

# Your Next Great Guest

# Ron Wolforth

Coach Ron Wolforth is the founder of The Texas Baseball Ranch. Since 2003, over 127 of Coach Wolforth's clients have been drafted by MLB, including #3 overall draft pick, Trevor Bauer. In that same time, over 503 of Coach Wolforth's pitchers have broken the 90 mph barrier. He is considered the world's leading expert on the objective measurement of pitcher's performance and movement patterns.

Coach Wolforth consults for several MLB organizations and dozens of NCAA programs. Hundreds of elite athletes from all over the world come to Texas to work with Coach Wolforth. His clients include Justin Verlander, Scott Kazmir, Barry Zito, CJ Wilson, Erik Johnson, Tyson Ross and Chien-Ming Wang.



*CBS 60 Minutes Sports* calls him: "The pitching guru who teaches kids how to throw over 90 mph, pain free."

*ESPN Magazine* said: "The Texas Baseball Ranch is a little out of the way and a lot unusual, but the coach in charge might be leading a pitching revolution."

He is the author of 2 books -- *Pitching with Confidence: A Survival Guide for the Parent of the Elite Pitcher* and *The Arms Race* -- and several baseball-training programs, including the #1 seller "*The Athletic Pitcher*."

Coach Wolforth has been interviewed by dozens of print, TV and radio media, including *CBS* and *NBC* news, *ESPN TV*, *Sports Illustrated*, *The New York Times*, *The Los Angeles Times*, *The Toronto Star*, *The Boston Herald*, *Men's Journal* and *Sirius XM Radio*.

## Suggested Interview Questions

- Can pitching velocity be taught, just like spelling or math?
- Why are pitchers at higher risk for injury today than at any time in history?
- What can other sports teach us about throwing a baseball 90 mph?
- What questions should parents ask when evaluating a throwing program for their child?
- Is it wise to let your body discover its own throwing motion, or is there a best pattern for everyone?
- What does it mean to "start with the pain" when diagnosing throwing problems?
- What are the common myths about increasing velocity while maintaining a healthy arm?
- Are weighted balls dangerous? What about long toss?
- What are the latest technological advances in pitcher training?

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