

# Baseball & Softball Combine: Evaluating You for a Healthy Season

Presented by  
UPMC Centers for Rehab Services

**Sunday, February 3, 2019**  
**10 a.m. - 1 p.m.**

West Allegheny High School Gym  
205 West Allegheny Road  
Imperial, PA 15126

One hour performance clinic for youth and high school  
baseball and softball players to improve your game.

10 a.m. - Ages 10 - 12

11 a.m. - Ages 13 - 15

12 p.m. - Ages 16 - 18

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

## FREE ADMISSION

Each participant will take part in a 60-minute "Performance and Prevention Screening for the Throwing Athlete" conducted by clinicians from UPMC Centers for Rehab Services.

Athletes will perform fitness tests designed to provide a baseline measure of their current level of athleticism; tests will include 30-yard dash, pro-agility run, vertical jump and medicine ball throw. 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.

### 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

### Station #5 - Bat Speed

- Bat speed to measure trunk strength, power and coordination



### Get your score!

At the conclusion of the testing session, each participant will receive a "score card" that highlights their athletic strengths / weaknesses and reveals how their scores compare to average scores of their peers.

### Educational Sessions

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

- Common Injuries and Prevention
- Nutritional Considerations for the Athlete
- Recruitment: What You Need to Know

### Registration

Visit [UPMC.com/MoonThrowingCombine](http://UPMC.com/MoonThrowingCombine) to reserve your spot at this free clinic. For questions or more information, contact Jenn Bonnet at (412) 915-1222.