



Jay Calderon/DN

Jed Dalton is hoping the move to third base this fall will boost his chances of being drafted by a professional team in the spring.

Hittin' the gym

Baseball player looks back to move forward

By Jeff Griesch
Staff Reporter

After a frustrating junior season, Nebraska baseball player Jed Dalton is determined to prove himself in his final season.

Dalton, who hit a disappointing .261 with just two home runs last season, said he returned to the training habits of his freshman season in an attempt to try to salvage his chances at playing professional baseball.

"When I was in high school and as a freshman here, I lifted weights all the time," Dalton said.

In his first season as a Cornhusker, Dalton was named to the Baseball America Freshman All-American second team after hitting .358 with seven home runs.

But after a strong freshman season, Dalton said he stopped lifting weights in the off-season.

"I stopped lifting because I was afraid it was going to hurt me," Dalton said. "I was afraid I was going to get tight and lose bat speed if I lifted too much. I was scared that it would hurt me in the draft if my bat speed was too slow."

But what hurt him most was losing weight.

By the end of last season, Dalton's weight had dropped to 165 pounds, which he said affected him both physically and mentally on the field.

"I felt tired, weak and fatigued by the end of the season, and I played terrible," Dalton said. "I had lost all of my confidence."

Because of his dismal season, Dalton said he had all but given up on getting drafted. So he concentrated on getting stronger.

He started the summer lifting

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JED DALTON

NU baseball player

weights at the YMCA in Beatrice while playing for the semiprofessional Beatrice Bruins.

He said he returned to Lincoln for the second five-week session of summer school and lifted almost every day.

He returned to Beatrice to play for the Bruins when he could and said he could tell the difference in strength right away.

"I hit about .420, and I felt like I had really regained my bat speed," Dalton said. "I was just sitting back and waiting on the ball and then turning on it. I really felt good."

At the start of fall baseball practice, Dalton said his bench press had increased 50 pounds since last spring, and he had gained 20 pounds.

But he said he planned to put heavy lifting on hold for the fall and then hit the weights hard again until the beginning of spring practice.

"I think the biggest gain from all my work has not been in just strength, but in confidence," Dalton said. "I feel so much better about myself and my swing. I am ready to prove myself again."

Along with proving himself at the plate, Dalton also will get a chance to prove himself at a new position.

Aiming To Bounce Back

Jed Dalton's stats the last three seasons

| | AVG. | HR. | RBI. | SB. |
|------|------|-----|------|-----|
| 1992 | .358 | 7 | 26 | 6 |
| 1993 | .339 | 1 | 26 | 13 |
| 1994 | .263 | 4 | 24 | 30 |



DN Graphic

Dalton, who played the outfield his first three seasons, will move to third base this fall.

"I feel like I will improve my stock, because I will be a more versatile player," Dalton said. "I should get a longer look because I can play both infield and outfield."

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Interviews will be Friday, October 7. The following majors are encouraged to attend: Business, Communication, Recreation/Leisure Studies, Theater/Drama and Horticulture. All majors are welcome.

For more information contact Student Employment & Internship Center
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