

Rays' Archer reports on kids and baseball

Melissa Rancourt - WTSP

Posted Feb 24, 2015

St. Petersburg, Florida -- Tampa Bay Rays starting pitcher Chris Archer has been pitching with the Rays since 2012. The 26-year-old started playing baseball in high school, and even then he made sure he played other sports.

But these days too many kids in baseball only play baseball and play it too long, so the ace pitcher decided he needed to get an important message out: parents, grandparents and coaches need to look out for kids and not let them overuse their bodies.

So Archer decided to put down his glove for a few days and picked up the microphone and played the role of 10 News reporter for a day.

Archer turned a story for 10 News about kids overusing their arm as pitchers, playing too long throughout the year, and throwing too many pitches.

In Florida, kids can play ball year-round. Between the warm weather and the recent boom of travel ball, some kids are playing 10-12 months out of the year. Archer and other major league players don't even play that long.

Tampa Bay Rays starting pitcher Chris Archer became a 10 News reporter for a day. Check out the behind-the-scenes video!

Archer interviewed the Rays head athletic trainer Ron Porterfield about the importance of building strength and resting your body as a child. Porterfield and Archer also demonstrated a few techniques young athletes in all positions can use to strengthen their arms.

Archer also interviewed Jason Riley, director of sports performance at Performance Compound, who explained the importance of all ages warming up, building core strength and playing a variety of sports.

The bottom line is kids should not be playing more than those in the MLB -- especially pitchers.