

# Aberdeen

## Board of Parks & Recreation

### 2012 BASEBALL

### Registration



Ages 5-15

Bring Birth Certificate to Registration (Ages as of 4/30/12)

Fee: \$40.00 per child

Registration Dates: Jan. 25, 31 Feb. 6, 9, 15, 2012 from 6-8 p.m.

Location: Harford County Community Services Building, Rm. 201

Ages broken down as follows:

5-6 (T-Ball)

9-10

13-15

6-8 (Machine Pitch)

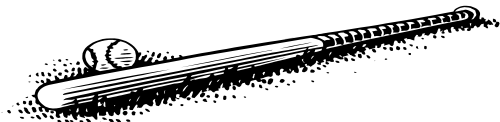
11-12

Practice starts end of March; Games run from April to June

**HELP IS NEEDED!!** Coaches, Umpires & Opening Day.

Opening Day- Saturday, April 28, 2012. Parents, without your help, we cannot do opening day festivities for your children.

For information or to volunteer your time, call Kenny Wilson at 410-272-4510 or sign up to help when you register your child.



David R. Craig, Harford County Executive; Preserving Harford's Past; Promoting Harford's Future.  
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**NO REFUNDS AFTER REGISTRATION**

## HOW CAN OVERUSE BASEBALL INJURIES BE PREVENTED?

Overuse injuries — especially those related to the UCL and shoulder — are preventable. Some tips to keep you in the game throughout your life include:

- Warm up properly by stretching, running, and easy, gradual throwing
- Rotate playing other positions besides pitcher
- Concentrate on age-appropriate pitching
- Adhere to pitch count guidelines, such as those established by Little League Baseball (See tables)
- Avoid pitching on multiple teams with overlapping seasons
- Don't pitch with elbow or shoulder pain, if the pain persists, see a doctor
- Don't pitch on consecutive days
- Don't play year-round
- Never use a radar gun
- Communicate regularly about how your arm is feeling and if there is pain
- Develop skills that are age appropriate
- Emphasize control, accuracy, and good mechanics
- Master the fastball first and the change-up second, before considering breaking pitches
- Speak with a sports medicine professional or athletic trainer if you have any concerns about injuries or prevention strategies

### Maximum Pitch Counts

| Age   | Pitches/Game |
|-------|--------------|
| 7–8   | 50           |
| 9–10  | 75           |
| 11–12 | 85           |
| 13–16 | 95           |
| 17–18 | 105          |

Source: Little League Baseball

### Rest Periods Required

| Ages 7–16 | Ages 17–18 | Required # of Rest Pitches |
|-----------|------------|----------------------------|
| 61+       | 76+        | 3 calendar days            |
| 41–60     | 51–75      | 2 calendar days            |
| 21–40     | 26–50      | 1 calendar day             |
| 1–20      | 1–25       | None                       |

Source: Little League Baseball

### Age Recommended for Learning Various Pitches

| Pitch    | Age    |
|----------|--------|
| Fastball | 8 ± 2  |
| Slider   | 16 ± 2 |

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|             |        |
|-------------|--------|
| Change-up   | 10 ± 3 |
| Forkball    | 16 ± 2 |
| Curveball   | 14 ± 2 |
| Knuckleball | 15 ± 3 |
| Screwball   | 17 ± 2 |

Source: From work by James R. Andrews, MD, and Glenn S. Fleisig, PhD

## HOW IS AN OVERUSE ELBOW OR SHOULDER INJURY TREATED?

The most obvious treatment for overuse is rest, especially from the activity that created the injury. Ice is also used to reduce soreness and inflammation. Ibuprofen can be taken to help with any pain. If symptoms persist, it is critical that a physician be contacted, especially if there is a lack of full-joint motion. An examination and radiographs should be done. An MRI scan may also be helpful.

Usually a simple “rest cure” approach will not be enough, because even though it allows symptoms to subside, it also creates loss of muscle bulk, tone, flexibility, and endurance. Once pain is gone and full motion is present, a throwing rehabilitation program can start.

Under some circumstances, surgery may be necessary to correct a problem. Overuse and stress related problems can affect growing parts of bone, not just the soft tissue (muscles, tendons, and ligaments). If the condition is not treated, it could cause deformity of the limb and permanent disability. The athlete should return to play only when clearance is granted by a health care professional.

## EXPERT CONSULTANTS

Mary Lloyd Ireland, MD  
James R. Andrews, MD  
Glenn S. Fleisig, PhD

## REFERENCES

*Prevention and Emergency Management of Youth Baseball and Softball Injuries.* American Orthopaedic Society for Sports Medicine. 2005.

Little League Baseball. [www.littleleague.org/Assets/old\\_assets/media/pitchcount\\_fa\\_q\\_08.pdf](http://www.littleleague.org/Assets/old_assets/media/pitchcount_fa_q_08.pdf)

American Sports Medicine Institute. [www.asmi.org](http://www.asmi.org)

Sports Tips provide general information only and are not a substitute for your own good judgement or consultation with a physician. To order multiple copies of this fact sheet or learn more about sports injury prevention, please visit [www.STOPSportsInjuries.org](http://www.STOPSportsInjuries.org).

