



Baseball Overview

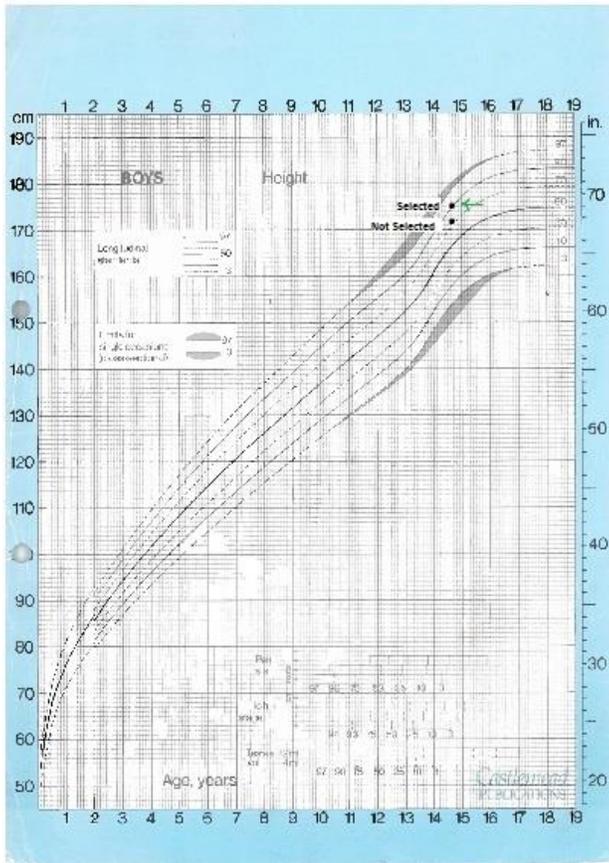
BACKGROUND: In 2013 a team of researchers lead by Dr Adam Baxter-Jones from the University of Saskatchewan in collaboration with colleagues from Sask. Sport and other academics in the UK (Swansea University, University of Bath, and University of Loughborough) were awarded a Sports Canada Research Initiative grant, a partnership between Sports Canada and the Social Sciences and Humanities Research Council of Canada (SSHRC) and the Canadian Institutes of Health Research (CIHR). One of the streams of the initiative was to contribute to the understanding of the barriers to, and the benefits of, sports participation. The grant entitled 'The effects of adolescent physical growth and maturation on selection into sport and the long-term effects on sports participation' aims to identify the influence of various factors (physical, psychological and social) that influence youth sports participation. We will address the long-term consequences of selection / non-selection into provincial Saskatchewan teams on an athletes continued participation.

METHADODOLOGY: On August 8th and 9th, 2014, we attended the Saskatchewan Baseball Bantam Selects Tournament in Regina. Consenting players completed 6 Questionnaires asking them about their physical activity participation, perceptions on physical conditioning/competence, how they perceived their coach's techniques, enjoyment of the sport, as well as how parental involvement influenced their participation in sport. We also measured their height, sitting height and weight to predict their maturity status.



INITIAL FINDINGS: So far we have only analyzed the physiological measures. The graph below (see figure) is a reference chart showing the normal development of height for boys. The lines on the graph are called centiles and represent statures attained at various ages. The middle line, labeled 50, is the 50th centile. This is the average height at each age and indicates that 50% of the population has heights below this line and 50% have heights above this line. We have plotted the average heights for the Baseball players selected and not selected. The selected players were on the 90th percentile line, whereas those not selected were closer to the 75th centile. Although there is a notable difference, it was not statistically significant. Similar findings were revealed when body mass was analyzed, where selected males were on average heavier (71.03 kg) than those not selected (65.64 kg), however this also lacked significance. The two groups were also similar in chronological age (CA) and age at peak height velocity (aPHV). Therefore, the baseball players as a whole may be taller than the general population, but when the selected and not selected groups are compared, they are similar in CA, stature, body mass, and aPHV (maturity).

Figure: Height growth charts with selected and non-selected group averages



The green arrows point to the Selected players

FOLLOW UP: On February 8th, 2015 all participants will receive an email asking them to complete online questionnaires for their first 6-month follow up. The questionnaires are similar to those completed at the Bantam Selects Tournament. Participant incentives will be available to encourage continued participation.

Here is the follow up schedule for the remainder of the study:

Feb '15	Aug '15	Feb '16	Aug '16
---------	---------	---------	---------



Stay Connected:

Email, Phone, Online and Social media

Website: <http://bit.do/sports-participation>



“Like” our Facebook page: <https://www.facebook.com/sportparticipationresearch>



Follow us on Twitter: <https://twitter.com/usasksportpart>

If you would like more information about the project, please contact Dr. Adam Baxter-Jones at 306-966-5759 or via email at: baxter.jones@usask.ca

Thank you to all those who participated!! We could not do this research without you!

We will continue to update you on our research as results are made available.

-The Research Team.