

## PHOTOS MLB: BC grad Resop changing his training regimen in hopes of another shot at the big leagues

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The past few seasons haven't gone as smoothly as Chris Resop would like, so the former Barron Collier pitcher is doing everything he can to make sure next year is a success.

That means stepping out of his comfort zone.

Since returning to Naples four months ago from a year-and-a-half stint pitching in Japan, Resop has been working out nearly nonstop. In an attempt to return to the major league mound, the 2001 Barron grad is training in unfamiliar ways, including Pilates and an increased focus on nutrition.

"I feel better than I ever have," the 27-year-old right-hander said. "I feel awesome. I'm doing some things I've never done before. I'm loosened up, I'm more flexible."

Resop's new workout regimen comes from Rick Lademann of Beyond Motion Studios in North Naples, where Resop was signing autographs Saturday afternoon as part of a toy and food drive for Collier County's Helps Outreach. The pitcher has been working with Lademann since returning home from Japan.

After pitching for parts of four seasons with three major league clubs, Resop hopes all of his efforts pay off with another big-league contract. He is a free agent for the first time after his contract expired with Japan's Hanshin Tigers.

Resop returned home for the birth of his first child, his 12-week-old son Colton. Now he has several MLB tryouts lined up, he said, and hopes to have a new team within a month.

Working with Lademann, Resop has been weight training and running five times a week the past three months. The 6-foot-2 righty has dropped five percent of his body fat and is down to 225 pounds.

Lademann, who started Beyond Motion in 2007 with his wife, Amy, has plenty of experience working with baseball players. He helped train the Colorado Rockies for

four years and also worked with the baseball team at the University of California.

“Explosive moments,” is what Resop is working on, Lademann said. “Getting him used to accelerating off the mound and having him relate that to his arm. He’s staying loose at the same time. He’s staying healthy and looking good.”

Lademann has trained several high school baseball players in the area the past five years, but this is his first time working with Resop.

When the two first started training, Resop admitted he was a bit apprehensive about some of Lademann’s techniques. After more than three months of work, though, the pitcher is a believer.

“The more I do it, the more I love it, the better I feel, the stronger I feel,” Resop said. “It starts with your feet up. It’s going to roll over into delivery and mechanics. The more you fight your body, the harder it’s going to be.”

Following a disappointing trip to Japan, Resop is ready for a new start. In 14 months with the Hanshin Tigers, he made just eight appearances and had a 6.75 ERA.

While Resop didn’t play a game this season, the time on the bench allowed him to work on his pitches. He said he has developed a few breaking balls that should help him next season.

With a 3-3 record and a 5.61 ERA with four clubs, Resop has yet to breakthrough in the majors. He is inspired, however, by his performance in his most recent stop, Atlanta.

In 2008, Resop drew compliments from future Hall of Famer pitcher Tom Glavine and manager Bobby Cox, who said Resop has a bright future ahead of him. After being sent down to Triple A, Resop said the Braves wanted to bring him back to the majors, but he took more money to head to Japan.

Resop said he doesn’t regret the move, but he’s ready for another shot in the bigs. Feeling stronger and healthier than ever, he thinks he’ll have his next shot by the start of the new year.

“Sometimes things don’t pan out the way you want then to, but you don’t quit. You’ve got to keep going,” Resop said. “My dream is still to play major league baseball for a living. That dream is still alive. It’s not going anywhere.”

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