

Slow Dance Your Way to Success

How does a batter's walk on music
affect pitcher performance?

Inspiration

- Research in other sports suggests matching music BPM with activity tempo improves performance
- No such research has been completed in baseball

Our approach

- Compiled a data set of Orioles players' walk on songs including song name, title, and beats per minute
- Matched Pitch f/x data to song information
- Correlated pitch speed and BPM of the walk on song
- Subsetted data to look only at the 1st pitch and only fastballs and only when batters were home
- Final regression examining relationship batter getting a hit and BPM

Hypothesis

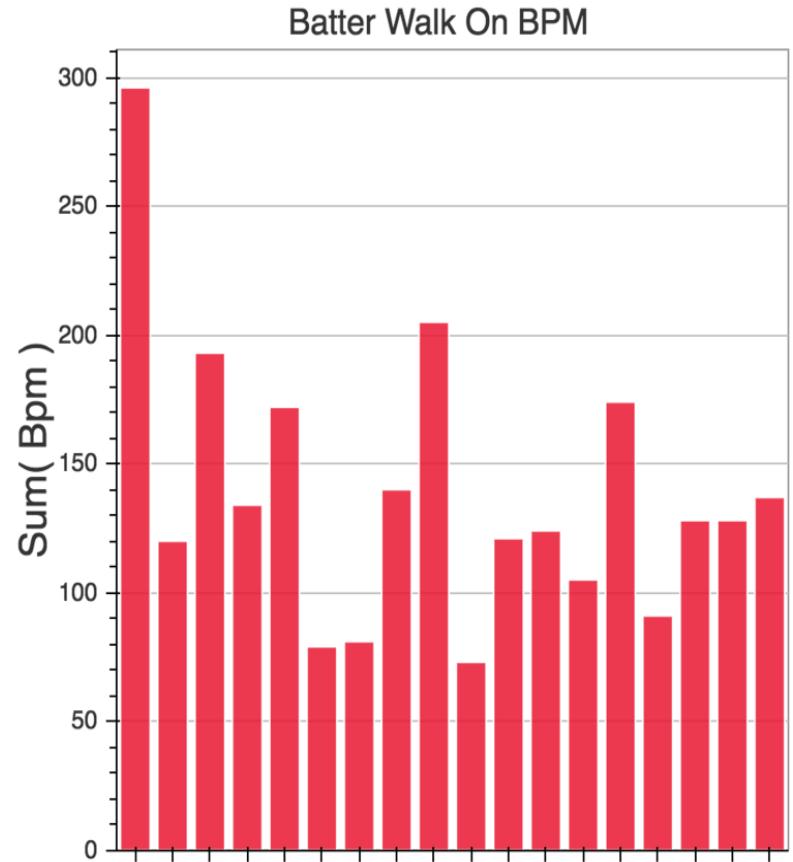
"Music alters emotional and physiological arousal and can therefore be used prior to competition or training as a stimulant, or as a sedative to calm "up" or anxious feelings (Bishop et al., 2007). Music thus provides arousal regulation fostering an optimal mindset."

<http://thesportjournal.org/article/music-sport-and-exercise-update-research-and-application/>

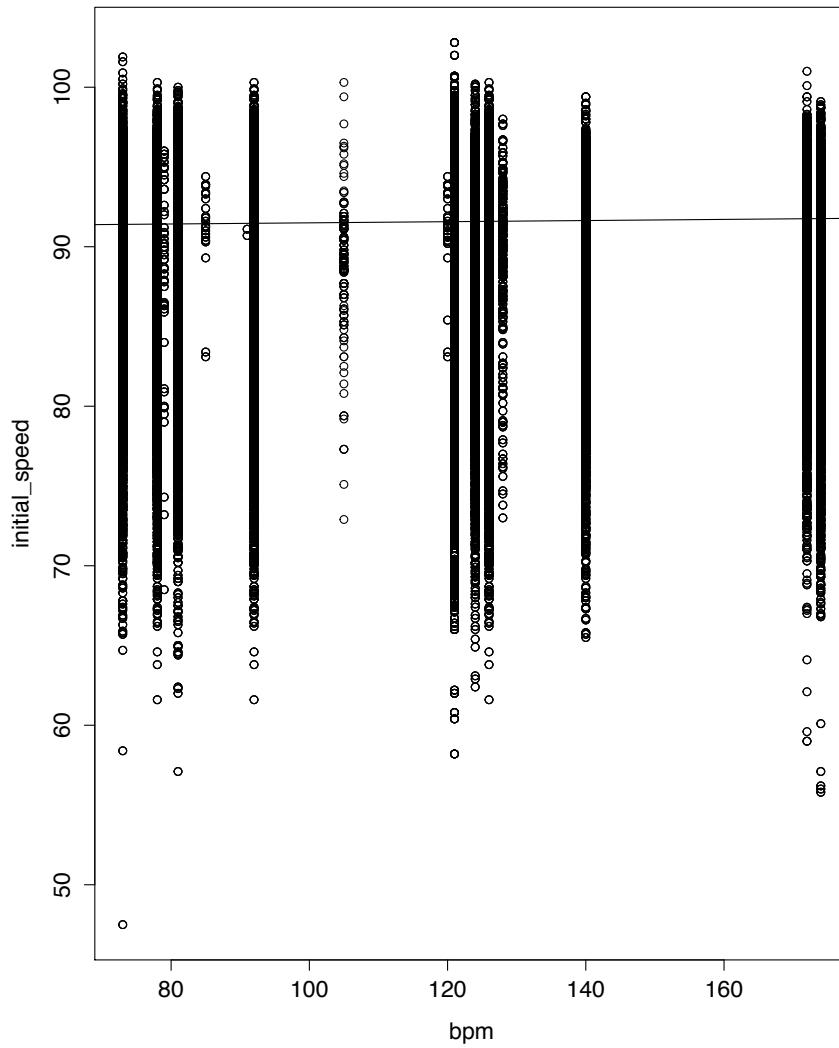
Hypothesis: Lower BPM will enhance batter's performance (hit) while higher BPM will enhance pitcher performance (pitch speed).

**Range of BPM in songs studied:
73-174**

**For every additional 100
BPM a batter is 8% less
likely to hit the ball into
play on the first pitch**



Our Findings





Thank You