

# KYLE WASSERBERGER, MS, CSCS

I am currently a doctoral student in the [Sports Medicine & Movement Laboratory](#) at Auburn University researching mechanisms driving injury risk and performance in sport with an emphasis on baseball and softball players.

I am a former 4-year NCAA baseball pitcher. I have several years of coaching experience at the youth and high school level as well as one year of collegiate pitching coach experience.

I am looking for a position that allows me to continue searching for the best ways to reduce the risk of injury and maximize athletic performance while collaborating with people across biomechanics, strength & conditioning, rehabilitation, & athlete development.



## EDUCATION

- 2021  
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2018

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**PhD., Kinesiology**  
Auburn University (in progress)  
  
• Dissertation: *The Effects of Throwing Intensity on Overhand Throwing Biomechanics - Implications for Throwing Rehabilitation*

📍 Auburn, AL
- 2018  
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2017

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**M.S., Kinesiology; Biomechanics Emphasis**  
Auburn University  
  
• Research assistant; Sports Medicine and Movement Laboratory

📍 Auburn, AL
- 2016  
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2012

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**B.A., Exercise Science; Pre-Professional Emphasis**  
Calvin College

📍 Grand Rapids, MI



## PROFESSIONAL EXPERIENCE

- 2017  
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2016

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**Assistant Varsity Baseball Coach**  
Calvin College  
  
• Pitching Coordinator

📍 Grand Rapids, MI
- 2017  
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2016

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**Head Strength & Conditioning Coach**  
Hofbauer Performance  
  
• Dry land training for hockey players  
• Individual, small group, and team settings

📍 Byron Center, MI



## RECENT PUBLICATIONS

- **External Rotation Weakness Partially Accounts for Increased Humeral Rotation Torque in Youth Baseball Pitchers**  
Journal of Science & Medicine in Sport
- **Glenohumeral & Hip Range of Motion in Youth Softball Athletes**  
International Journal of Sports Medicine
- **Using the Single-Leg Squat as an Assessment of Stride Leg Knee Mechanics in Adolescent Baseball Pitchers**  
Journal of Science & Medicine in Sport



## UPCOMING PROJECTS

- **Kinetic Energy Generation, Absorption, & Transfer at the Shoulder and Elbow during Baseball Pitching**  
Examine shoulder & elbow joint loads during critical phases of the baseball pitch
- **Lumbopelvic-Hip Complex & Scapular Stabilizing Muscle Activation during Unilateral Dumbbell Carries**  
Assess the ability of unilateral dumbbell carries to increase stability and strength of the lumbopelvic-hip complex and scapular stabilizing musculature



[📄 Complete CV](#)

## CONTACT

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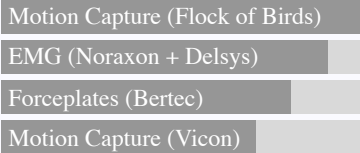
[kwasserb@gmail.com](mailto:kwasserb@gmail.com)
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[kww\\_AU](#)
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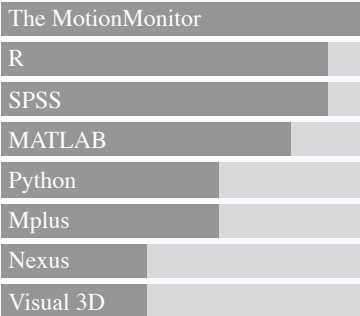
[github.com/kww-22](https://github.com/kww-22)
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[Google Scholar](#)

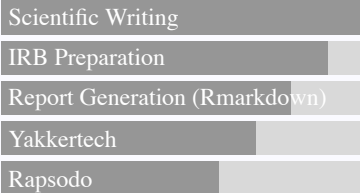
## EQUIPMENT EXPERIENCE



## SOFTWARE EXPERIENCE



## OTHER EXPERIENCE



Source code: [github.com/nstrayer/cv](https://github.com/nstrayer/cv).  
Last updated on 2020-07-14.