

ROCKFORD BASEBALL



ACADEMY

RBA Arm Care Program:

This is our 6th year running the Arm Care program and have improved it every year. It is by far the most popular class we offer. Over these 6 years we have seen the results and they speak for themselves. While we don't promote this as a "throw faster" program, everyone sees an increase. However, the most important thing we hear back is, "my son's arm was in shape for the season, and he had little to no arm pain like he has experienced in the past."

This class isn't just for pitchers however, since pitchers throw the most, we have had amazing results for our pitchers.

One of our graduates went from not seeing an opportunity to play baseball in college to earning a Division-1 pitching scholarship.

One of our graduates took our program and saw such improvement in how his arm felt as well as velocity gained, he came back while in college to do our program. This player ended up playing short stop and pitching in Junior College. He won the "gold glove" at shortstop last year as the top Junior College defensive short stop in the country, while also pitching. He is now on scholarship and the starting short stop for a top 25 NAIA school and last year his team played in the NAIA World Series for the first time in school history.

The last player highlighted is my son, who hardly pitched from 13U to 15U and topped out at 66 mph as an 8th grader when he started the program, 74 mph as a freshman, 83 mph as a sophomore, 88 mph as a Junior and this past season he topped out at **94mph** off the mound and ended up accepting a baseball pitching scholarship at a Division-1 school starting the fall of 2023.

More about our arm care program is below.

More on the RBA Arm Care Program:

If you have not already, you will experience pain and soreness for pitching or throwing if you choose to go down the same road that everyone else is.

- Medial or inside elbow pain is present in almost 70% of baseball players aged 9-19 years old.
- 30% of baseball players with medial elbow pain undergo Tommy John Surgery every year.
- Shoulder pain is present in 30% of all baseball players.

Honestly, it seems like soreness and pain are part of baseball, but it does not have to be.

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High School and College age pitchers

- A 500% increase chance of surgery if they pitch greater than 8 months in 1 year.
- A 400% increase in surgery if they throw more than 80 pitches in a game.
- If you throw above 85mph you have a 200% increase in chance of surgery.
- 3600% increased risk of career ending surgery if you pitch when you are sore or fatigued.

We believe that these numbers stem from both poor strength and conditioning and poor injury prevention training techniques. These numbers do not have to be the norm if we train properly.

Most programs out there try to make you throw faster and harder or are how to rehab after an injury. Some of these programs work very well for the athlete whose body is fully grown, however there are still a lot of shoulder and elbow injuries with these programs.

Most of major throwing injuries happen in the deceleration phase of throwing or the release. However, we have a doctor approved program that shows the deceleration process starts earlier than just the release of the baseball.

Our program will not only help keep you healthy but also build up the arm and body to improve your velocity, stamina, and performance.

This program is not for everybody. The players who decide to participate in this program must be committed to working hard and pushing themselves. This is not a quick fix, and it is a retraining of your muscles so that your arm and body are in the best shape to have success. This program is 2 sessions a week for our 8 week or 16-week program. We have separated our program into two types of groups. 10- to 13- years old and 14 and up.

This program works on the deceleration muscles with the throwing motion. It involves bands, med balls, plyo balls, and some dumbbells and weights. This is a program put together by an expert Doctor who works with the Phillies and a few other teams plus some additional strength and agility movements we have picked up along the way. Full body from legs, abs/core all the way through shoulders, back, elbow and forearms. On day one we go through the exercises and do an assessment of velocity, throwing motion and some other things. Then we retest at the end to see progress. It is not necessarily a throw harder program, but kids should see improvement in that aspect. Most injuries come from the deceleration phase of throwing. That deceleration is not just the release of the Baseball as the deceleration process starts in the legs and works through the completion of the throwing motion.

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The 16-week program starts November 7, 2023, and ends March 5, 2024. The 8-week program starts the week of January 8, 2024, and ends the week of February 26, 2024.

2024 10u – 13u

1-hour Arm Care Program twice a week Starting week of January 8, 2024, through week of February 26, 2024, for 8 weeks:

| | |
|-------------------|----------|
| NON-Member Price: | \$376.50 |
| Member Price: | \$320 |

1-hour arm Care program twice a week Starting November 7, 2023, through March 5, 2024, for 32 Sessions. We are off on Thanksgiving Day and 1 week off December 25-December 29, 2023:

| | |
|-------------------|-------|
| NON-Member Price: | \$680 |
| Member Price: | \$580 |

2024 14u – 19u

1 ½ hour arm care program twice a week Starting week of January 8, 2024, through week of February 26, 2024, for 8 weeks:

| | |
|-------------------|-------|
| NON-Member Price: | \$518 |
| Member Price: | \$440 |

1 ½ hour arm Care program twice a week Starting November 7, 2023, through March 5, 2024, for 32 Sessions. We are off on Thanksgiving Day and 1 week off December 25-December 29, 2023:

| | |
|------------------|-------|
| NON-Member Price | \$860 |
| Member Price: | \$730 |