

NCAA D1 IMPROVEMENTS

How Vizual Edge Vision Training Improved Baseball Performance

A Top-25 NCAA Division 1 program consistently trained their visual skills with Vizual Edge, using the Edge Trainer program, ahead of their 2019 season. The team as a whole saw improvements in both visual skills & baseball performance, along with qualifying for the 2019 NCAA Tournament for the first time in several years. This report highlights several players that saw *significant* improvements in their game as a result of the vision training program and enhanced visual skills.



THE EDGE TRAINER IMPACT

NCAA D1 BASEBALL - OF



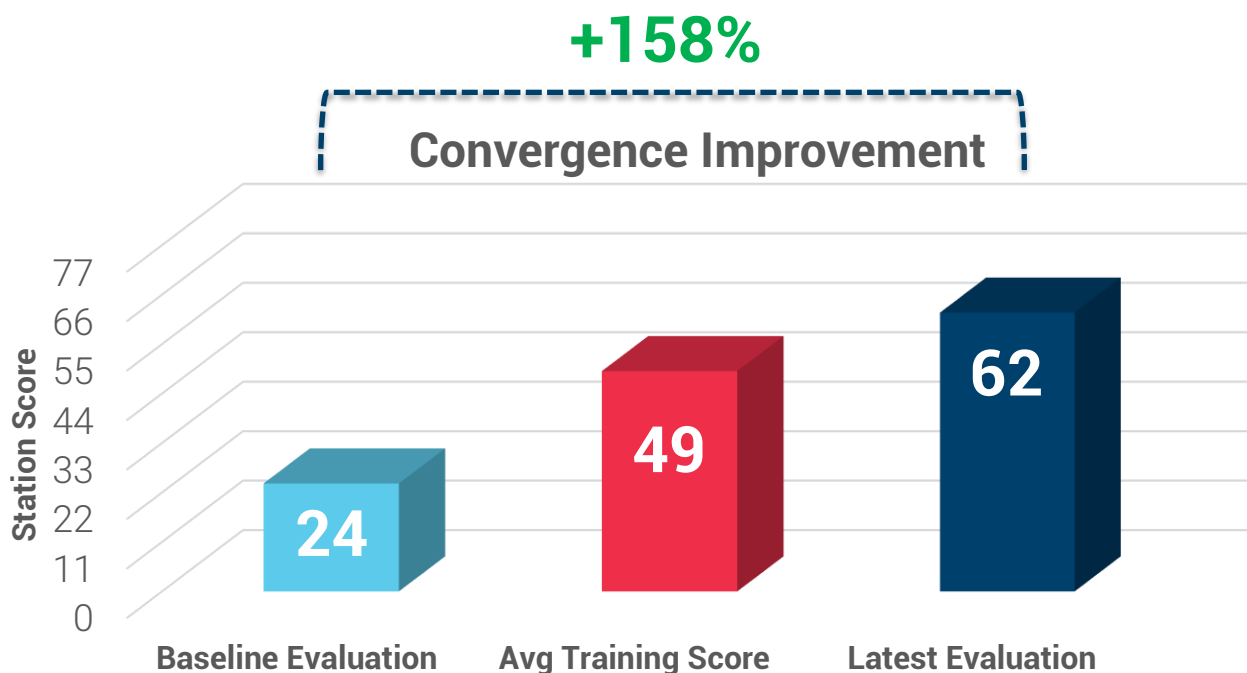
	Edge Score	Convergence	Recognition	Tracking
Baseline Evaluation	73.1	24	1.76s, 50%	0.72s, 94%
Average Training	-	49	0.85s, 94%	0.58s, 95%
Latest Evaluation (% Improvement from baseline)	85.3 (+17%)	62 (+158%)	0.69s, 100% (61% quicker)	0.60s, 93% (17% quicker)

	2B	HR	RBI	BB (BB%)	BB/K
Pre-Training	17	12	59	17 (9%)	0.55
Post-Training	19 (+12%)	15 (+25%)	67 (+14%)	25 (11%) (+47%)	0.64 (+17%)

In addition to being **selected in the Top 5 Rounds of the 2019 MLB Draft**, this player saw quite an improvement in several key visual skills as a result of his vision training program, most notably, convergence.

Through his 40+ training exercises, this player was able to significantly improve his **convergence** score, which allowed him to have full confidence at the plate knowing that he was able **to focus better on incoming pitches as they approached the final third**. This improvement in convergence helped him build upon a strong 2018 campaign, and saw him **drive in more runs (RBIs), hit more doubles, HRs**, and have better **overall plate discipline** (BB% & BB/K ratio) during the 2019 season.

His decision-making at the plate drastically improved from the previous year, and his **improved response time AND accuracy** for his **recognition** skill, which is a hitter's ability to process a series of visual skills and respond appropriately, helped him **identify pitch types and pick up pitcher cues** while at the plate.



THE EDGE TRAINER IMPACT

NCAA D1 BASEBALL - OF



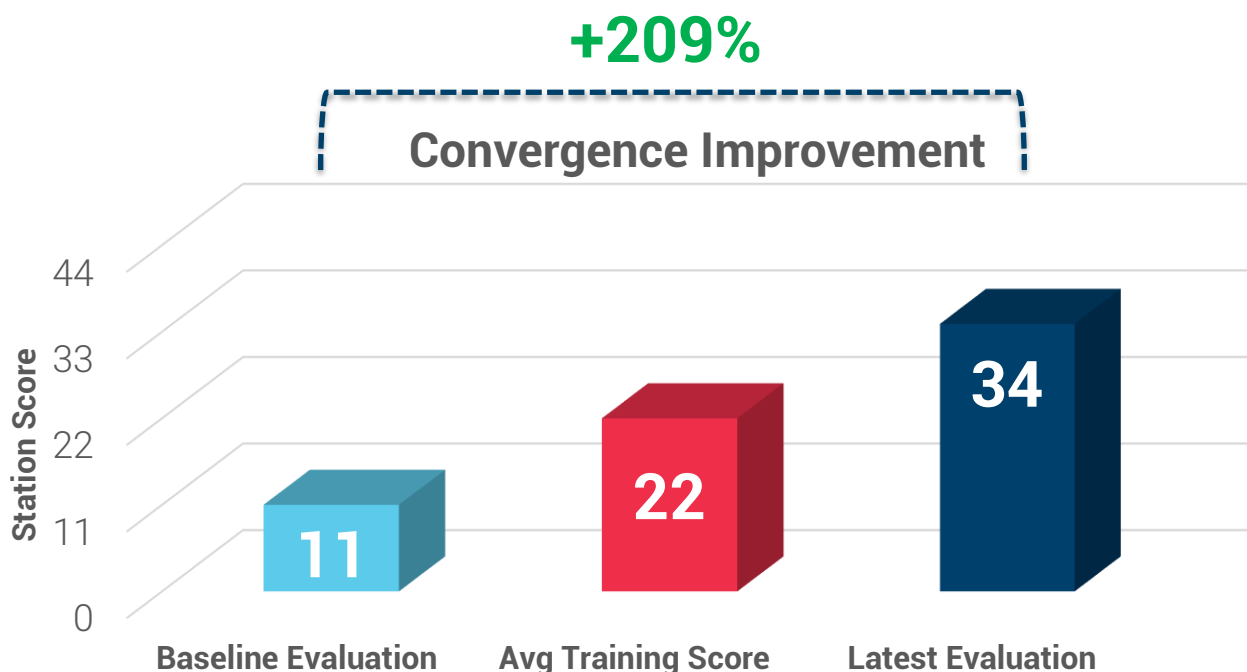
	Edge Score	Convergence	Recognition	Tracking
Baseline Evaluation	69.6	11	1.61s, 74%	0.57s, 91%
Average Training	-	22	0.59s, 94%	0.54s, 92%
Latest Evaluation (% Improvement from baseline)	81.8 (+18%)	34 (+209%)	0.56s, 97% (65% quicker)	0.49s, 91% (13% quicker)

	Avg	H	2B	HR	SLG %	BB	K%	OBP	FLD %
Pre-Training	0.181	15	2	0	0.205	22	41%	0.385	0.979
Post-Training	0.324 (+79%)	65 (+306%)	14 (+600%)	10 (+10)	0.603 (+194%)	39 (+77%)	32% (-22%)	0.483 (+25%)	0.991 (+1%)

This OF saw big improvements across nearly every statistical category. While he had more than double the ABs during the 2019 season, he saw hitting & fielding improvements as a result of his improved overall visual skills (18% improvement) through 50+ vision training exercises ahead of the 2019 season.

The biggest growth for this player was seen with his **convergence**, which allowed him to **focus on incoming pitches/objects**, much more effectively. This translated to **better plate discipline** (more BB & lower K%), **better fielding %**, and **better overall hitting** statistics in nearly every category, including a big jump in HRs.

His much improved **recognition** and **tracking** skills allowed him **to process information quicker**, which helped with his plate discipline and allowed him to make **faster, more accurate decisions**, helping boost his FLD % as well.



THE EDGE TRAINER IMPACT

NCAA D1 BASEBALL - INF/P



	Edge Score	Divergence	Recognition	Tracking
Baseline Evaluation	70.5	25	0.97s, 92%	0.54s, 96%
Average Training	-	39	0.78s, 96%	0.54s, 95%
Latest Evaluation (% Improvement from baseline)	83.2 (+18%)	29 (+16%)	0.78s, 100% (20% quicker)	0.53s, 96% (3% quicker)

	Avg	H	2B	HR	SLG %	BB (BB%)	OBP	FLD %
Pre-Training	0.143	10	3	0	.186	10 (14%)	0.274	0.867
Post-Training	0.267 (+87%)	51 (+410%)	11 (+267%)	7 (+7)	0.455 (+145%)	33 (17%) (+230%)	0.388 (+42%)	0.933 (+8%)

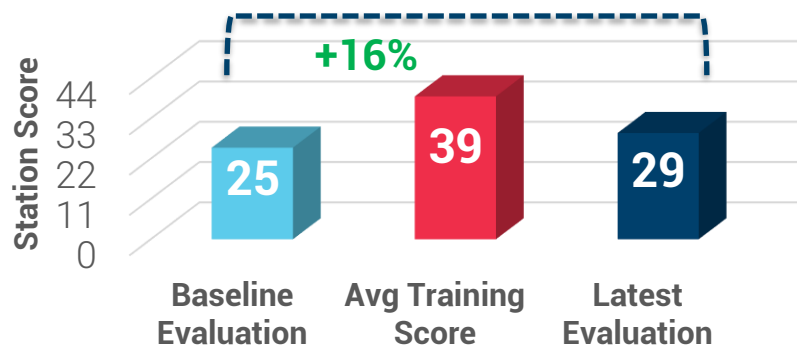
As a pitcher, having great alignment and divergence skills are critical for pinpointing your location in the zone. This player had **perfect alignment**, and saw a jump in his **divergence** score as a result of training.

On the hitting-side, and as an INF, this player saw big improvements across nearly every statistical category. While he had more than double the ABs during the 2019 season, he saw hitting & fielding improvements as a result of his improved overall visual skills (18% improvement) through 20+ vision training exercises ahead of the 2019 season.

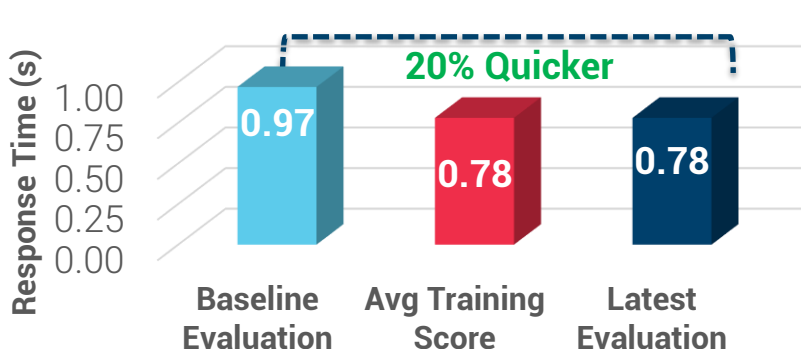
His improved **divergence** allowed him to **locate the ball earlier** out of the pitcher's hand, as well as **pick up spin sooner**, which helped prepare him for incoming pitches much more effectively. This translated to more hits, more HRs, **better plate discipline** (higher BB%), **better fielding %**, and **better overall hitting** statistics.

Additionally, his improved **recognition** and **tracking** skills allowed him to **process information quicker & identify pitch types**, which helped with his plate discipline and allowed him to make **faster, more accurate decisions**.

Divergence Improvement



Recognition Improvement



THE EDGE TRAINER IMPACT

NCAA D1 BASEBALL - INF



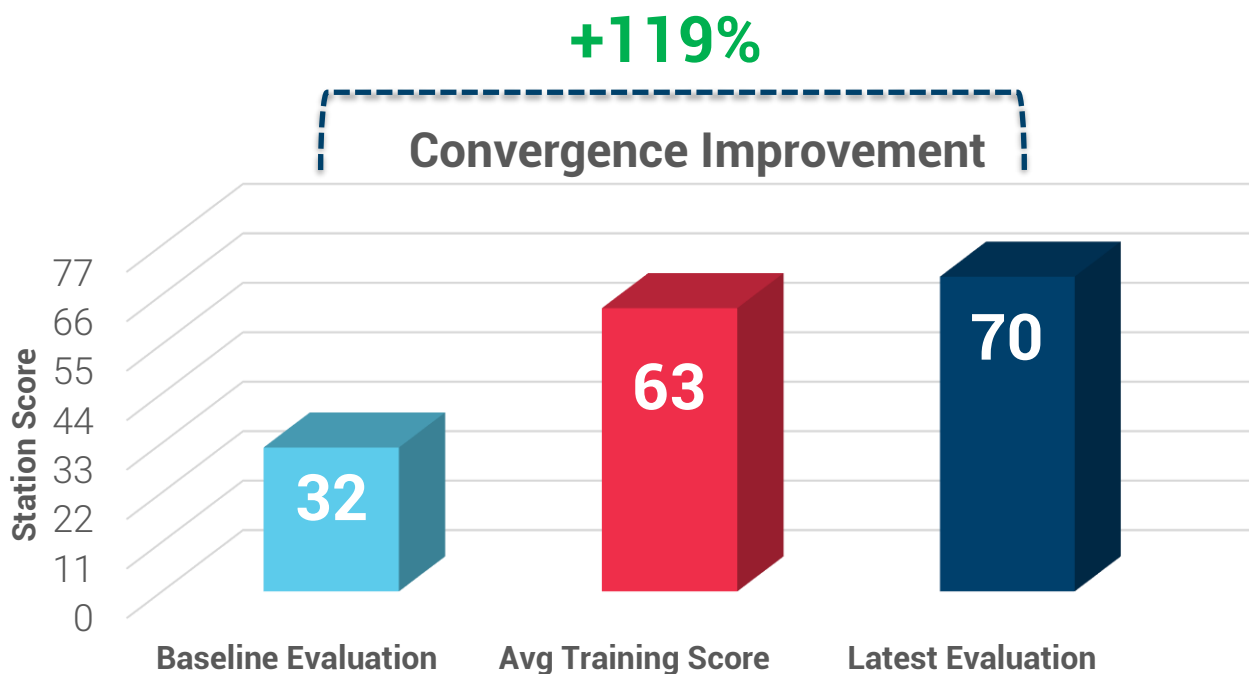
	Convergence	Recognition	Tracking
Baseline Evaluation	32	0.96s, 96%	0.59s, 94%
Average Training	63	0.69s, 94%	0.57s, 92%
Latest Evaluation (% Improvement from baseline)	70 (+119%)	0.52s, 100% (46% quicker)	0.55s, 94% (7% quicker)

	H	K%	Avg	SLG %
Pre-Training	53	0.23	0.266	0.392
Post-Training	71 (+34%)	0.17 (-26%)	0.293 (+10%)	0.479 (+22%)

This player saw quite an improvement in several statistical categories, and his improvements in key visual skills for baseball players likely had a hand in those improvements. By training and improving his **convergence**, which is the **ability to focus on incoming objects**, this player saw significant improvements in his plate discipline (lower K%), as well as hitting statistics (hits, batting average and slugging percentage).

Through improving his recognition and tracking skills, this player was able **to process information quicker** that allowed him to make **faster, more accurate decisions**, which likely helped with his overall plate discipline and approach to each at-bat.

This player was also selected in the **Top 10 Rounds of the 2019 MLB Draft**.



THE EDGE TRAINER IMPACT

NCAA D1 BASEBALL - INF



	Edge Score	Convergence	Recognition
Baseline Evaluation	79.9	48	1.06s, 96%
Average Training	-	55	0.62s, 97%
Latest Evaluation (% Improvement from baseline)	86.1 (+8%)	61 (+27%)	0.61s, 100% (43% quicker)

	SLG %	BB%	OBP
Pre-Training	0.286	13%	0.324
Post-Training	0.330 (+15%)	16% (+26%)	0.345 (+6%)

Though this player's ABs were roughly halved compared to the previous season, he was still able to make an impact in the box and on the field, and his improved Edge Score (overall visual ability) had improved as a result of 50+ training exercises.

His improved **convergence** and **recognition** scores allowed him to **focus, process and react to incoming pitches** better, which translated to an **improved walk rate (BB%)** during the 2019 season. As a result, his OBP improved, and his overall SLG% also increased from the previous season.

Recognition Improvement

