

Aberdeen Board of Parks & Recreation



2012 SOFTBALL Registration



Ages at least 7– and no older than 18 by 1/1/12

Bring Birth Certificate to Registration

Registration Fee: \$50.00 per child

LATE REGISTRATION FEE \$60.00 per child after Feb. 25th

NO REFUNDS AFTER REGISTRATION

Registration Dates:

Weekdays: February 16, 23, 2012 from 6-8 p.m.

Saturdays: February 18 and 25, 2012 from 10am—2pm

Location: Harford County Community Services Building, Rm. 201

**Offer your help when you register your child or
leave a message on the Softball Info Line at 410-272-2205**

David R. Craig, Harford County Executive; Preserving Harford's Past; Promoting Harford's Future.

*Harford County Public Schools is not sponsoring,, endorsing, or recommending the activities
announced in this flyer / material..*

HOW CAN OVERUSE SOFTBALL 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
- The athlete should return to play only when clearance is granted by a health care professional.

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*

At this time pitch counts are based on little league baseball data. More research is needed to develop a dedicated pitch count for softball.

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*

Copyright © 2010. American Orthopaedic Society for Sports Medicine. All rights reserved.

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.

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. http://www.littleleague.org/Assets/old_assets/media/pitchcount_faq_08.pdf

American Sports Medicine Institute. 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.

