

2008 Baseball SIG Annual Meeting

NSCA National Conference, Paris Hotel, Las Vegas, NV

July 10, 2008

- I. Opening: Frank Spaniol
 - a. Introduction of all attendees (17 people attended)
 - b. Discuss research
 - c. Discuss topics and speakers for Sport-Specific Training Conference in Nashville, TN
 - d. Other issues
- II. Research
 - a. Vision training: Does it work?
 - i. Vizual Edge software used in study using Texas A & M Corpus Christi baseball players
 - ii. Positive results found with Division I players
 - b. Physiological make-up of top baseball players (Which variables are important?)
 - i. Increased lean body mass
 - ii. Lower body power (measured by vertical jump)
 - iii. Medicine ball rotational power
 - 1. Discussed various types of medicine balls
 - 2. Discussed which ones to use (ones that bounce; not filled with sand)
 - 3. 3 kg medicine ball side toss (measure speed with radar gun)
 - iv. Grip strength
 - c. Improving athleticism
 - i. Resistance training
 - ii. Sprint technique
 - iii. Agility
 - iv. Plyometrics
- III. Topics for SSTC