

The 4 Most Critical Mistakes Made By Parents and Athletes Which Derail and in fact often Destroy a Young Pitcher's Career.

Crucial Mistake #2. The Genetic Freak Theory: Accepting the Paradigm that Only Certain People Can Throw Hard.

Every couple of weeks we get this basic email or phone call from a parent: Could you guys please take a look at my son and tell us if he has a chance or if we are wasting our time.

It is a correspondence that strikes me to my very core. It's personal to me.

I had a 4th grade teacher, Mrs. Heiney, who told my mother she thought I was retarded in some way, they should hold me back and put me in special classes. She told my mother I simply would never be a good student in school.

Thankfully we moved to a new town 6 weeks later. Later that same year I finished my fourth grade year as a straight A student at Mary Lynch Elementary School. Fast forward 8 years, I became a National Honor Society Member in my HS. Fast forward 12 years, I was Secondary Education Student of the year and Physical Education Major of the year at Sam Houston State University. In fact Mrs. Heiney was a prophet, indeed I wasn't a 'good' student... I became an exceptional one.

At 14 I had a baseball Coach named Harold Butts. Apparently he thought it was his appointed duty to continually cut me down to size and teach me that I was simply an average, ordinary baseball player going nowhere and I should just accept my fate as a mediocre ball player.

Fast forward 6 years later, I was pitching against the likes of #1 Oklahoma State University and #2. Wichita State University. While I was never a college superstar or a drafted athlete, I certainly was far from the run of the mill small town Nebraska farm boy who played baseball. I was far from ordinary or mediocre. I threw in the upper 80's with no instruction, no plan and no support. While I was not a great college player I was far from a mediocre HS one.

So you could say...all of us have had to deal with our share of Heiney's & Butts. (You just can't make that stuff up folks ;-))

As you can tell, this 'genetic freak' belief is personal to me. It is intellectual poison.

Meet Faith the Dog,
Faith has no front paws. Faith walks upright like a human. Faith's great grandmother, grandmother and mother all walked on 4 legs not two.

Faith succeeds fabulously in spite of her genetics...not because of them.

Genetics tell us where we start, NOT where we finish.

Meet Gabriel Muniz.
Gabriel has no feet. Gabriel plays competitive soccer IN BRAZIL with no feet. Gabriel's great grandfather, grandfather and father all had feet.

Gabriel succeeds fantastically in spite of his genetics...not because of them.

Genetics tells us where we start NOT where we finish.

Meet Dustin Carter

Dustin doesn't have arms or legs. Dustin wrestles competitively. Dustin's great grandfather, grandfather and father all had arms & legs.

Dustin succeeds famously in spite of his genetics...not because of them.

Genetics tells us where we start NOT where we finish.

Meet Liu Wei.

Liu doesn't have arms. Liu plays piano. Liu's great grandfather, grandfather and father all had arms.

Liu wins national and international music competitions in spite of his genetics...not because of them.

Genetics tells us where we start NOT where we finish.

So...you ask me...

Could you guys take a look at our son and tell us if he has a chance or if we are wasting our time?

My answer lies in Scripture:

*"For you are fearfully and wonderfully made"...*PSALMS 139:14

The Lord doesn't make mistakes or junk.

I certainly don't know how hard your son can eventually throw...but I know this: A vast majority of athletes underachieve because they don't have the right plan or support. At the Ranch, a vast majority of athletes who attend the summer program or an Elite Pitcher's Boot camp get assessed, then from that assessment create a personal, customized plan and gain 4-7 mph in the next 12 weeks.

Now certainly if you come in throwing 95 mph you won't gain 7 mph. But on the other end I have seen first hand dozens of young men 17 years of age throwing 78mph and one year later touching 90-92mph.

This paradigm of the genetic freak theory and the phenomena of significant gains in adolescent pitchers often causes a lot of angst and the gnashing of teeth. There are those that insist that this is marketing BS and such gains are impossible or are created by something else.

I get it. It's emotional.

Some people will never accept or like what we do.

I will tell you this. I know in my heart that it works.

3 men have studied under me and our systems at the Ranch, they have taken it back to their communities and shared the basic process with their clients.

Mike Ryan at Fastball USA in Chicago. Mike has developed 47 - 90+ mph arms in his facility.

"The Texas Baseball Ranch has had a huge impact on how we train pitchers and all our athletes here at fastball USA.

In the past five years we've had 47 of our athletes throw baseball over 90 mph. We've also had one throw baseball over 100 mph.

Most importantly the arm health of our players has improved drastically over the last five years."

Mike Ryan

Randy Sullivan at the ARMory in Tampa Florida. Randy has developed 103 - 90 +mph arms in his facility since 2010

"When my son and I traveled to the Ranch 6 years ago, we were looking for a better fastball. What we found was a better way of life. Coach Ron Wolforth has become a trusted and a dear friend. The knowledge gained at the Texas Baseball Ranch is the foundation upon which The ARMory is built. We have integrated nearly all of his ideas into the process we use to safely develop ability in our students. Ron is a brilliant thinker, but he doesn't always have to be right. As a leader, he fosters an environment in which colleagues and confidants can feel empowered to challenge, innovate and experiment with new ideas. Being around him compels me to be better and to think differently. My Family and I will forever be grateful for his willingness to share his knowledge and his friendship."

~Randy Sullivan

Jim Wagner at the Throwzone in Santa Clarita California. Jim has developed 102 - 90+ mph arms in his facility since 2008

"In 2003 I first met Ron Wolforth and the training programs with what originally was Can-Am Academy. I was a new academy owner who had open Jim Wagner's ThrowZone Academy on a wish and a prayer. Fortunately, I had come across a pitching report in the old Baseball Weekly advertising for their program. The information I first received was the start of my work with the over 2500 students I have worked with in the past 11 years. The Texas Baseball Ranch has provided ThrowZone with so much insight and training protocols for the many young arms that I have worked with since that time through their videos, books and coaching seminars. The Ranch has allowed me to be mentored in such a manner that I have been able to provide instruction and training programs that have enabled 15 Major and Minor league players, over 65 collegiate players and hundreds of high school players to become the best players they can be. To say that Ron and Jill Wolforth have changed my life and ThrowZone Academy in such a positive manner would be an understatement but to say that they have changed the lives in such a positive manner of so many of my students in our academy could not be explained in a quote. They have made a difference in their lives that goes much beyond baseball. These young students have made an impact in the world today and the Ranch has played a significant role."

~Jim Wagner

This obviously isn't about me. This is about a process. It is about a system. It is about the Hyper-personalization of throwing programs.

Please don't make the mistake of selling your athlete short. We all are capable of so much more than others often think we can accomplish.

I'm a poster boy for that mindset.

That is one reason I believe the Texas Baseball Ranch is a very special place indeed.



For more information on the Texas Baseball Ranch and the various training programs offered, visit www.TexasBaseballRanch.com, call (936) 588-6762 or email: info@TexasBaseballRanch.com