

Performance Training Center Magazine: Interview With Kevin Coddington Catcher, Cincinnati Reds

The following is an interview with Performance Training Center athlete Kevin Coddington. Kevin is a catcher with the Cincinnati Reds organization. This interview took place at the Reds' spring training complex in Tampa Bay, Florida, where Kevin is currently trying to work his way up the team's organizational ladder.

PTCM: First off, thanks for taking the time from your busy spring training schedule to do this interview. Why don't you start off by giving us some information on your athletic background and what your high school and college athletic experiences were like?

Kevin Coddington: Not a problem Mark. Anytime.

I was anything but a standout coming into high school. In fact, I didn't even start on the freshman football or baseball teams. Although I was disappointed, I continued to work hard and eventually grew quite a bit later on. As a quarterback on the football team, I didn't start until the second game of my senior year. We ended up getting to the playoffs and losing in the first round, but I had a blast and consider that football season to be a great experience. Baseball-wise, once again I wasn't a full-time starter until my senior year, when I was fortunate to be on a great team with a great group of guys that advanced all the way to the state championship game. Prior to my senior year of baseball, I had no plans of even playing in college. In reality, I wanted to play college football. However, as the baseball season progressed, I was having success, I was enjoying the season, and I found a desire to play at the next level.

Even after having a good year, I wasn't recruited by any Division 1 schools. I figured if I was going to play in college, I wanted to try and get to a D-1 school, so I chose to go the junior college route. I ended up at Chemeketa Community College in Salem. They recruited me and I really liked their coach. From there, a lot more options were made available to me, and I eventually decided on Illinois-Chicago, where I was fortunate enough to be a part of a team that advanced to the NCAA Tournament – where we were in the Texas A&M Regional. Overall, it has definitely been an interesting path, but I just feel extremely fortunate to have had some great coaches that have helped me along. This ultimately led to me having some wonderful experiences.

PTCM: In what year and round of the baseball draft were you selected?

KC: 2008, in the 44th Round.

PTCM: Prior to coming to train at Performance Training Center, what type of physical training were you doing to prepare yourself for the baseball season?

KC: At Chemeketa, we really didn't have a set strength program, so the weight room doors were basically opened and people could do whatever they wanted. This was coupled with a running program that was usually a series of short sprints that followed the strength work. When I was at Illinois-Chicago we had the luxury of having a strength and conditioning coach, so we had a much more organized and regimented schedule. Our pre-season training consisted of three days a week where we would have a total-body strength workout that usually was heavily involved in Olympic-style lifts.

PTCM: What was it about the program at Performance Training Center that caused you to buy into the program there?

KC: During my initial evaluation, Landon Evans noticed some parts of my body that were very tight, had knots, and had limited range of motion. He ended up working on these things, and literally within a couple days these things were completely alleviated. So, after experiencing this, I was very impressed and trusted what was being done at PTC. This was just the beginning, though. Ultimately, as we got going, I was setting personal records every single week in my strength and speed work. This gave me complete confidence in PTC, in what they do, and in what they are all about. Along with this, my body felt fresh while I was training, whereas in the past, I had always been used to being beat down with my training. That was probably holding me back from really achieving what I should have been achieving.

PTCM: Coach Landon Evans handled all of your programming and the two of you worked very well together. How important is it for you to have a good working relationship with your fitness coach?

KC: It's huge, you have to consider that I was seeing Landon on almost a daily basis for a little over four months, and if we didn't have that it would have made for a long four months. I think a relationship between you and your coach can really take you to the next level. It makes communication easy, open, and honest so that you're on the same page about what needs to be accomplished. When two hard working people team up and handle their business professionally, you can really feed off of it, and like I said, it can take you to the next level.

PTCM: What are some areas of improvement that you've seen in your performance since coming back to spring training?

KC: The easiest thing for me to see improvement on has been in the exercises we're tested on when we arrive at spring training. When I began training at PTC, Landon and I talked about what needed to be done, and I had said that in addition to training for the sport of baseball, I wanted to perform well in the series of exercises in which I was tested. We definitely accomplished this, as I improved a ton in every single exercise. In addition to these exercises, I noticed the first day that I took batting practice at our facility that the ball was coming off my bat a lot better, and ultimately was traveling farther than I was used to hitting balls in batting practice.

PTCM: Since you were training and being tested at Performance Training Center every day, what are your thoughts on the Omegawave system and its effectiveness in assisting and guiding the training process?

KC: I had never been exposed to or even heard of the Omegawave system until I began to train at PTC, so it was something completely different from what I had been used to, but it just makes so much sense and can give you such a deeper breakdown of how your body is functioning. Just as importantly, it tells you how your body is responding to the training at PTC. Also, it was fun for me to watch my progress while being fortunate enough to have the Omegawave system make clear what aspects of my training needed to be targeted.

PTCM: You played quarterback in high school. This off-season, you threw passes to Seattle Seahawks wide receiver Mike Hass – as he was being covered by NFL prospect Tom Nelson from Illinois State. What was that experience like, and is there a future for you in the NFL after baseball?

KC: Haha, I had an absolute blast doing that. I love football, and oddly enough, was probably more passionate about it than baseball in high school. Just getting out on the field to throw the ball around to those guys was great. However, even though some people at PTC questioned my profession, I can safely say my football days are over.

PTCM: How was the music selection during your training at Performance Training Center?

KC: Prior to me working out there, atrocious. However, once I started working out at PTC, I would like to believe it made a change for the better. I just don't know how anyone could not like country music.

PTCM: At what level do you see yourself playing this year in the Reds organization?

KC: I will never know for sure until spring training breaks, yet ultimately my goal is to be playing for the Dayton Dragons, which is Class A ball.

Performance Training Center provides high-level sport performance training to both male and female athletes. Since January 2004, the purpose of Performance Training Center has been to optimize both the physical and psychological potential of each athlete. Performance Training Center analyzes the long-term development of the athlete using concrete scientific data. This information is skillfully applied to help prevent overtraining and injury to the athlete, thereby ensuring peak performance. Performance Training Center has trained over 400 athletes on every competitive level – grade school, high school, college, professional and Olympic. Additionally, PTC also coordinates programs with high school and university strength and sport coaches. For more information about Performance Training Center, you can visit our website at www.ptconline.net.