



With the new season about to begin, we wanted to emphasize the importance of keeping our kids healthy and playing to the best of their abilities. With help from Evolve Physical Therapy, here are some quick tips and recommendations to reduce the risk of injury.

If you have any questions, concerns, or would like to discuss something more with them, feel free to call/text them at 516-888-9661 or email info@evolveptli.com. They are also kind enough to offer free injury screening for any SLL player. Simply reach out to them via call/text/email to set up a free consultation.

Tips to Reduce Injury Risk

- Have players **warm up to throw, not throw to warm up**.
 - Increasing body temperature and blood flow with agility activities and arm movements will prepare the athlete's body to throw and decrease chance of injury.
 - [Dynamic Warm-Up Example Video](#)
- Get a proper amount of sleep each day
 - For 8-14 year olds it's recommended to get 9-12 hours
- Properly hydrate
- Follow Pitch Count Guidelines

Syosset Baseball Association Pitch Count Restrictions

Age	Pitches Allowed	Days Rest	Maximum Pitches Per day
Rookies and A Division (2 nd and 3 rd Grades)	1-20	0	50 (Rookies: 2 innings or 6 outs max in any game)
	21-35	1	
	36-50	2	
AA and AAA Division (3 rd and 4 th Grade)	1-20	0	75
	21-35	1	
	36-50	2	
	51-65	3	
	66-75	4	
Majors (6 th & 7 th Grades) and Seniors (8 th – 12 th Grades)	1-20	0	85
	21-35	1	
	36-50	2	
	51-65	3	
	66-85	4	

- A pitcher is allowed to finish the "at bat" once they reach the appropriate max pitch count for their age. Once a pitcher is removed from the mound they cannot return as a pitcher.
- Any player who has played the position of catcher in four (4) or more innings in a game is not eligible to pitch on that calendar day. If a player who played the position of catcher for three (3) innings or less, moves to the pitcher position, and delivers 21 pitches or more in the same day, they may not return to the catcher position on that calendar day.