

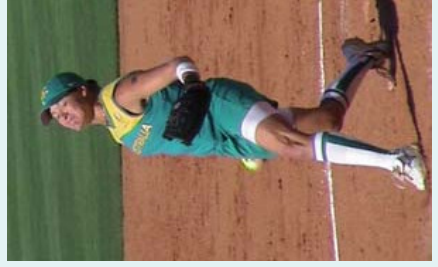


Melanie Roche - Australia



Lisa Fernandez - USA

Both pitchers that pitched in the Gold Medal Game in the Athens 2004 Olympics show an anything but normal head and upper body position at release – showing the danger of imitating one photo of an elite athlete performing a skill. What we're really seeing here is each pitchers curveball and their head and upper body effort to effect the release and the spin.



These 2 pictures show each pitcher in a different, more upright release point. Again this is a different pitch but it shows the danger of seeing one photo and using it as your model for performance.

