

WINDUP // Young pitchers often pull the ball out of their gloves too early.

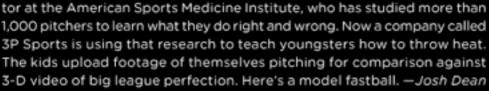
The windup includes all movement up to the "balance point," when the knee reaches its maximum height.

Beyond the Printed Page

• Built-in interactive, reader controlled multimedia

Perfect Pitch

A pro baseball pitch is the most violent human motion ever measured in a lab. That's according to Glenn Fleisig, research direc-





ANIMATION BY Bryan Christie Design