



# ***PORTSMOUTH LITTLE LEAGUE***

## ***Responsible Pitching Notice***

Portsmouth Little League has the utmost concern for the health of your children. While PLL cannot mandate that children playing on multiple teams choose only one team on which to pitch, we strongly recommend this practice. Based on the latest research by Dr. James Andrews, renowned orthopedic surgeon and sports medicine expert, the likelihood of injury requiring surgery increases 36 fold when an athlete pitches with fatigue. Pitching on multiple teams, or pitching and catching, can put your child at greater risk of injury. If your children are playing on multiple teams, it is our hope that those organizations are equally as concerned with the safety and well-being of your child's health by making a concerted effort to follow a similar practice. As a minimum, parents should be aware of the dangers associated with arm fatigue and be cognoscente of your child's throwing arm usage whether playing on multiple teams, participating in baseball camps, or just playing Wiffle ball or catch in the back yard. Preventing injuries to our youth athletes is our primary concern and we are committed to partnering with PLL's parents and keeping them informed to ensure all of our players are kept injury free.

PLL Board of Directors