



## What is SPARQ?

SPARQ is quickly becoming the standard for rating athletic ability. An acronym for **Speed, Power, Agility, Reaction** and **Quickness**, SPARQ testing measures a player's performance in four tests:

1. The **30-Yard Dash** measures speed, specifically how fast a player can get from home to first base at a flat-out run.
2. The **20-Yard Shuttle** measures a player's agility and quickness, how swiftly he or she can change directions between bases during game play.
3. The **Vertical Jump** measures explosive power, dynamic speed and reaction time.
4. The **Rotational PowerBall Throw** measures core strength and power, giving a quantitative measure of a player's bat speed and rotational power.

## What's the Payoff?

Once a player knows his or her SPARQ Rating, he or she knows what areas to target for improvement. Talent is no longer enough to attract Major League attention—scouts are now looking for athletic ability, which SPARQ testing quantifies.

## What Kind of Athletes SPARQ Test?

SPARQ has already tested more 8,000 baseball players: professionals, college players, elite high school athletes and younger prospects. SPARQ recently tested an entire MLB team's farm system, which included all-scout teams, A, AA and AAA baseball players. We traveled to the spring training facility and SPARQ tested all 130 players within an hour and without injury. We regularly test the University of Southern California athletes and other college players. This year, 10,000 baseball players will SPARQ test at elite camps and showcases, including the Area Code Games, the Perfect Game National Showcase, Top Prospects and Scout Day events.



## **Why Should You SPARQ Test Your Team?**

The SPARQ rating is a powerful tool for analyzing a player's overall athletic ability. SPARQ testing will provide you with a comprehensive analysis of each player's athletic ability and a statistical comparison to players in the national SPARQ baseball database. After completing the SPARQ test, you can use the SPARQ test data to identify each player's strengths and areas for improvement.

## **SPARQ Testing Now Available for Youth Baseball!**

Atomix Sports and Evolution Athletics ([evolutionathletics.com](http://evolutionathletics.com)) are hosting a NIKE SPARQ Winter Baseball Camp, running eight consecutive Saturdays from January 12 to March 1, 2008. Please join us from 3 p.m. to 5 p.m. on the baseball field at Old Agoura Park (5301 Chesebro Road, Agoura Hills).

## **Who Can Play?**

Open to baseball athletes aged 8 to 18 years, the NIKE SPARQ winter baseball camp is an opportunity to showcase and develop the tremendous amount of young talent right here in the San Fernando Valley. Many schools lack the resources or knowledge for preparing young athletes for college programs, so SPARQ testing provides the information these athletes need to succeed. Visit [www.sparqtraining.com](http://www.sparqtraining.com) for more information.

## **About Atomix Sports Performance**

Atomix Sports Performance offers private athletic coaching and semi-private training in a variety of team and individual sports, taking a holistic approach that focuses on strength, speed, core and flexibility training and sports nutrition. Founded in 2005 by Robert Steele, who has 20 years of training experience, Atomix employs a total of five coaches, including former Stanford University quarterback Chris Berg ([coachchris.tv](http://coachchris.tv)), who joined the Atomix team last year as the recruiting and scholarship advisor. For more information, visit [www.atomixathlete.com](http://www.atomixathlete.com) or call (818) 636-5676.

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