

Baseball and Softball Combine

Presented by UPMC Centers for Rehab Services



Sunday, February 9, 2020 | 11 a.m. to 2 p.m.
Gannon University Recreation Center | West 4th St. | Erie, PA 16507

Two hour performance combine for youth and high school baseball and softball players to improve your game.

Ages 7 - 17

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

Free Admission

Each participant will take part in a two hour "Performance and Prevention Screening for the Throwing Athlete" conducted by clinicians from UPMC Centers for Rehab Services and Gannon coaches and players. 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, bat, and sneakers.

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
- 30-yard Dash
- Pro-Agility Run
- 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

Speakers will include:

- Orthopedic Specialist
- Gannon University Coaching Staff
- UPMC Centers for Rehab Services Therapists
- Erie Sports Now Fitness
- Nutrition Demonstration

Registration

Visit UPMC.com/ErieThrowingCombine to reserve your spot at this free combine. For questions or more information, contact Andrea Diniaco at Diniacoa@upmc.edu or **814-413-1832**.

RSVP by Monday, February 3, 2020.