Mayo Clinic Sports Medicine Baseball/Softball Combine

Name:_____ **Date:**_____

Team:_____**Position:**_____ **Throws:** ☐ R ☐ L **Bats:** ☐ R ☐ L

Station 1 – Physical Exam									
Range of Motion			**Right**	**Left**	**CKCUEST**	**1**	**2**	**3**	**Final**
(AROM Degrees)	**Shoulder**	IR			Avg. of 3 trials				
		ER					**Right**	**Left**	
	Total Arc of Motion (IR + ER)				**Scapular Testing**	Kibler Test	Y/N	Y/N	
					Core	Single leg squat	Y/N	Y/N	
		Flexion							

GOALS:
1. IR = Internal rotation of shoulder and ER = External rotation of shoulder. Athlete should have < 20° of IR difference with throwing shoulder compared to their non-dominant shoulder. Athlete should have < 5° of total arc of motion difference with throwing shoulder compared to non-dominant shoulder. Flexion should be < 5° difference with throwing shoulder compared to non-dominant shoulder.
2. CKCUEST (Closed Kinetic Chain Upper Extremity Strength Test). Goal = 21 touches for males and 23 touches for females.
3. Kibler Test. This assesses scapular movement, which is essential in preventing shoulder injuries. It assesses if "winging" occurs during scapular movement.
4. Single leg squat. This is a core test assessing gluteal strength. If positive the athlete would benefit from strengthening in this area.

Goal parameters set by what is being practiced from peer-reviewed literature.
Exercises and stretches were provided to optimize improvement.

Station 2 – Performance Testing			
	Trial 1	**Trial 2**	**Best**
60 yd. Dash			
Vertical Jump			
Pro Agility			
Overhead Squat			
Rotary Stability			

GOALS:

Age Group	60 yd. Dash	Vertical Jump	Pro Agility	Overhead Squat	Rotary Stability
12-13	6.3 – 6.5	23	4.95	3	3
14-15	6.5 – 6.7	25	4.75	3	3
16-18	6.7 – 6.9	26.5	4.55	3	3

Throwing/Pitching

Pitch 1	Pitch 2	Pitch 3	Age	Avg. MPH	Median MPH	Mode MPH	Range MPH	
			12	55	53	54	47-61	65+
High MPH =			13	62	63	63	55-66	70+
Median MPH =			14	68	68	68	63-73	75+
Mode MPH =			15	70	68	69	65-74	80+
Average MPH =			16	76	74	75	69-80	85+
			17	80	81	81	71-85	90+
			18	83	84	83	75-92	90+

Junior college coaches look for right-handers - 87+ and left-handers - 85+
D1 schools/pros look for right-handers - 90+ and left-handers - 87+

(MPH on Throw)	Throw 1	Throw 2	Throw 3	Best
Catcher Home to 2nd				
INF from SS to 1st				

GOALS:

Catcher Times

1.8 seconds or less → Elite
1.81 – 2.0 seconds → Very good
2.01 – 2.1 seconds → Average
2.11 – 2.2 seconds → Below average
(Times based on high school/college aged players and older).

Hitting

	Swing 1	Swing 2	Best
Bat Exit Speed (MPH)			

GOALS:

9th grade: 75-80 mph
JV: 83-87 mph
Varsity: 90-95 mph (102-106 – elite; drafted)

Speed

	Trial 1	Trial 2	Best
Home to 1st			

GOALS:

	Right Handed Hitter	Left Handed Hitter
Above Average	4.2 seconds	4.1 seconds
Average	4.3 seconds	4.2 seconds
Below Average	4.4 seconds	4.3 seconds