# BASEBALL RECOVERY

**Recovery Is Not A Day Off. It Is The Other Half Of Training.**

## What Is Actually Happening

The lift, the bullpen and the doubleheader are the stress. Sleep, food and water are where the body turns that stress into a stronger player. Skip this half and the gym was a waste of a ride. Recovery is a bedtime and a bag, not a product.

## Hours Of Sleep By Age

| Age | Hours a night (AASM) | Aim for |
|---|---|---|
| 6 to 12 | 9 to 12 | 10 |
| 13 to 17 | 8 to 10 | 9 |
| 18 and up | 7 or more | 8 |
| Heavy lift day, doubleheader today or tomorrow | The same, plus 30 minutes | +0:30 |

Source: American Academy of Sleep Medicine consensus, endorsed by the American Academy of Pediatrics.

## The Lights Out Math

1. **Start at the alarm. The alarm does not move, so lights out does.**
2. **Lights out = alarm minus your target hours. 6:30 alarm and 9 hours means lights out at 9:30 pm.**
3. **A morning lift means up 30 minutes before the bar, so lights out moves 30 minutes earlier. A heavy day adds 30 more.**
4. **Phone leaves the room 45 minutes before lights out. Charger in the kitchen. Not silent, gone.**
5. **Last big meal three hours before lights out. The post game shake or a container from Sunday, then water only.**
6. **The first hour after practice is the shower and the food, never homework.**
7. **Hotel night, same lights out. Charger across the room, curtains shut.**

My alarm: _____ Lights out: _____ Phone out: _____ Dinner by: _____

## The 3-2-1 Rule

No big meal 3 hours before lights out. No homework 2 hours before. No screen 1 hour before. The version that holds up.

## The Sixty Minute Rule, Every Player, Every Game

1. **Protein within the hour. A shake if you are gaining, a container if you are holding. Long drive home: in the parking lot, not at 9 pm.**
2. **Water until the color check clears. The chart on the hydration page is the finish line.**
3. **Bands after you throw, every time. Five minutes on the fence before the bag is packed.**

## The Pitcher's 48 Hours

| When | What |
|---|---|
| The first hour | Water and the electrolyte serving before leaving the field. Shake or container within the hour. |

| | |
|---|---|
| That night | The extra half hour of sleep. Ice is your athletic trainer's call. Phone in the kitchen. |
| The day after | Bands, lighter and higher reps. A 20 minute walk. Food and water. No lifting, no bullpen, no proving you are fine. |
| The rest days | No pitching in a game until the Pitch Smart table says so. Warm up and bullpen pitches count. |

## Stop And Tell Someone

1. **Sleep that will not come, or will not hold, for more than two weeks.**
2. **Arm and elbow: pain that changes how you throw, numbness or tingling in the fingers, or pain still there the next morning. Athletic trainer or doctor before the next throw. Not the next start, the next throw.**
3. **Dizziness, cramping or confusion at the end of a hot doubleheader.**

None of that is toughness. All of it is a conversation with a coach, an athletic trainer or a doctor.

## The Bottom Line

Nine hours, scheduled from the alarm. Protein within the hour. Bands after every throw. The sleep builder and the bag builder for any day, lift to tournament, are at uncommittedu.com/recovery.

Uncommitted University | Complete Player Development | Not medical advice. Talk to your doctor or athletic trainer about sleep that will not come or pain that will not leave.