**MEMORANDUM**

To: Professor Franny Howes

From: Chris Thomas

Subject: User Documentation

Date: 2/6/2023

This document was developed to instruct new pitchers on the proper fundamentals of pitching. I assumed the reader had a basic understanding of baseball and some vague knowledge of pitching. I did not assume the reader had pitched before and therefore went into detail that someone of more experience probably would not need. My goal was that a child who was interested in baseball could have a parent read these instructions and be able to assist them in proper technique even if the parent had no experience with baseball themselves.

This document focuses purely on throwing a pitch in general and mentions a fastball without going into too much detail because the standard pitch is a fastball. Anybody throwing a pitch without extra manipulation is throwing a fastball and should be the starting point for any new pitcher. It is similar to learning to walk before you run. Once you can successfully throw a fastball every time you can look to more advance techniques such as curveballs and sliders. And since my document is geared towards beginners a fastball is the safest pitch for developing bodies. Many children who throw many curveballs can cause damage to the elbow since it places so much stress on the tendon.

This document also includes a step for proper arm care which I feel is important especially young athletes. Icing, running, and drinking water to help the muscles in your arm heal and repair is essential to being a successful pitcher. Most documentation I see solely focuses on the game aspects without addressing the importance of caring for your arm beyond the game. This has lead to many people permanently damaging their arms and is something I want to prevent. My father damaged his elbow by the age of 12 because he didn’t know how to care for it properly. I have also met many pitchers in my life whose are forever damage from the game. While they do not regret this I believe they could have prevented this had they cared for their arms properly from an early age.

I tried to provide clear instructions on how and why things are done. The document also includes pictures to accompany the more detailed instructions in case they were now clear enough. I hope to use this document later in life when instructing others on how to pitch. My goal is to eventually have a website with everything an aspiring pitcher could need to start their journey with the proper instruction. I spent a lot of my career correcting bad habits I had formed learning on my own instinct. If given proper instruction from the beginning, there is no limit to how far some young pitchers can go.