

**Chris O'Leary**

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**The High-Level Swing**





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**THE HIGH-LEVEL SWING**



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**WHAT I WAS TAUGHT**

**WHAT  
I SAW**

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**SWING PLANE**

**SWING PLANE**

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# POSTURE



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**POSTURE**



# POSTURE



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# ROTATION

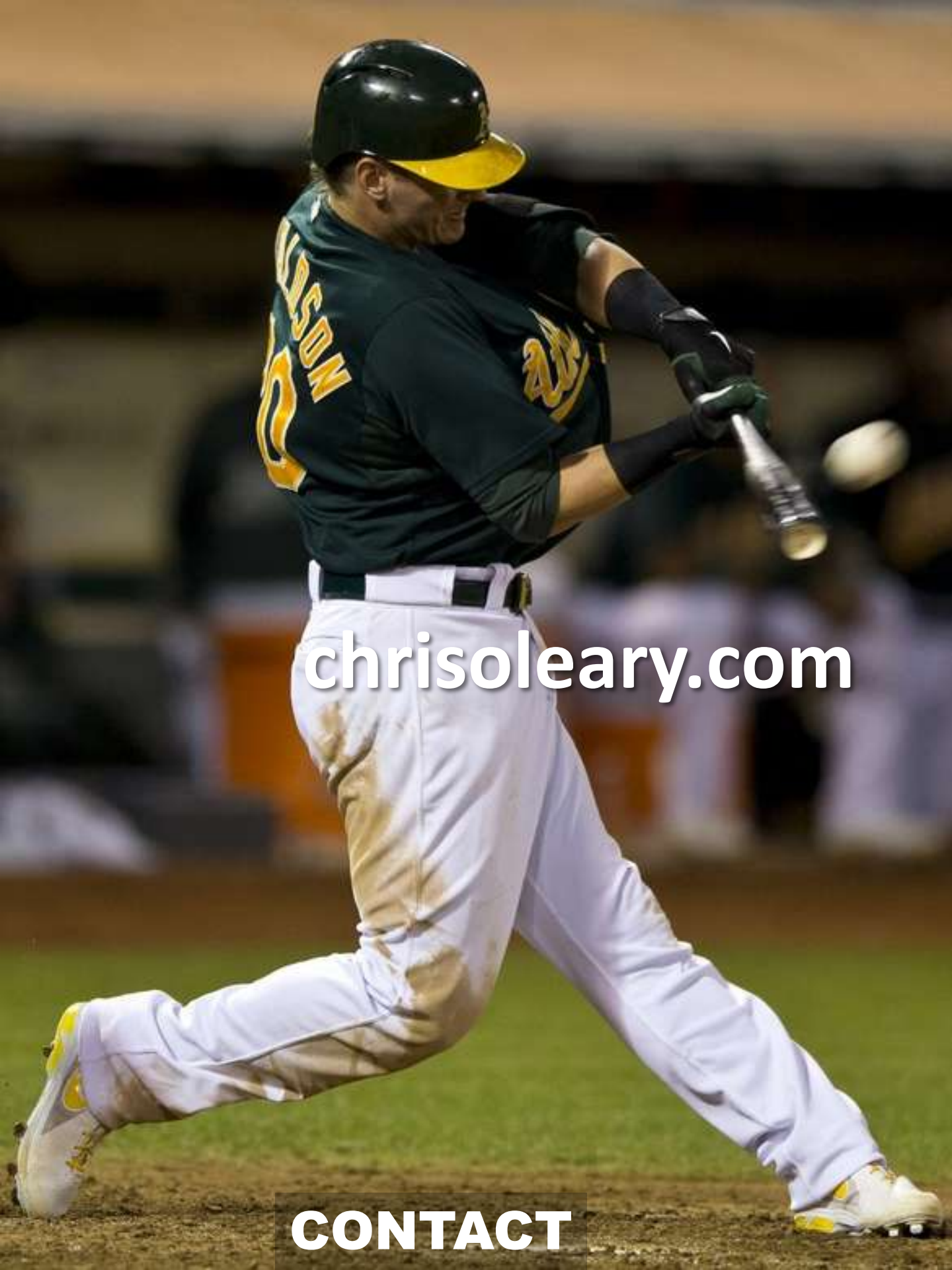


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**ROTATION**



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# SEPARATION



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Comcast  
SPORTS

DONALDSON  
20

SEPARATION

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**THE POWER POSITION**



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**POWER  
POSITION**



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**POWER  
POSITION**

A Washington Nationals baseball player is captured in the middle of a swing. He is wearing an orange jersey with the Nationals logo on the sleeve, blue shorts, and a red cap with the Nationals logo. He is wearing blue batting gloves and black cleats. A yellow baseball is visible in the air to the right of the player. The background shows a blurred crowd of spectators and a black fence with red lettering.

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**ROTATION**

**CONNECTION**



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**BAT  
DRAG**



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A baseball player in a white uniform with red accents and a red helmet is captured in the middle of a powerful swing. He is wearing white batting gloves and red cleats. The background shows a blurred crowd of spectators and other players on the field. A watermark "chrisoleary.com" is overlaid on the image.

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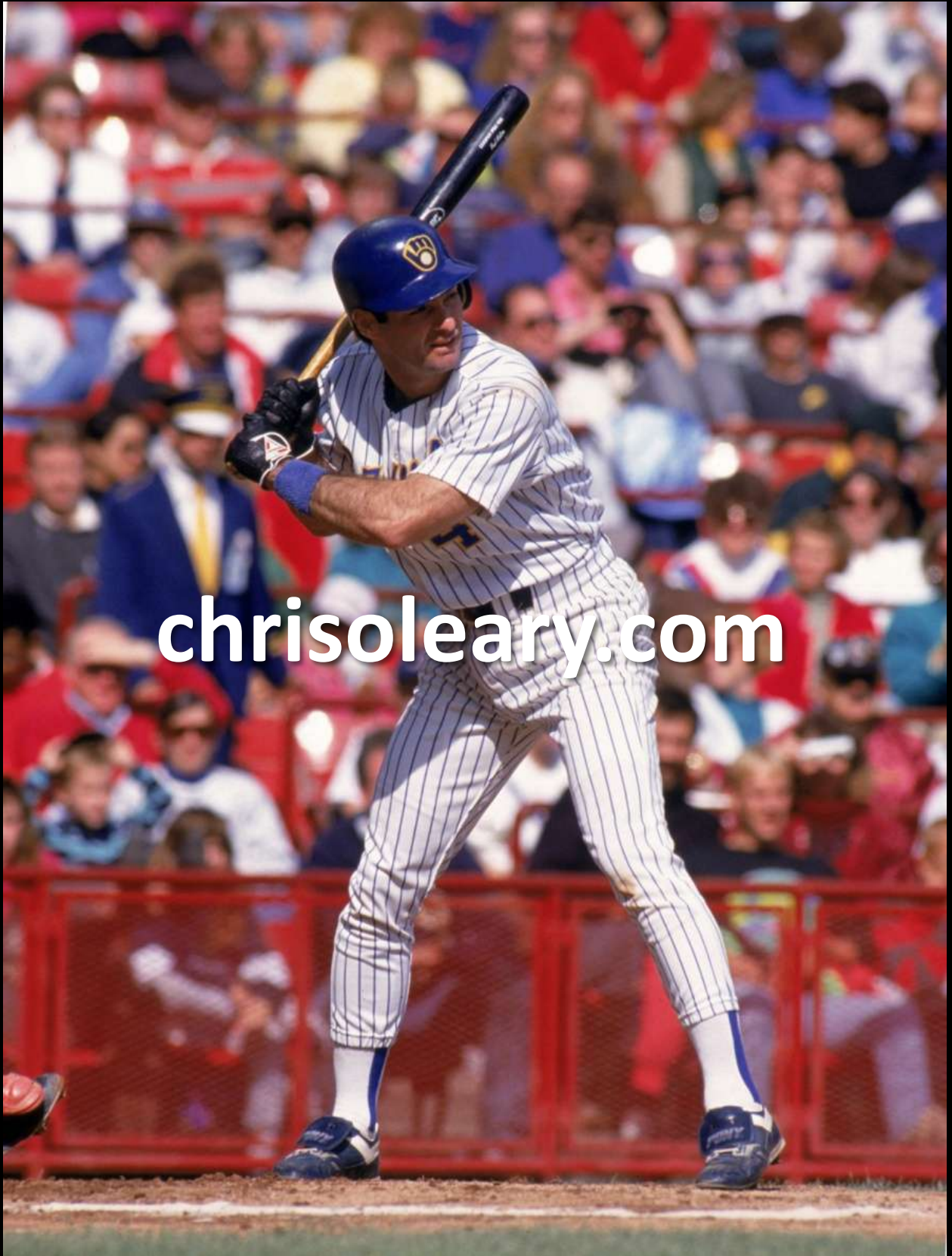
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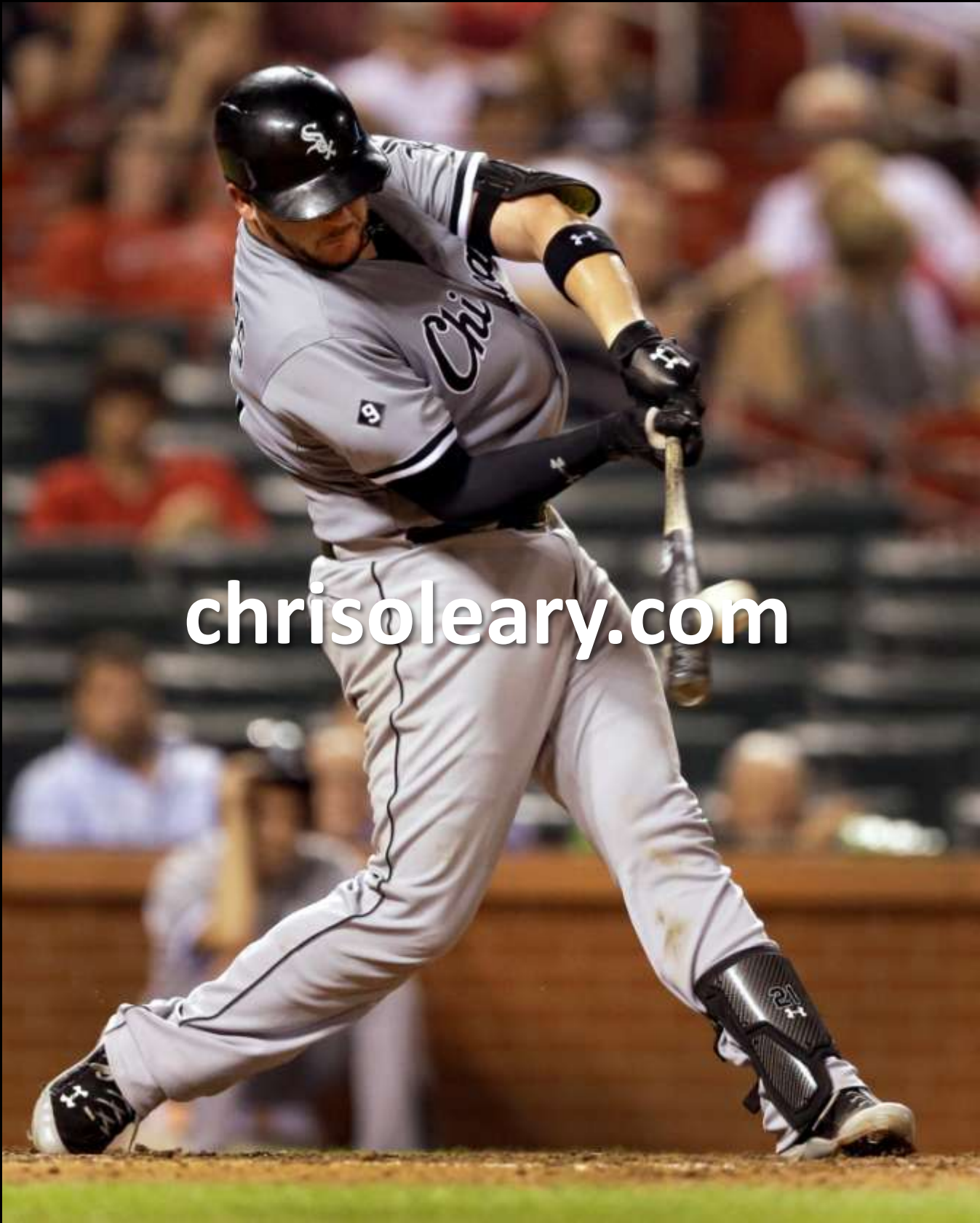


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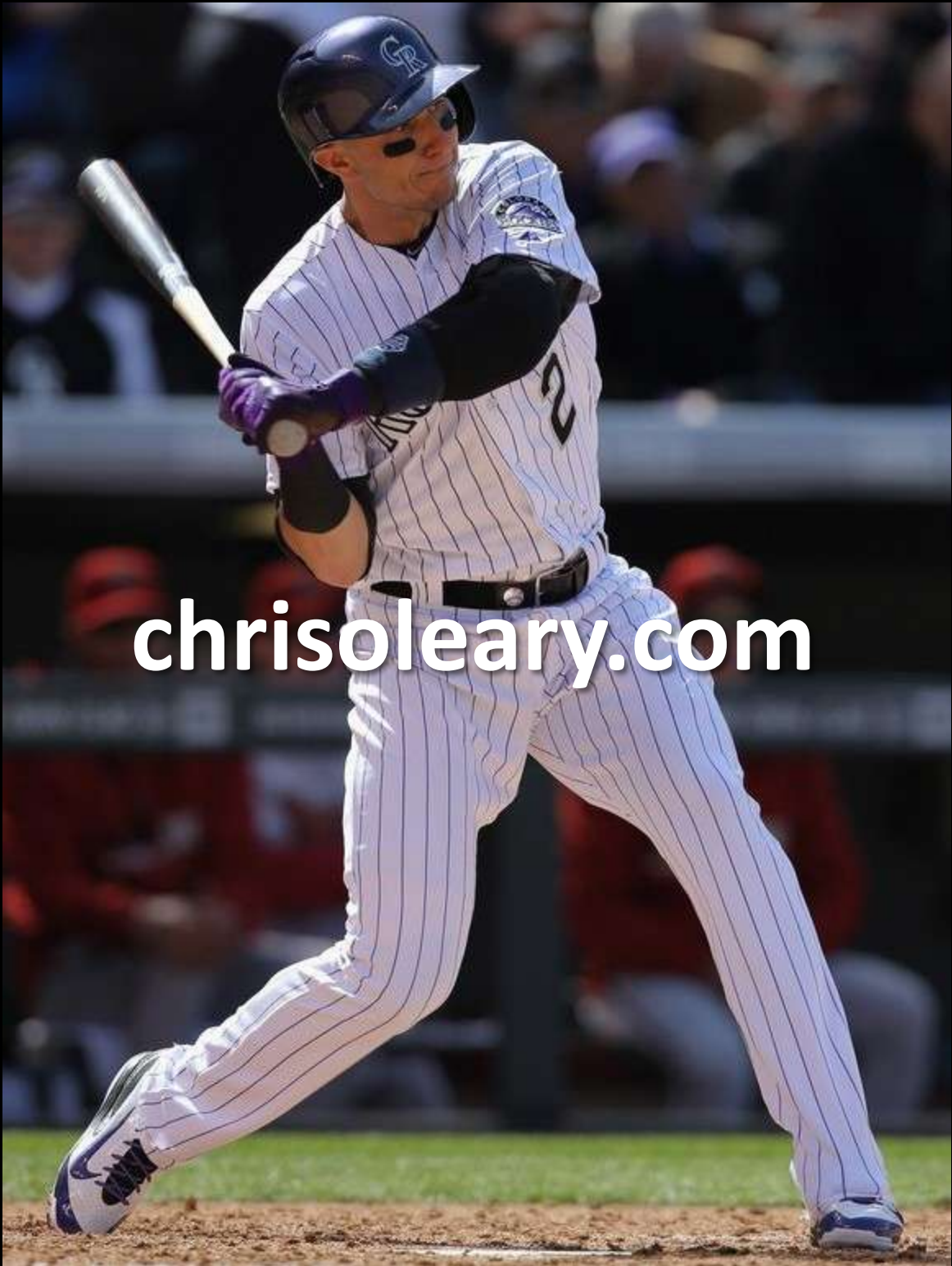




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