



**3rd Party Hitting Science Center
Expansion of the Zone of Contact by Use of the Dynaswing Bat
Conducted by**

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Method

10 College Wooden Bat Players were measured that played in the Ohio Valley Collegiate Wooden Bat League. The players were a mixture of Junior College, NCAA Division 2, NCAA Division 3, and NCAA Division 1 Baseball players between the ages of 19 – 23 years of age. All the players participated were enrolled in performance training programs and none of the players stated any serious injuries or issues that would impact their swing mechanics or performance. All players were run through the same activation routine and warm up. The players utilized their game bats that were all Maple Louisville Slugger Bats of various models before and after swinging the Dynaswing Training Bat.

Definitions:

Zone of Contact – The area is measured from the time that the bat enters into a consistent plane and exits that consistent plane due to follow through or bat path interruption.

Players were subjected to the following protocol:

Activity	Sets	Reps	Total Swings
Tee Middle	1	8	8
Tee Away	1	8	8
Tee Inside	1	8	8
Front Toss Standard Bat	1	8	8
DynaSwing Dry Swing	1	10	10
Front Toss Standard Bat	1	8	8
DynaSwing Dry Swing	1	10	10
A TEC Pitching Machine 70 mph @ 55 feet	1	8	8
	7 Total Sets	68	68

Measurements

The players Zone of Contacts were measured via video analysis pre utilization of the Dynaswing training and then measured post utilization of the Dynaswing training bat. The measurements and average exit velocities are listed below:

Player	Average Zone of Contact Pre-DynaSwing	Average Zone of Contact Post-DynaSwing	Delta	Ave. Batted Exit Velocity Pre-DynaSwing	Ave. Batted Exit Velocity Post-DynaSwing	Delta
Player 1	21 Inches	22 Inches	1 Inch	85 mph	86 mph	1 mph
Player 2	19.5 Inches	20 Inches	.5 Inches	84 mph	84 mph	Even
Player 3	20 Inches	21.5 Inches	.5 Inches	86 mph	87 mph	1 mph
Player 4	18 Inches	18 Inches	Even	82 mph	82 mph	Even
Player 5	19.75 Inches	21 Inches	1.25 Inches	85 mph	87 mph	2 mph
Player 6	21.5 Inches	22 Inches	.5 Inches	90 mph	91 mph	1 mph
Player 7	17.5 Inches	18.75 Inches	1.25 Inches	81 mph	83 mph	2 mph
Player 8	22 Inches	21.5 Inches	-.5 Inches	85 mph	84 mph	-1 mph
Player 9	20.5 Inches	21 Inches	.5 Inches	84 mph	84 mph	Even
Player 10	18.5 Inches	20 Inches	1.5 Inches	81 mph	83 mph	2 mph
Totals	<u>19.83 Inches</u>	<u>20.58 Inches</u>	<u>.475 Inches</u>	<u>84.3 mph</u>	<u>85.1 mph</u>	<u>.8 mph</u>

Conclusion

The Dynaswing training bat showed an improvement over two training sessions of .475 inches in the enrolled players zone of contact. The Players also displayed a slight Batted Ball Exit Velocity increase in the ATEC Pitching Machine arm of the study. This could be correlated to the hypothesis that the longer that the bat barrel stays in contact with the ball, the greater the amount of Kinetic Energy that is transferred to the ball and increase the exit velocity.

Contact Information:

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