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Homework Assignments

What is the Best Arm Slot for Pitchers?
1. The worst advice a coach can give a player is to "Throw the"
2. The best advice a coach can give a player is to "Throw with your
at
Why Throwing "Over the Top" May Hurt Your Arm
Willy fill owing over the rop may frait roal film
How many degrees of shoulder tilt is "the best"?
1) 5
2) 10
3) 20
4) 30
How many degrees of shoulder tilt DOUBLED elbow stress?
1) 10
2) 20
3) 30
4) 40
The Harm of Throwing Over the Top, Part 2
The Haim of Thowing Over the Top, Fart 2
Fill in the blanks:
In the study, the average shoulder tilt for each pitcher was degrees. And while velocity increased by 1.5% (mph) for every 10 degrees of shoulder tilt over 24 degrees, shoulder stress increased by % and elbow stress increased by %.
Circle the correct answer "was" OR "was not"
"For the researchers, this increase in arm stress was/was not worth the price of the extra 1.1 miles per hour."