



Dear Toluca Families,

As part of a continued effort to develop and protect its young arms, Toluca Baseball has initiated a league-wide set of guidelines for the workload of its pitchers. Below is some information that we hope will help you as parents assist us in creating a culture within Toluca that places a premium on long term arm care and overall player development.

PITCH COUNT PER INNING: While pitch count per game is still important to track, the latest data suggests monitoring pitch count *per inning* is a better measurement to monitor our youth pitchers by.

Below are three different scenarios of an inning pitch count that are commonly seen in our games. They have been placed in a color system for simplicity.

Green Inning - If a pitcher throws fewer than 18 pitches in their first inning of work (not including warm up pitches) more often then not they should have the green light to pitch a second inning should their coach ask them to do so.

Yellow Inning - If their first inning of work is between 18-30 pitches, consider it a blinking yellow light. Depending on the pitcher, how conditioned their arm is and how they feel in that moment, pitching another inning is feasible. We would encourage you to err on the side of caution though. Good indicators of fatigue (vulnerability to injury) are changes in mechanics, velocity and accuracy. When an inconsistency with either or a combination of the three occur, it's probably time to end the outing.

Red Inning - If a pitcher goes more than 30 pitches in an inning they can finish that inning if the coach thinks it's appropriate. However, they should not come back for another inning that day. Vulnerability to injury is at its highest when throwing too many pitches in a row without rest.

REST: Pitchers should not be pitching on back to back days unless their total pitch count was below 24 the outing before. If they throw 24-48* pitches they should have two days rest between outings. Between 48-72* pitches should be three days rest.

SORENESS VS PAIN: Soreness or tenderness after an outing is a normal part of the pitching process. However, if a child experiences PAIN they should stop pitching immediately and consult an orthopedic doctor.

WARM-UP: There's a saying "Warm up to throw, not throw to warm up". We would encourage you to take the warm-up process as seriously as the game itself as they go hand in hand. An 8-10 minute active warm up, followed by arm circles and arm band exercises are key components to achieving a proper warm up before a player begins to throw.

ARM CONDITIONING/LONG TOSS: Long toss is an effective way for pitchers to increase both arm health and velocity. The "Going Out" phase consists of slowing moving out to far distances while throwing the ball with an arc to achieve a good stretch. The "Pull Down" phase is where the release point is lowered to fire line drives at one another while gradually shortening the distance back in. Maintaining complete control of the body and accuracy are key.

CONCLUSION: By monitoring the workload of pitchers at Toluca and implementing an arm care program, our hope is that it will dramatically improve the prevention of injury and increase our pitchers overall ability to play at a higher level both now and long into the future.

In the full version of our "Parents Guide To Pitching", we go into greater detail in each of the sections above. We also include an "Additional Info" section that includes recommendations for professional instructors that have not only taken a personal interest in our kids but are leading professionals within the baseball community.

