8 - 18

1st Session: 9:30 - 11 a.m.

2nd Session: 11:30 a.m. - 1 p.m.

**Please arrive at least 20 minutes prior to your start time.*

FREE ADMISSION

Each participant will take part in a 90-minute "Performance and Prevention Screening for the Throwing Athlete" conducted by clinicians from UPMC Centers for Rehab Services in conjunction with the **Erie Seawolves**. Each assessment will include important objective measurements in the prevention of overuse injuries to include: strength and flexibility of the hips, core, and throwing shoulder. The participants will also take part in evaluations designed to provide a baseline measure of a player's current level of athleticism.

Be sure to bring your softball/baseball glove and cleats.

Station #1: Lower Extremity and Core Assessment

- Hip Abduction, Hamstring Flexibility, Prone Plank, Side Plank

Station #2: Shoulder Assessment/Rotator Cuff Strength

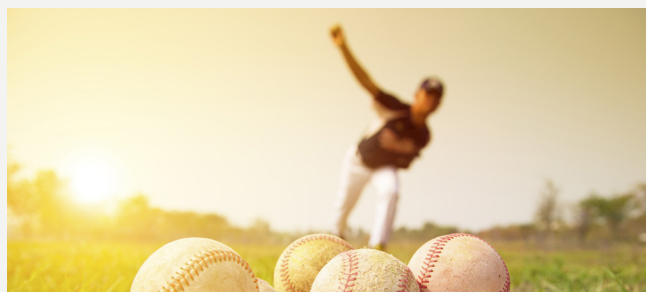
- External Rotation Strength, Internal Rotation Strength

Station #3: Shoulder Assessment/Shoulder Flexibility

- ROM External & Internal Rotation, Total Arc of Motion, Grip Strength

Station #4: Speed/Explosion

- Medicine Ball Throw
- Pro-Agility Run
- 30-yard Dash
- Vertical Jump



Get your score!

At the conclusion, each participant will receive a scorecard that highlights strengths and weaknesses with score comparisons to peers and other high school and major league players.

Educational Sessions

Parents and coaches are invited to participate in educational sessions in a separate room during the assessment testing. Session topics may include:

- Proper Nutrition for the Young Athlete
- Common Injuries Seen in Adolescent Throwing Athletes and Prevention

Registration

Visit UPMC.com/ErieThrowingCombine to reserve your spot at this free combine. For questions or more information, contact Kelsey Bone at bonekc@upmc.edu.

RSVP by Monday, April 23, 2018.