

SURF CITY TRIBUNE

The Human Eye & Its Significant Relationship With Baseball

Whether it's locking onto a 95 miles per hour fastball, or focusing in on a pop fly through the harsh glare of the sun, the human eye plays a critical part in America's greatest past time, baseball. While the arms and legs are obviously very critical parts of play, many often overlook the vast impact our eyes have to the game of baseball, and to sports in general. Our eyes, while small in nature, play a very large role in how we interpret the world, and also, in how we react. The human retina can transmit data at roughly 10-million bits per second. (Exponentially faster than your wifi connection!) And that's precisely the reason why we can react in time to hit that 95 mph fastball so beautifully.



Left to Right: Surf City's Chelsea & Anh, Dr. Dinh, 3-Time American League MVP, Angels Outfielder, Mike Trout, Dr. Hamada, Dr. Stan, and Dr. Hamada's son Brian at Surf City Optometry.



Since the beginning of Dr. Hamada's optometric career in 1988, he has had a passion for enhancing athletic performance through the maximization and training of the eyes. Dr. Hamada has found that through his sports vision enhancement training, athletes have been able to elevate their athletic ability to new heights, and truly maximize their ability to make critical decisions at game-time speed. Over the years, Surf City Optometry has worked with many collegiate, professional, and olympic teams, focused on the vast power of the human eye. Possibly the most overlooked area of athletic performance.



Left to Right: Surf City's Anh & Chelsea, Dr. Kawai, Dr. Hamada, & Lili, (Dr. Hamada's daughter) hanging out in the dugout after pre-draft evaluations. (Evaluating prospective players prior to the draft)

Since 2017, Surf City Optometry (SCO) has held the distinct honor of serving as the Team Optometrist for the Los Angeles Angels Baseball Organization. Taking care of athletes at every level, from the players on the field, to the pre-draft prospects looking to be signed. This relationship grew out of the Angels Director of Player Performance, Bern Li, and General Manager Billy Eppler's unwavering commitment to player development and all avenues of human performance.

For the last two Spring Trainings, Dr. Hamada and staff have joined the team in Tempe, Arizona for training camp. While there, Dr. Hamada collects tons of data for the team to use. Made famous in the movie Moneyball, it has become a well-known fact that data analytics is now at the forefront of



Surf City staff at Angels Spring Training Camp in Arizona.

scouting, player predictions, and contracts. But, a little less well-known, is how data analytics can now also help improve a players performance on the field. While training with SCO staff, the team will go over everything from anticipation timing and tracking, to contrast sensitivity, dynamic acuity, and visual processing speed. During Dr. Hamada's famous Neurocognitive Evaluation, his main focus is understanding how each individual player takes in the visuals that their brains will then have to process for their motor action to occur. How long it takes their eyes and brain to process these moments, and accurately react, is the name of the game, and Doctor

Hamada and his team’s work is to improve the speed and accuracy of this complex transfer process.



Dr. Dinh and 4-Time “Best Major League Baseball Player” ESPY Award Winner, First Baseman, Albert Pujols at Surf City Optometry.

So, to any athlete who is serious about improving their game, and to any fan that is serious about watching it, make sure to discuss your eyes with one of the Surf City Staff and find out more about the incredible difference Surf City Optometry’s **Sports Vision Training** can make in your life. Remember, the eyes are the starting place for every action and reaction your body takes. Training them to be faster, more reactive, and more accurate can ultimately make the difference between a strike out, and a home run! Let’s play ball! For more information, head to the [Sports Vision](http://www.SurfCityOptometry.com) page at www.SurfCityOptometry.com

“As an athlete, there is often discussion and concern over diet, workout routines, and muscle recovery, but rarely do these conversations go into the crucial role the eyes play in gathering the information needed for athletes to make the split-second decisions that win games.”

- Dr. Bronson W. Hamada; Director, The Vision Performance Center of Excellence at Surf City Optometry



Are you an Angels Fan? During your next visit, make sure to request our newly redesigned exam room dedicated to the team this past year!



Dr. Dinh, Angels New Third Baseman & 2019 World Series Champion, Anthony Rendon, and Dr. Hamada at Surf City Optometry.