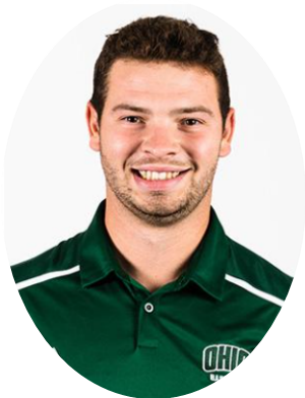


# Advanced Analytical Personalized Report

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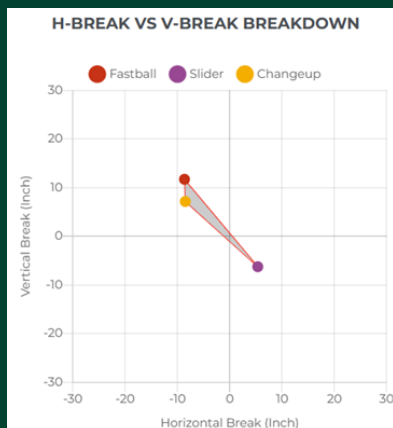
**Adam Beery**  
**LHP**

## Velocity

FB: 83.0

CH: 79.0

SL: 73.3



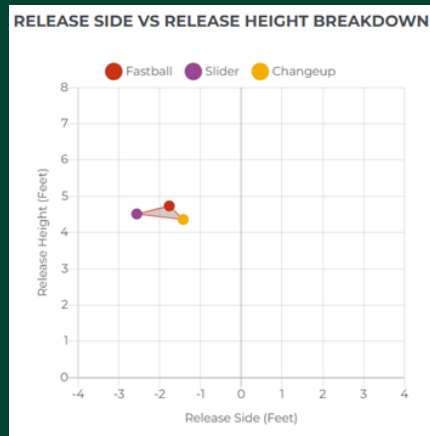
## Movement

Fastball and Changeup have mirrored break which is great!

Slider has strong break and achieves success with significantly differing from the breaks of the other two pitches.

## Release

Fastball is used as the baseline for all other pitches. Release heights are all within the 2-inch requirement. Release side presents room for growth. You are getting too outside on Sliders (by av. 5-inches). Try keeping arm inside more and throwing your slider identical to the FB release point



## Spin Success

FB Spin Eff:  
83.8%

FB Spin Dir:  
10:53

CH Spin Eff:  
85.7%

CH Spin Dir:  
11:09

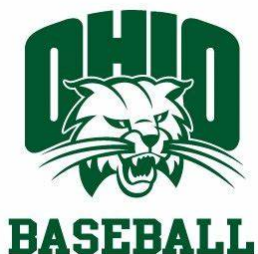
SL Spin Eff:  
32.6%

SL Spin Dir:  
5:38

## **Notes**

Beers! I know you're newer to pitching than some of the guys, but I hope that some of this info can help you out. Let me know if you have any questions anytime and I'll be happy to help!

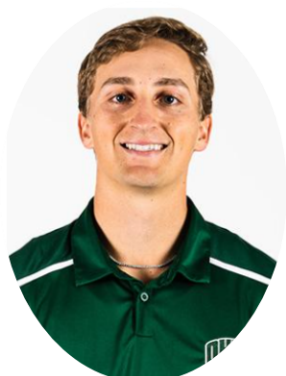
- As mentioned prior, you're coming out far to the side on your slider. Try bringing your arm in more but don't sacrifice the height. Your pitch heights are perfect! Think about throwing it as a FB so that it tunnels as one
- Your FB and CH are very similar in velocity and movement, so try experimenting to see what you can change. The data shows that your FB is "under spinning" as its spin eff. should be in the high 90's.
- The slider moves great so adding the bonus ability to tunnel it with the other pitches will be huge!



# Advanced Analytical Personalized Report

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**Brenden Roder**  
**RHP**

## Velocity

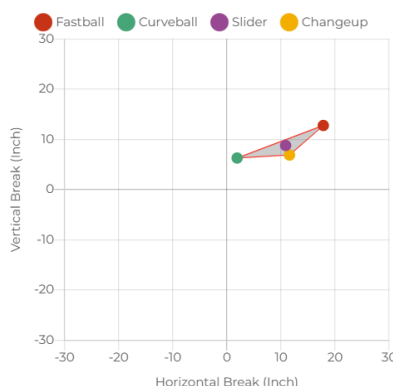
FB: 87.5

CH: 82.1

SL: 83.6

CB: 78.4

H-BREAK VS V-BREAK BREAKDOWN



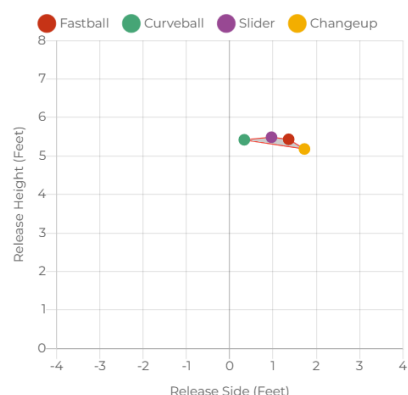
## Release

Release graph is used to show tunneling success. The heights are borderline but meet the success boundaries. You are bringing your arm in too much on your CB and may be reducing the break potential as a result. Try keeping breaking balls consistent with release as "releasing inside" trend is apparent in both.

## Movement

Break movement graph reflects how pitches are breaking, usually desiring strong space from one another to show success. Slider should be in bottom left quadrant and shows to be breaking the wrong direction. Room for growth by increasing break on CB as well.

RELEASE SIDE VS RELEASE HEIGHT BREAKDOWN



## Spin Success

FB Spin Eff:  
94.5%

FB Spin Dir:  
1:54

CH Spin Eff:  
93.7%

CH Spin Dir:  
2:19

SL Spin Eff:  
62.9%

SL Spin Dir:  
5:38

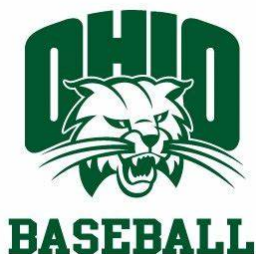
CB Spin Eff:  
33.0%

CB Spin Dir:  
12:10

## Notes

Nothing but respect for you Rods and I hope that this can be great help for your personal development! The stuff is there so just fine details on tunneling and break increasement to take game to next level!

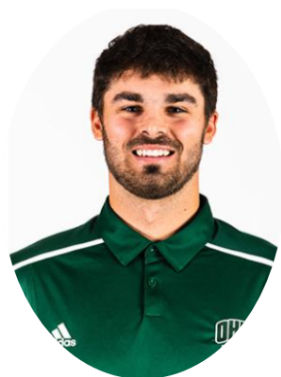
- Mentioned above, your SL and CB should be reporting in the bottom left quadrant on the break movement. (See below)
  - Slider: Spin direction suggests it should be breaking down. Try adjusting your throwing process in the wrist/fingers/hand to kill more spin. Spin efficiency should be 10-30% as well
  - Curveball: Spin is great but appears to be rising. Traditionally CB's break far away from the FB. Area for growth!
- Your FB looks fantastic! You sometimes get outside with your throwing process on the CH so be aware to keep your arm mirrored to how you throw your FB. 5.5 MPH difference between FB-CH which is close to Coaches desired 7MPH



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**Carter Sabol**  
**RHP**

## Velocity

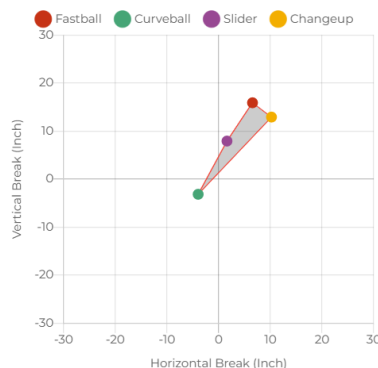
FB: 85.0

CH: 82.4

SL: 79.6

CB: 73.6

H-BREAK VS V-BREAK BREAKDOWN



## Release

Closer data points reveal better tunneling success. FB-SL-CB all mirror one another which is great! Your CH could use change as you are often getting way too outside when throwing it. Keep your arm "Up and in" in order to tunnel it like the other pitches. It may feel funny, but come up and over the top to see if we can amend your CH release.

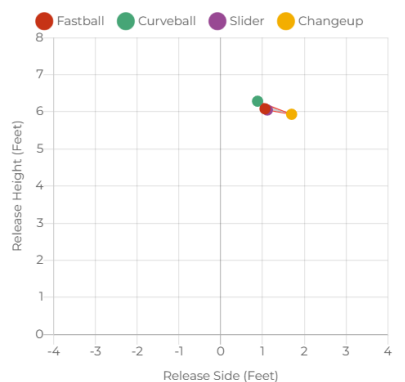
## Movement

Strong space between pitches shows success in break. CB looks GREAT with great difference to other pitches.

Good mirror with FB and CH.

SL presents best area for improvement as an increase in negative/downward break is desired. Overall break reveals success amongst arsenal.

RELEASE SIDE VS RELEASE HEIGHT BREAKDOWN



## Spin Success

FB Spin Eff:  
93.8%

FB Spin Dir:  
1:16

CH Spin Eff:  
98.6%

CH Spin Dir:  
1:31

SL Spin Eff:  
37.2%

SL Spin Dir:  
11:52

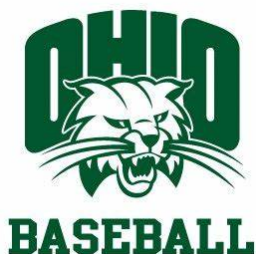
CB Spin Eff:  
26.4%

CB Spin Dir:  
9:03

## Notes

Your fine detailing overall looks fantastic already and it's only been fall season! Keep up the great work man and hopefully the following notes can continue to make your stuff even more elite!

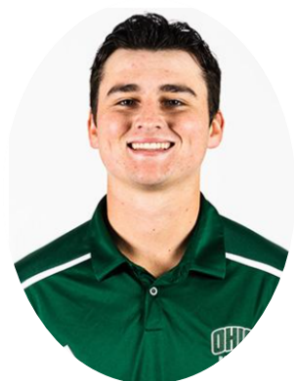
- The biggest room for growth is your velocity changes. Only a 3mph difference between FB-CH present a concern, especially as the pitches break similarly. I would personally recommend changing the spin direction (see below):
  - If you **increase** the spin direction to 3:00: Would have a hard break right but gives uniqueness due to FB-CH Velo
  - If you **decrease** the spin closer to 1:00: Would make pitch more like FB and spin could decrease velo in process
- See the "release" section for notes on your changeup release. Changing the release could also help the velocity!
- I love your breaking ball velocities and the spin efficiency is at a great low %! Can't wait to see it in action this Spring!



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-Machine



**Hudson Boncal**  
**RHP**

## Velocity

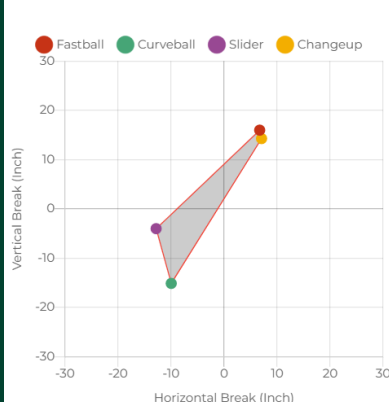
FB: 87.2

CH: 80.7

SL: 79.2

CB: 73.8

H-BREAK VS V-BREAK BREAKDOWN



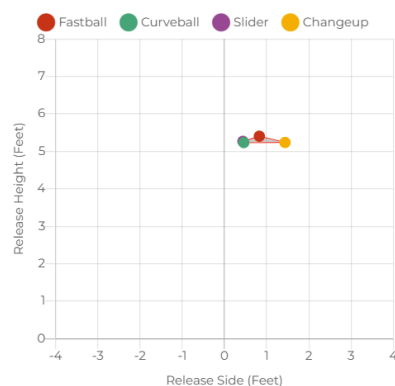
## Release

Closer data points reveal better tunneling success. FB-SL-CB all mirror one another which is great! Your CH could use change as you are often getting way too outside when throwing it. Keep your arm "Up and in" in order to tunnel it like the other pitches. It may feel funny, but come up and over the top to see if we can amend your CH release.

## Movement

The movement graph shows the difference in break amongst pitches. The further difference in pitches the better. FB-CH break the same which is great! Both breaking balls have strong difference from others yet still different from each other. Overall, amazing movement amongst arsenal

RELEASE SIDE VS RELEASE HEIGHT BREAKDOWN



## Spin Success

FB Spin Eff:  
91.6%

FB Spin Dir:  
1:07

CH Spin Eff:  
99.2%

CH Spin Dir:  
1:22

SL Spin Eff:  
33.4%

SL Spin Dir:  
9:30

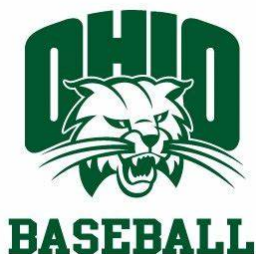
CB Spin Eff:  
78.0%

CB Spin Dir:  
7:00

## Notes

Your development so far has already been incredible and I can't wait to see your continued growth! As a thank you for helping me get with the team back in SASM1010, I've put some extra time into your report!

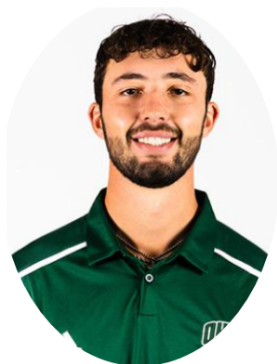
- Your spin efficiency %'s look fantastic and you have a rare case as one of the only pitchers to match the desired spin rate for every one of your pitches! As you continue your growth, make sure not to change your grip/wrist/hand motion.
- My biggest piece of advice would be nailing your consistency. When you get hot you look untouchable so it's all about getting and staying at that level. The biggest knock would be your tunneling with your CH, as making sure that you are releasing it more inside with your arm slot will add another element to your game.
- Your SL spin direction is slightly lower than desired causing it to break more outward. It's your call but increasing the spin direction to 10:00-11:00 would make your arsenal textbook perfect



# Advanced Analytical Personalized Report

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**Jacob Tate**  
**LHP**

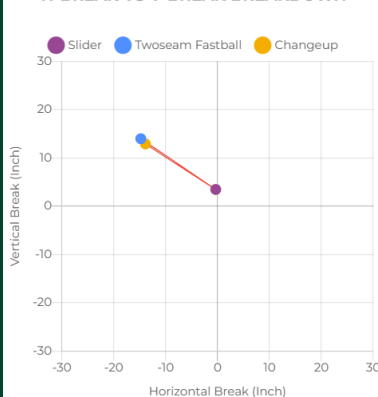
## Velocity

FB: 84.5

CH: 79.7

SL: 76.8

H-BREAK VS V-BREAK BREAKDOWN



## Movement

The Movement matrix shows how well your arsenal's break is. Your

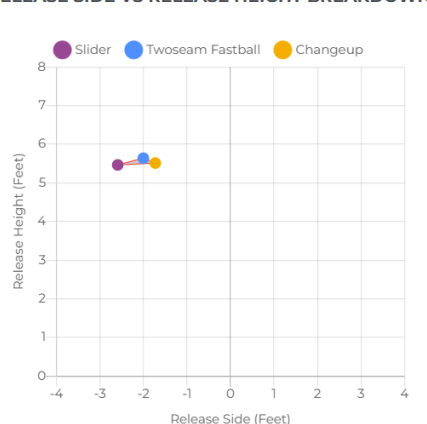
FB and CH have similar break which matches desired results.

Great difference with the SL yet even more room for growth if you can increase the horizontal break even more towards the right side of the batters box.

## Release

Unfortunate tech error makes release difference look much worse than actual. You do a great job tunneling your arsenal but be aware that you are getting outside a little bit on your SL. Just keep throwing strong like your FB and you'll be golden!

RELEASE SIDE VS RELEASE HEIGHT BREAKDOWN



## Spin Success

FB Spin Eff:  
96.6%

FB Spin Dir:  
10:40

CH Spin Eff:  
97.2%

CH Spin Dir:  
10:35

SL Spin Eff:  
23.2%

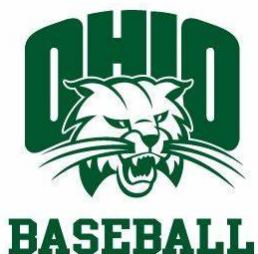
SL Spin Dir:  
11:26

## Notes

Tater! It's been awesome getting to see your development as we work and thank you for always being welcoming with the analytics and personally. Looking forward to seeing you dominate more this year!

- As mentioned before, your tunneling looks good as long as you remain cognizant of keeping your release point the same
- The most apparent area for growth would be your velocity. Usually you want your CH around 7-8mph under your FB which is underperforming in your case. You have a good difference between CH and SL but being able to cut your CH velocity down to around 77mph would be huge! How do you do this you ask?
  - Your CH spin direction currently looks like a circle changeup; here's the catch. A circle change has a desired spin efficiency of 40% and you are currently at 97.2%. Either embrace the circle change and try changing the grip OR keep your spin efficiency where it's at and change the spin direction to closer match a "Frisbee CH" with 9:00 Spin.

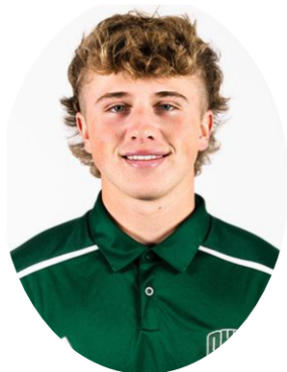




# Advanced Analytical Personalized Report

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Questions?  
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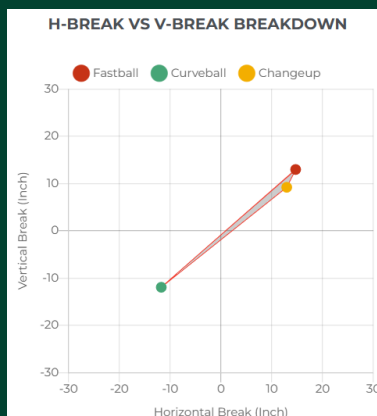
**Jayden Jerger**  
**RHP**

## Velocity

FB: 85.6

CH: 79.9

CB: 72.5

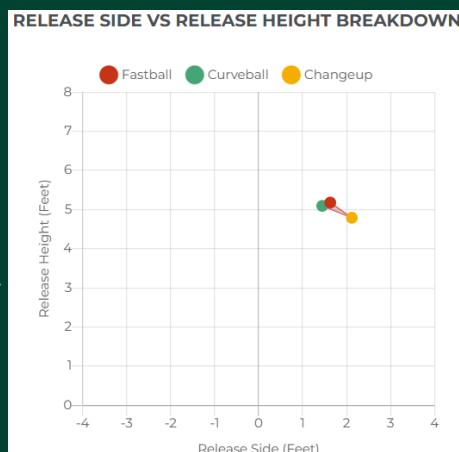


## Movement

A successful Movement break graph is shown by close FB-CH break and off-speed pitches being far away. Your break displays desired results and give you a strong baseline to go with velocity and release wise moving forward!

## Release

Closer data points on the release graph shows that your pitches are tunneling successfully. You are getting low and outside on your CH. Try throwing up like your FB in order to better tunnel. Make sure to not sacrifice your grip in the process to ensure your break stays strong



## Spin Success

FB Spin Eff:  
98.9%

FB Spin Dir:  
12:02

CH Spin Eff:  
95.3%

CH Spin Dir:  
2:41

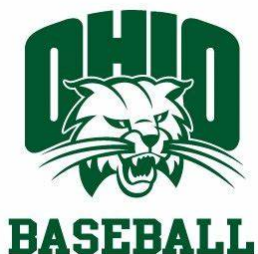
CB Spin Eff:  
73.4%

CB Spin Dir:  
7:58

## Notes

Although you being new to the team, I can already see your growth throughout the fall semester and the analytics suggest that there is ton of untapped potential! Continue the grind and the domination will come!

- Your velocity will obviously come with time but just be aware to keep your CH around 7MPH from your FB and your CB well under both as you bulk up for years to come. Your CB is a bit funky with spin direction. 2 Notes for you:
  - 1) You need to decide if you want to throw it as a sweeping curve (8:00-9:00) or a slurve (7:30). Your spin direction is sitting in no-man's land and increasing/decreasing it to the correct desired spin direction will be great development
  - 2) Regardless of what you choose, you need to kill a bit more spin as the desired spin efficiency should be 60-70%
- Keep working on getting the release of your CH similar to your FB and CB as you need to come from a more higher and inside slot
- Your CH spin should be consistently at 1:30 which you sometimes hit but just continue working on making it consistently there



# Advanced Analytical Personalized Report

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**Luke Borer**  
RHP

## Velocity

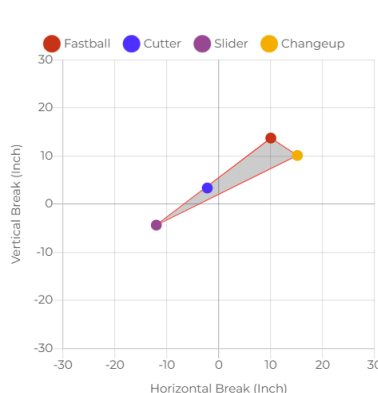
FB: 87.8

CH: 81.9

SL: 75.7

CT: 79.8

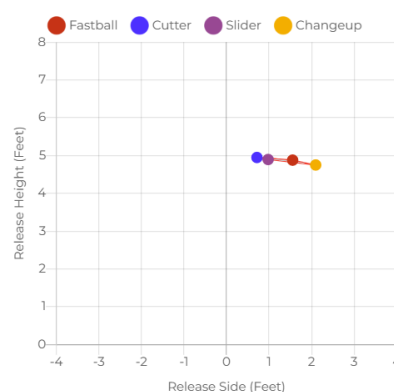
H-BREAK VS V-BREAK BREAKDOWN



## Release

The release graph shows how well you tunnel your arsenal. Although being fixed during our FB-CH bullpen, remember to not get too outside with your CH. Keep your release of all pitches at the similar release point as your FB to tunnel your arsenal

RELEASE SIDE VS RELEASE HEIGHT BREAKDOWN



## Spin Success

FB Spin Eff:  
90.1%

FB Spin Dir:  
2:14

CH Spin Eff:  
99.1%

CH Spin Dir:  
2:03

SL Spin Eff:  
46.2%

SL Spin Dir:  
10:12

CT Spin Eff:  
16.8%

CT Spin Dir:  
11:21

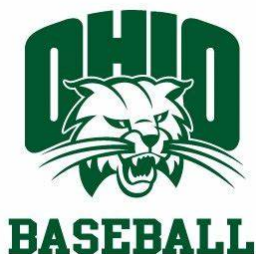
## Movement

The Movement graph shows how well your pitches break in comparison to one another. Your FB-CH are similar and your off-speed has great difference from the other 2. Your Cutter shows great ability to differ from other pitches but be aware that it is mainstreaming almost directly with no break.

## Notes

Before the serious notes, I felt you should know that you're my mom's favorite player. Anyways, your progression has been HUGE since last season and I am ecstatic to see you on the bump this season!

- The spin looks great between your FB and CH with some room for tinkering with other 2 pitches. Decreasing your SL spin efficiency closer to 30% and increasing your CT closer to 50% will help make your arsenal movement textbook.
- Your velo's look great and shows that you've made amazing jumps in development. Getting your FB to 90 will be huge!
- Remember to keep your release point consistent amongst pitches as you sometimes slip outside with your CH and inside with your off-speeds. You've shown in past bullpens to be able to make it an easy fix so keep it in your minds forefront
- Be aware of the notes I made on your CT in the "Movement" section. Changing the spin efficiency will fix the issue



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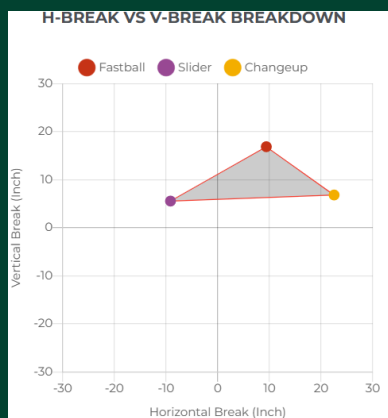
**Luke Olson**  
**RHP**

## Velocity

FB: 89.7

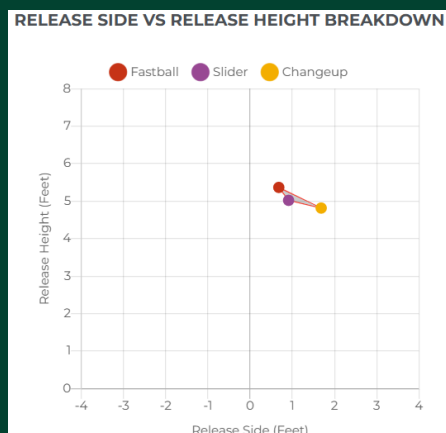
CH: 78.9

SL: 80.1



## Release

The release graph shows how well you tunnel your arsenal. You are getting low and outside with your CH and shows an area of growth to take your game to the next level. Make sure to come "over the top" and keep your arm more inside when throwing your CH so it tunnels like your FB and SL



## Movement

The Movement graph shows how well your pitches break in comparison to one another. FB is used as the basis. SL has great opposite break. CH should be much closer to the FB break to better tunnel the two pitches. Graph shows that CH is breaking low and outside compared to your FB

## Spin Success

FB Spin Eff:  
98.6%

FB Spin Dir:  
12:28

CH Spin Eff:  
92.3%

CH Spin Dir:  
2:34

SL Spin Eff:  
48.9%

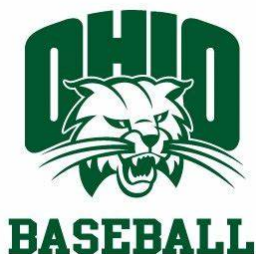
SL Spin Dir:  
11:36

## Notes

Luke! Ever since you came to OU, I have been blown away by your pitching and can't wait to help you take it to the next level as you have so much potential, I can't wait to help you showcase!

- Your velocity change is great amongst FB and CH! A room for growth if you can get your SL up a few ticks.
- Being able to tunnel your CH with your other two pitches will be huge and shows the greatest area of desired focus. As mentioned before, you are getting too low and outside. Although it may feel funny, try releasing it over the top like we have practiced before. I'll continue helping you work on it with coach as I know we're so close to mastering your arsenal!
- Your SL spin efficiency shows to be higher than expected (10-30%). If desired, try killing more spin which will make the pitch even more dangerous for batters!





# Advanced Analytical Personalized Report

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**Mitchel Hemmen**  
**RHP**

## Velocity

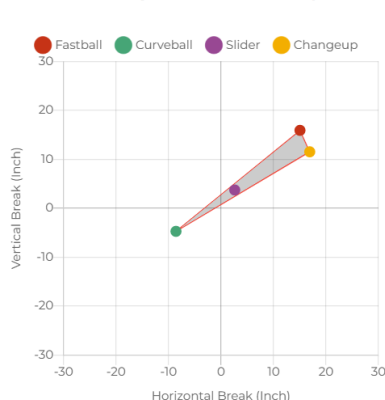
FB: 86.7

CH: 80.8

SL: 78.0

CB: 75.2

H-BREAK VS V-BREAK BREAKDOWN



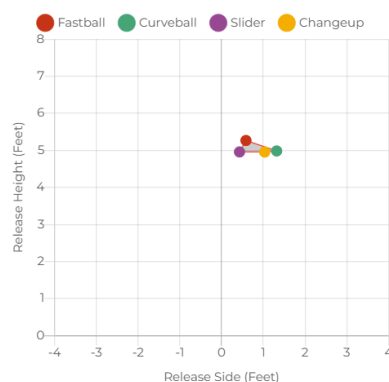
## Movement

Movement graph success is shown by off-speed pitches differing from FB-CH. Your arsenal movement is significantly above average with SL and CB being greatly unique and creating danger for batters with all 4 pitches that you can succeed with!

## Release

The release graph shows how well you tunnel your arsenal. You are getting low and outside with your CH and CB. Although not an alarming error, you are off by about 0.3 inches so be aware to throw all pitches as close to your FB release point

RELEASE SIDE VS RELEASE HEIGHT BREAKDOWN



## Spin Success

FB Spin Eff:  
97.5%

FB Spin Dir:  
1:29

CH Spin Eff:  
98.3%

CH Spin Dir:  
1:57

SL Spin Eff:  
18.9%

SL Spin Dir:  
11:46

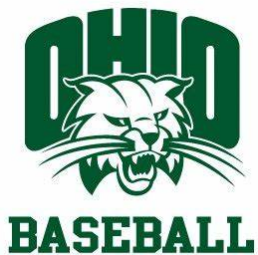
CB Spin Eff:  
32.9%

CB Spin Dir:  
5:58

## Notes

Your stuff looks great Mitchel and I hope that the following notes help you fine tune the details in game!

- Your pitch movement looks fantastic and gives you the ability to either pinpoint exact spin details or continue vamping up your velocity to take your game to the next level.
- Your CH and CB present to be slightly tipped for batters as you are going low and outside when throwing them. Try coming up and in with your release on these pitches even if it feels uncomfortable at the beginning. You've already shown in past bullpens to make steps in the right direction so keep the pedal to the metal.
- Try increasing the spin efficiency on your CB to around 70% to kill more velo. This can create three different velo zones and significantly elevate your game!



# Advanced Analytical Personalized Report

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Questions?  
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**Patrick DeMarco**  
RHP

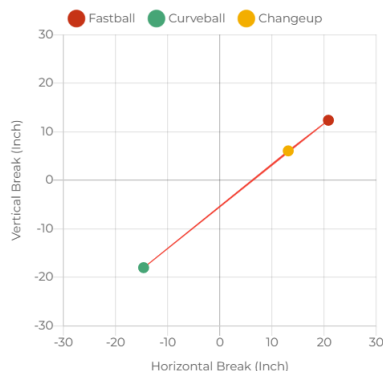
## Velocity

FB: 85.2

CH: 79.8

CB: 72.0

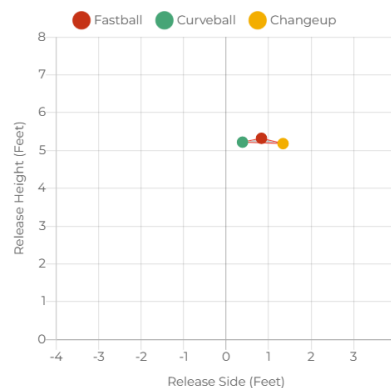
H-BREAK VS V-BREAK BREAKDOWN



## Release

Despite your release graph suggesting tunneling issues, I highly suspect a tech error. Keep throwing your off-speed like your FB and you will be spot on! A room for mental growth is "don't get too far outside on your CH"

RELEASE SIDE VS RELEASE HEIGHT BREAKDOWN



## Movement

Movement graph success is shown by off-speed being far from FB-CH.

Your CB moves a ton so just be aware of your strength here and not know where your CB is leading. CH breaks a little more inside than desired but gives chance to use uniqueness in contrast with other 2 pitches.

## Spin Success

FB Spin Eff:  
97.5%

FB Spin Dir:  
1:48

CH Spin Eff:  
91.0%

CH Spin Dir:  
2:29

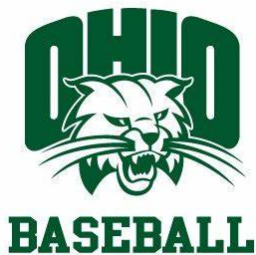
CB Spin Eff:  
88.7%

CB Spin Dir:  
7:39

## Notes

There's lots of great potential waiting to help elevate your game and I hope these notes are able to help you begin to make those steps! Always happy to help out and can't wait to see your game grow!

- Although difficult to determine due to small tech issues, your pitch tunneling could use some fine tuning. You are getting too inside with your CB and too outside on your CH. Keep the horizontal release constant through your arsenal
- Pitch velocity could use growing but will obviously come with time. I would recommend modifying your CH to get the spin efficiency to better match your FB, and thus kill some velo. Desired FB-CH velo gap is 7mph.
- Try modifying the grip on your CB if you are open to trying changing your approach to it. Spin Efficiency should be at 60-70% with a Spin Direction at 8:00. I will help monitor any changes in release point to see if this changes as well



# Advanced Analytical Personalized Report

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Questions?  
480-625-8212  
-Machine



**Patrick Straub**  
**RHP**

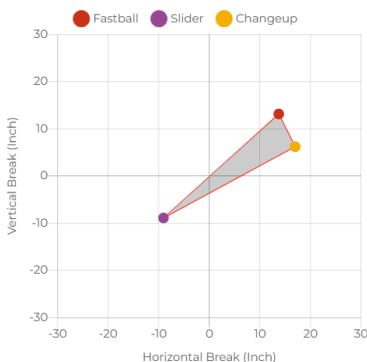
## Velocity

FB: 88.0

CH: 83.7

SL: 76.6

H-BREAK VS V-BREAK BREAKDOWN



## Release

Release matrix directly reflects your tunneling. You have a rare case where your CH is used as your base pitch to show tunneling.

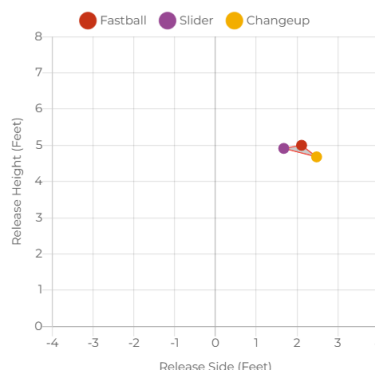
Two suggestions for you;

- 1) Bring your SL release more outside
- 2) Bring your CH release more inside (See Notes first)

## Movement

The Movement graph shows your pitches break success with desire for FB-CH to be similar and off-speed's to be far away. You display above average break with your SL showing danger to get batters chasing. Be aware of your strengths and how much break your pitches truly have.

RELEASE SIDE VS RELEASE HEIGHT BREAKDOWN



## Spin Success

FB Spin Eff:

93.4%

FB Spin Dir:

12:27

CH Spin Eff:

98.0%

CH Spin Dir:

1:02

SL Spin Eff:

47.8%

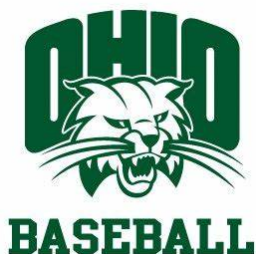
SL Spin Dir:

9:10

## Notes

Pat my guy! You have been nothing short of incredible since I joined the team, and I can't thank you enough (and for the nickname of course). Hope this helps and I'm always happy to help further explain!

- Your CH is an absolute work of art so we're not going to touch it. I would recommend your SL be the biggest pitch for improvement using the data and tunneling. Tunnel-wise bring the release of the SL more outside to get that perfection.
- Your Spin looks great for FB and CH. Your SL closest resembles a "backspin SL" but should have a Spin Efficiency of 25-35% with a Spin Direction of 11:00-12:00. If you want to look more at this, let me know and we can talk it out.
- Your FB velo is looking great and I'm eager to see the heat continue throughout the season. Just remember to aim for a 7mph difference on average between your FB and CH.



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**Trent Spoon**  
**LHP**

## Velocity

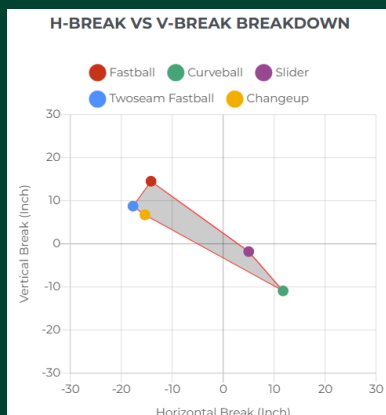
FB: 87.4

2S: 85.9

CH: 80.2

SL: 78.1

CB: 71.7



## Release

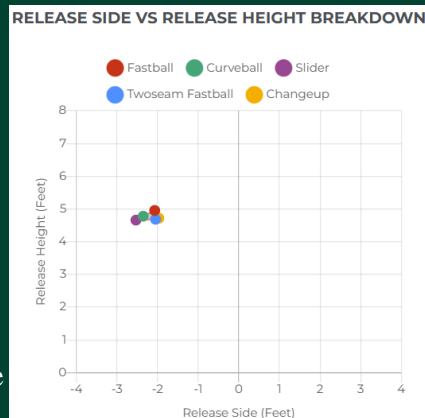
Close data points shows that you are tunneling successfully. To be honest, you are the only one that I put this for:

Your release points are amazing!

Continue throwing from the same point and work elsewhere to elevate your game to the next level!

## Movement

The movement graph displays your success in differentiating the break of your arsenal. Great display in similarities of FB-CH and nice difference between 4FB and 2FB. SL and CB are close to one another and I would recommend changing the break on your SL for best future results.



## Spin Success

FB Spin Eff:  
97.9%

2S Spin Eff:  
95.3%

CH Spin Eff:  
94.7%

SL Spin Eff:  
17.4%

CB Spin Eff:  
68.0%

FB Spin Dir:  
10:48

2S Spin Dir:  
10:23

CH Spin Dir:  
9:59

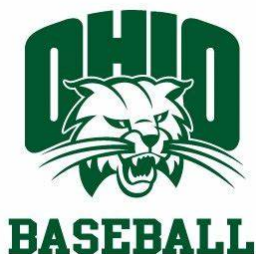
SL Spin Dir:  
9:19

CB Spin Dir:  
4:47

## **Notes**

Your pitching has impressed me especially with how well you control such a large arsenal with high-end quality. Keep up the great stuff Spoon and I hope the following notes help fine tune the specifics!

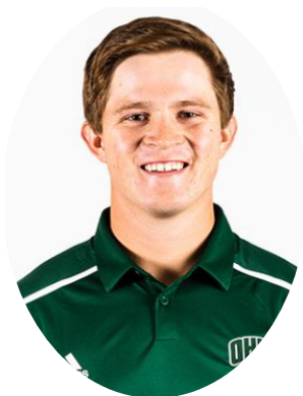
- Velocity difference amongst pitches look great as well as tunneling is achieved. Just remain aware of your release tendencies and keep your release at the same spot as you've shown in past bullpens.
- The spin on your SL is unique and does not match up to any textbook definition. If you want to modify it, let me know and I'll further discuss with you what spin direction/efficiency we are looking for and work with coach to achieve that!
- Your CB Spin Direction is close to achieve perfect success but should be closer a 3:00 - 4:00. Only off by :47. When releasing, get more horizontal as the spin should look almost directly to the side with less vertical break then currently.



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**Tyler Peck**  
RHP

## Velocity

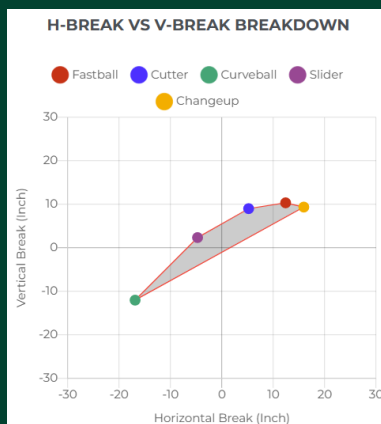
FB: 87.6

CT: 78.7

CH: 79.3

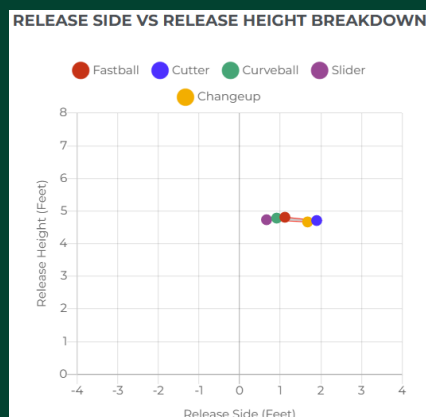
SL: 78.1

CB: 70.6



## Release

Release graph shows how well you are tunneling pitches. Your heights (up/down) are great but release side (left/right) needs additional consistency. You are getting too far outside on your Cutter and CH compared to other three pitches. Remember, "try to throw your arsenal like your FB"



## Movement

The movement graph displays success in break movement with pitches far from one another. Outstanding break in slider and shows great power for future use. Great spread in terms of different covered areas by break amongst arsenal!

## Spin Success

FB Spin Eff:

94.0%

CT Spin Eff:

60.3%

CH Spin Eff:

96.9%

SL Spin Eff:

38.0%

CB Spin Eff:

81.6%

FB Spin Dir:

2:19

CT Spin Dir:

1:29

CH Spin Dir:

2:08

SL Spin Dir:

11:55

CB Spin Dir:

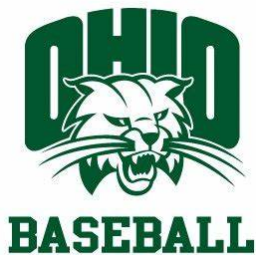
7:44

## Notes

Your Rapsodo data suggests that your stuff is looking good for this season with further growth still left in store to create more danger looming. Hope this helps with fine details and keep slinging it Peck!

- The general break of your arsenal looks great and shows that your game operates in four different areas.
- Area 1) FB-CH. Velocity and break look great. Be aware you are coming too far outside on your CH so keep your arm slot consistent. May have to think higher up to get that more inside motion but we can monitor if change is wanted.
- Area 2) CT. The Spin Efficiency is slightly high (should be 50%) but it looks great overall. Same tunnel problem as CH
- Area 3) SL. You have a rare case of perfect spin and release so just keep doing what you're doing!
- Area 4) CB. Great break but could take another growth jump if you can get the Spin Efficiency down to 60-70%.

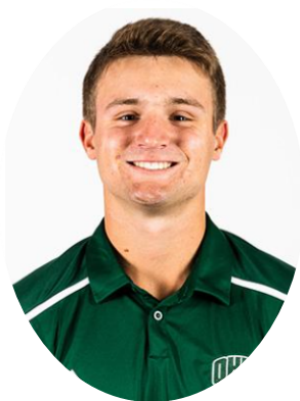




# Advanced Analytical Personalized Report

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Questions?  
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-Machine



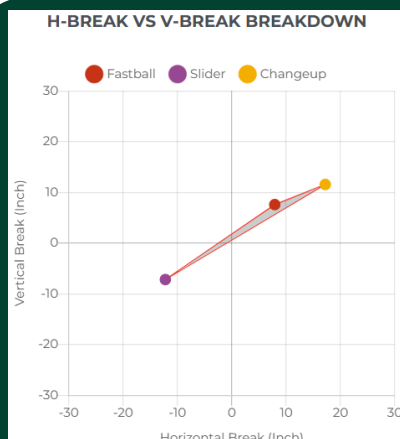
**Zach Weber**  
RHP

## Velocity

FB: 91.0

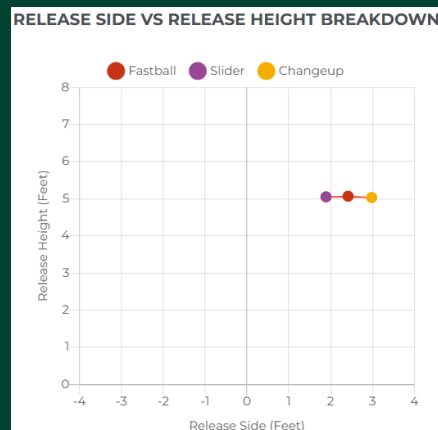
CH: 85.4

SL: 81.8



## Release

Unique display of FB being thrown from two different release side amounts in sessions. CH and FB mirrored release point in session 1 and SL-FB mirrored release in session 2. When switching between your arsenal, remember to keep release consistent among pitches and your tunneling will be money!



## Movement

The movement graph displays success in break movement with pitches far from one another. Outstanding break in slider and shows great power for future use. CH and FB are not as close as expected so be aware that CH will have more outward break

## Spin Success

FB Spin Eff:  
76.6%

FB Spin Dir:  
1:30\*

CH Spin Eff:  
88.1%

CH Spin Dir:  
1:40

SL Spin Eff:  
46.8%

SL Spin Dir:  
7:47

## Notes

Your heat has looked fantastic and I'm excited to see how many blank stares we get from hitters this season thinking they have a chance at touching it. Hope these suggestions help round off your game!

- Your FB has the most unique spin I've seen but it works! We will tunnel around it due to its dominancy.
- Remember to keep your arm release slot more outside and your CH more inside so that they both mirror your FB.
- The spin efficiency on your SL should be closer to 25-35%. Commonly changing the tightness on your grip can help effect this and further improve the break/velocity on the pitch as a whole.
- Although not quantifiable, keeping that belief in yourself that I and the coaching staff all have will be great. Simply put, your stuff looks electric and I can't wait to see it on display! Keep up the great work and slinging it with boom!