

# NCS PROSPECTS

# Game Day Throwing Routine & Recovery Tracker

For Baseball and Fastpitch Parents,  
Coaches, and Athletes

**A game day tracker for warm-up, throwing workload, recovery, hydration, and soreness.**

**Important Medical Disclaimer:** This resource is for general education only and is not medical advice, diagnosis, treatment, or a substitute for a licensed medical professional. Always consult a physician, athletic trainer, physical therapist, or qualified healthcare provider before acting on injury concerns. If an injury appears serious, symptoms are severe, or your judgment tells you emergency care is needed, call 911 or go to the emergency room. NCS provides this as a best-practice education resource only.

## How to Use This Tracker

- Use this before, during, and after games - especially on tournament weekends or doubleheaders.
- Track all throwing across the day, not just pitches. Warm-up throws, defensive throws, bullpens, long toss, and showcase throws matter too.
- If an athlete reports pain, sharp soreness, weakness, numbness, swelling, or a major change in mechanics, stop throwing and seek professional guidance.

## Game Day Routine Checklist

Before Throwing	During the Game	After the Game
<ul style="list-style-type: none"><li><input type="checkbox"/> Hydrated and ate enough</li><li><input type="checkbox"/> Completed dynamic warm-up</li><li><input type="checkbox"/> Arm care / band work completed</li><li><input type="checkbox"/> Built throwing intensity gradually</li><li><input type="checkbox"/> No pain before first throw</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Track pitches and innings</li><li><input type="checkbox"/> Track position throws</li><li><input type="checkbox"/> Watch for fatigue signs</li><li><input type="checkbox"/> Avoid throwing through pain</li><li><input type="checkbox"/> Communicate discomfort early</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Light cool-down completed</li><li><input type="checkbox"/> Hydrate and refuel</li><li><input type="checkbox"/> Record arm feel 1-10</li><li><input type="checkbox"/> Note soreness location</li><li><input type="checkbox"/> Plan rest / recovery before next game</li></ul>

## Warm-Up Progression: Build, Do Not Rush

- Start with general movement: light jog, skips, hip and shoulder mobility, and easy bodyweight movement.
- Move into arm activation: light band work, scapular control, forearm/wrist activation, and controlled shoulder movement.
- Begin throwing easy and gradually increase distance and intent. The first throws should not be max effort.
- For pitchers and catchers, include a gradual ramp-up before bullpens, innings, or high-volume throwing.

# Game Day Throwing Workload Tracker

Use this table to track every game or major throwing block on busy tournament days.

Game / Time	Role / Position	Throwing Load	Arm Feel 1-10	Notes / Next Step
Example	P / SS / OF	Pitches, innings, long toss, throws	1 = great, 10 = pain	Rest, ice, report soreness, talk to coach

## Between-Games Recovery Check

Use This After Each Game or Heavy Throwing Block

Question	Green Light	Pause and Recheck
How does the arm feel?	Loose, normal fatigue, no sharp pain	Sore, tight, sharp, weak, or guarded
Is throwing quality normal?	Normal velocity, accuracy, and mechanics	Velocity drop, wildness, arm slot change, or grimacing
Energy and hydration?	Drinking fluids, eating, thinking clearly	Cramping, headache, dizziness, poor focus, low energy
Next throwing role?	Light catch, normal defense, or planned rest	Another pitching outing, catching multiple games, or long throws while sore

## Postgame Recovery Routine

- Cool down with easy movement and light mobility. Avoid going from max effort to sitting for hours without recovery.
- Refuel with fluids, electrolytes when appropriate, and a balanced meal or snack after long games or hot tournament days.
- Document soreness while it is fresh: where it is, when it started, how intense it feels, and whether it changes with movement.
- Prioritize sleep, rest, and reduced throwing volume after high-volume days. Recovery is part of development.

## Soreness and Hydration Log

Arm Feel	Location	Hydration / Energy	Action
1-3: Feels good	No specific pain	Hydrated and energized	Normal recovery and monitor
4-6: Fatigue or soreness	General tiredness or mild tightness	Needs fluids or food	Reduce volume, recover, check again
7-10: Pain or concern	Sharp pain, elbow/shoulder pain, swelling, weakness	Dizzy, cramping, or not improving	Stop throwing and consult medical help

## Red Flags: Do Not Push Through These

- Sharp, sudden, or localized pain in the elbow or shoulder.
- Swelling, bruising, numbness, tingling, visible deformity, or loss of strength.
- Pain that changes throwing mechanics or causes the athlete to avoid using the arm.
- Pain that continues after rest, returns every time they throw, or worsens over several days.
- Any pop, snap, severe pain, inability to move the arm, or concern for a major injury - seek urgent medical care.

## Parent and Coach Communication Script

- Before the event: "Tell us right away if anything feels sore, tight, weak, or different today."
- Between games: "How does your arm feel compared to the start of the day? Any pain when you lift, reach, or throw?"
- If soreness appears: "We are going to rest, write it down, and ask for medical guidance if it continues or feels concerning."

## Further Learning Sources

- MLB and USA Baseball Pitch Smart - pitch-count and rest guidance for youth baseball.
- American Academy of Orthopaedic Surgeons OrthoInfo - youth throwing injury education.
- American Academy of Pediatrics / HealthyChildren.org - overuse injury prevention in youth sports.
- Little League and Pitch Smart resources - year-round play and arm-injury risk education.