

# Hitting good eyesight out of the park:

## An interview with Cal Ripken Jr.

*by Sarah McGoldrick*

**H**e was one of baseball's leading hitters with two Golden Gloves to his name and 19 All-Star Game appearances.

Today fans will see Cal Ripken Jr. working just as hard off the field as he did during his 20 year career on the field. More recently he has partnered with Transitions Optical as one of their new ambassadors.

This new challenge is introducing Ripken to a whole new generation of fans and connecting him with those who have followed him his entire career.

"Partnering with Transitions Optical is a natural fit for me, as at this point of my life I have truly come to appreciate healthy vision even more and realize that I may have taken it for granted over the years," Ripken said in an interview with Optical Prism.

Ripken prided himself on being one of the few players in the dugout that did not require glasses.

He said he began noticing small changes to his sight last year while doing regular day-to-day tasks.

"I hadn't worn glasses before. I noticed my eyes changing just this past year, when I would sit down to read the newspaper or go to restaurants and struggle to read the menu or strain to see the graphics or teleprompter when I was broadcasting," he said. "It was the first time the reality of needing glasses hit me—it truly was a life-changing moment, and I knew I needed some help."

Ripken will act as one of the spokespeople for the "Official Sponsor of Sightseeing Program" which works to demonstrate the benefits of wearing Transitions to improve overall lifestyle.

With a career that requires sharp eyesight and quick response time, Ripken said he always make sure to

take care of his vision and overall health.

"Having great vision is just about the most important thing that an athlete, especially a baseball player, can have. Throughout my career, I always had extremely good eyes and took great pride in my vision," he said. "Each year, I remember leaving the team eye doctor feeling proud. So recently when I noticed my vision starting to become less than perfect, it was a bit of a shock and something I realized I had always taken for granted."

Ripken maintains a hectic schedule off the field working as a sports broadcaster and various youth baseball programs. He is actively coaching his own son and teaching kids through our Ripken Baseball Camps and Cal Ripken, Sr. Foundation events.

He noted an athlete's vision is critical to their success as a player in Major League Baseball (MLB), particularly on outdoor fields.