

SPORT-SPECIFIC CONDITIONING CONSULTANTS

'Sport-Specific Conditioning is our Focus, Performance is our Goal'

- PERFORMANCE NUTRITION - ATHLETIC TRAINING - ATHLETE DEVELOPMENT- PERFORMANCE PSYCHOLOGY - MANAGEMENT & CONSULTING -

Baseball Specific Comparison of Physical and Performance Characteristics by Position and Level of Performance

Performance Training Systems Inc.

Comparison of Physical and Performance Characteristics by Position and Level of Performance					
Catchers ¹					
Level	MLB	AAA	AA	A	Ability Priorities ²
Variable					
Experience (yr)	8.3	6.5	3.02	2.1	Catch
Age (yr)	26.67	25	23.5	24.6	Throw
Height (cm)	183	187	185	177	Bat
Weight (kg)	90.76	92.5	93.18	90	Power
Body Fat (%)	13.67	14	12.7	8.44	Run
Time (1)	3.83	3.87	3.69	3.86	
Time (2)	3.36	3.39	3.21	3.38	
Time (3)	7.09	7.26	6.95	7.24	

Time (1) - Run time over 1st 30 yards, Time (2) - Run Time over 2nd 30 yards, Time (3) - Total Run time over 60 yards.

Infielders ¹								
Level	MLB	AAA	AA	A	Ability Priorities ²			
					Position			
Variable					1B	2B	SS	3B
Experience (yr)	8.43	6.25	4	1.48	Bat	Bat	Field	Bat
Age (yr)	25.27	25.87	23.8	21	Power	Field	Throw	Power
Height (cm)	183	180	179	183	Field	Run	Run	Field
Weight (kg)	88	81.93	83.18	82.51	Throw	Power	Bat	Throw
Body Fat (%)	12.71	9.61	9.22	8.18	Run	Throw	Power	Run
Time (1)	3.77	3.66	3.71	3.75				
Time (2)	3.22	3.21	3.22	3.26				
Time (3)	6.99	6.87	6.93	7.01				

Time (1) - Run time over 1st 30 yards, Time (2) - Run Time over 2nd 30 yards, Time (3) - Total Run time over 60 yards.

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Outfielders ¹								
Level	MLB	AAA	AA	A	Ability Priorities ²			
Variable					Position			
					LF	CF	RF	
Experience (yr)	5.8	6	4.33	1.59	Bat	Run	Bat	
Age (yr)	26.2	25.2	23.17	22.78	Power	Field	Power	
Height (cm)	184	187	187	179	Run	Bat	Field	
Weight (kg)	82.45	89.73	92.35	83.96	Field	Throw	Throw	
Body Fat (%)	7.4	10.5	9.98	7.78	Throw	Power	Run	
Time (1)	3.74	3.57	3.55	3.74				
Time (2)	3.19	3.09	3.06	3.25				
Time (3)	6.93	3.66	6.61	6.99				

Time (1) - Run time over 1st 30 yards, Time (2) - Run Time over 2nd 30 yards, Time (3) - Total Run time over 60 yards.

Pitchers ¹					
Level	MLB	AAA	AA	A	
Variable					
Experience (yr)	8.92	7.57	4.44	2.19	
Age (yr)	28	27	23	22	
Height (cm)	189	186	189	185	
Weight (kg)	96.19	92.27	93.64	88.3	
Body Fat (%)	19.23	12.19	11.01	8.26	

Reference

1. Coleman & Lasky. Assessing Running Speed and Body Composition in Professional Baseball Players. *Journal of Applied Sport Science Research*. 1992. 6(4). 207-213.
2. Coleman, Eugene. Running Speed in Baseball. *NSCA Strength and Conditioning Journal*. 2007. 29(3). 72-76

Performance Training Systems is an athletic conditioning consulting firm based out of Brampton, ON, Canada. We provide athlete development, exercise nutrition, performance psychology, athletic training, and management and consulting services to clients within the greater Toronto area and around the world. We are committed to ethical sport values based training, and promote sport as a vehicle for developing healthy bodies, healthy minds, and healthy communities.

'Training is our Focus, Performance is our Goal'