

How Did Barry Zito Get Good Again?

May 27, 2010

3 years after Barry signed his astronomical contract in 2007, [giving him \\$18 million per year](#); many Giants fans have not been happy with him thus far:

Year	Age	Tm	Lg	W	L	W-L%	ERA
2007	29	SFG	NL	11	13	.458	4.53
2008	30	SFG	NL	10	17	.370	5.15
2009	31	SFG	NL	10	13	.435	4.03

All of a sudden, Barry's good again:

Year	Age	Tm	Lg	W	L	W-L%	ERA
2010	32	SFG	NL	6	2	.750	2.80

What Happened?

In an article published May 10th in the San Jose Mercury News:

The Mercury News MercuryNews.com

Reflecting on Barry Zito's first day with Giants

By Andrew Baggarly
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Barry's downfall started when he started throwing 'over the top' like cricket bowlers:

Zito had spent all winter under the tutelage of one of his lifelong pitching coaches, Dick Mills, who had recently come under the spell of an Australian sports scientist named Dr. Brent Rushall. A professor at San Diego State, Rushall had studied the biomechanics of cricket bowlers and swimmers.

Mills had become sold on a completely different way to throw a baseball, called "momentum pitching." And he had a willing, high-profile pupil.

Throwing 'over the top' actually hurt Barry Zito because it wasn't his natural arm slot.

How Did Barry 'Find It' Again? He lowered his arm slot:

It took him two years to emerge from the wilderness, and contrary to what the numbers look like this season, it didn't happen all at once.

He reestablished his long-toss program after the 2008 season, leading to an uptick in fastball velocity from 84 to 87 mph. He lowered his arm angle, making him feel freer while allowing him to throw inside to right-handed hitters. And he

Let the throwing arm go where it wants to to:



More Alarms On Youth Injuries

A [very poignant article in the NY Times](#) brings attention to youth injuries:

May 24, 2010

For Children in Sports, a Breaking Point

By JANE E. BRODY

and how extreme expectations are hurting the children in the end:

But most young athletes and their parents fail to realize that depending on the sport, only a tiny few — 2 to 5 out of 1,000 high school athletes — ever achieve professional status.

Clearly we've gone too far when the emphasis on athletic participation and performance becomes all-consuming and causes injuries that can sometimes compromise a child's future.

But the problem goes beyond just too much baseball....THE FOCUS HAS BEEN LOST:

Injuries are only part of the problem, Mr. Hyman wrote. As adults become more and more involved, he noted, "with each passing season youth sports seem to stray further and further from its core mission of providing healthy, safe and character-building recreation for children."

The biggest injury risk factor? YEAR-ROUND BASEBALL:

A major factor in the rising injury rate is the current emphasis on playing one sport all year long, which leaves no time for muscles and joints to recover from the inevitable microtrauma that occurs during practice and play. With increased specialization, there is also no cross-training that would enable other muscles to strengthen and lighten the load.

Have A Question About This Newsletter?

Call (631-352-7654) or email (PitchingDoc@msn.com) Dr. Arnold!