

Baseball Special Interest Group

Baseball SIG Annual Meeting

2010 NSCA National Conference

Thursday, July 15, 2010~1:00pm-2:30pm

Europe 7, Walt Disney World Swan and Dolphin Resort, Orlando, Florida

Frank Spaniol (Chair)

Opens meeting by welcoming all attending

Introduces other SIG committee members

Asks for those attending to introduce themselves & passes around sign-in sheet

Discussion

Baseball research

Testing of baseball players and result findings

Correlational data that indicates relationships to skill performance variables

Training study results

Asked question as to what would SIG members like done in research

Collaboration between various individuals at different universities

Baseball injuries

Talked about attending the ASMI Injuries in Baseball Course

Talked about recent research findings

Talked about rotator cuff and MCL injuries

Talked about specific exercises to address these issues

Sports Specific Training Conference

Informed SIG members that the format of the SSTC would be different in 2011

Conference will be a Sport Coaching format

Baseball will not be a focus of that conference

Where will baseball-specific topics be covered in the future?

Major League Baseball

Will MLB have any baseball-specific conference/meetings was asked?

Does MLB collect data for research?

Dr. Gene Coleman with the Houston Astros does

Dr. Jay Hoffman and the Texas Rangers did study

What about Scott Boras and Boras Sports Training Institute?

Who else would conduct a Baseball-specific meeting?

Texas A & M University-Corpus Christi (TAMUCC)

Dr. Spaniol stated that TAMUCC was considering a baseball-specific conference

Dr. Spaniol talked about the new 50 million dollar Kinesiology facility at TAMUCC and the state-of-the-art equipment it houses

Dr. Spaniol asked the SIG members what type of topics they would like to see covered at such a conference

- MLB strength and conditioning

- Sports nutrition and hydration

- Little League Baseball strength and conditioning

 - Number of pitches to throw in game

 - How to warm-up properly

- Baseball research (whatever has recently been done)

- Japanese baseball strength and conditioning

Everyone was thanked for attending and then dismissed

*Minutes prepared by Dr. David Szymanski, NSCA Baseball SIG Executive Council.