



JOE BASEBALL
2024 CATCHER

- SAT-900 GPA-5.0
- (123) 456-7890
- EMAIL@MAIL.COM
- JOEBASEBALL.COM

POWER STATS

EXIT VELO



DISTANCE



HIT STATS



ARM STATS



RUN STATS

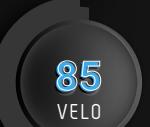


STRENGTH & MASS GAINS

LIFTS	FR.	SO.	JR.	SR.
BENCH	100lbs	+50lbs	+40lbs	+30lbs
CLEANS	100lbs	+10lbs	+40lbs	+30lbs
DEADLIFT	100lbs	+40lbs	+40lbs	+30lbs
SQUAT	100lbs	+50lbs	+40lbs	+30lbs
RDL	100lbs	+30lbs	+40lbs	+30lbs
% Body Fat	%18	-%2	-%2	-%2
%Muscle Mass	%70	+%7	+%7	+%7

PERFORMANCE METRICS

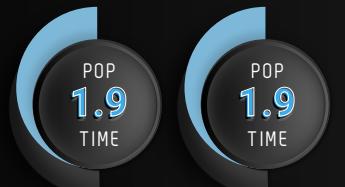
HIT STATS



POWER STATS



ARM STATS



RUN STATS



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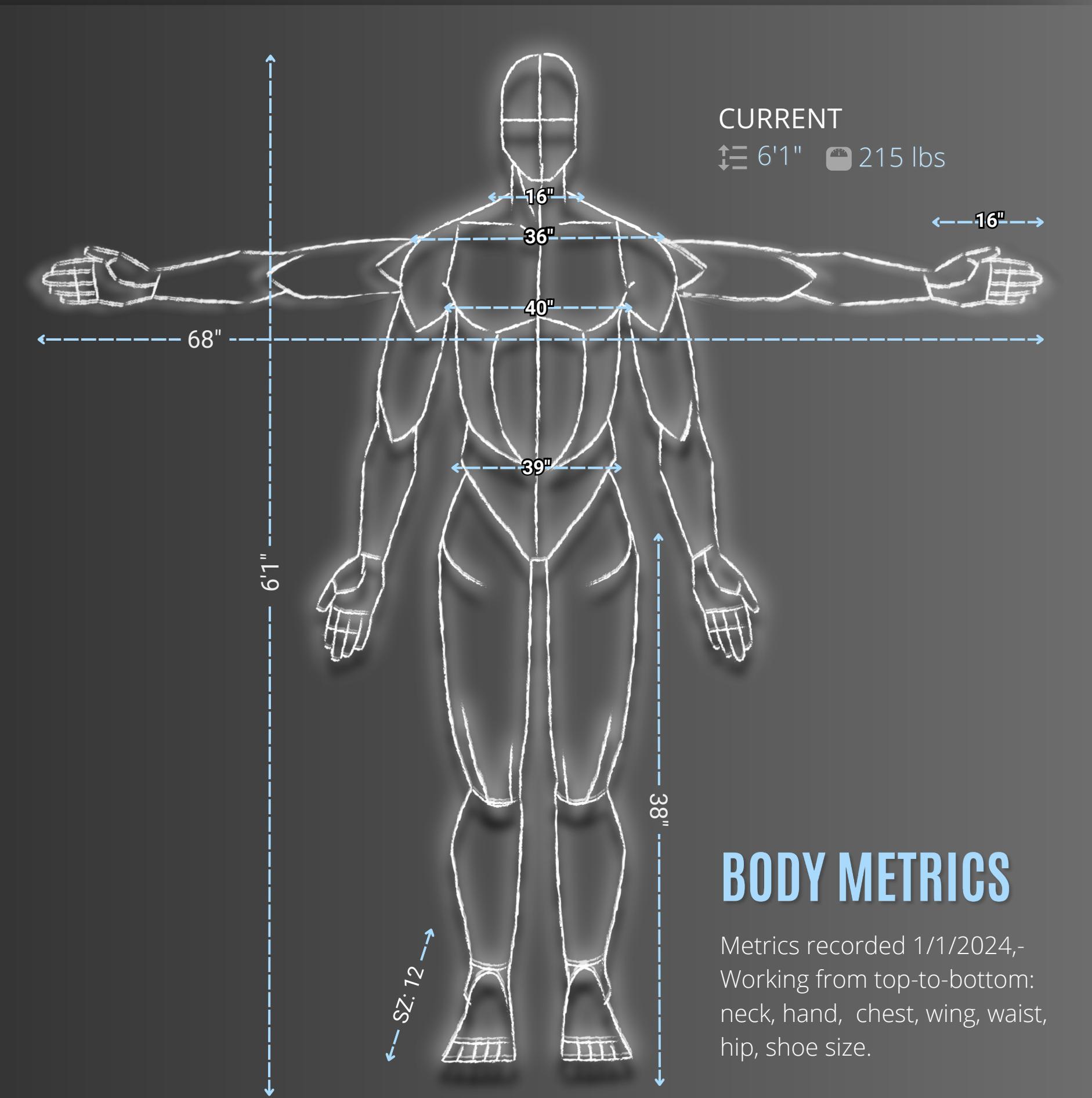
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POWER METRICS

Individual Annual Gains & Overall Annual Strength Percentage Increase

For more visit:
[JOEBASEBALL.COM](#)

Focused lifts	FR-2022	SO-2023	JR-2024	SR-2025	CURRENT MAX
BENCH	100lbs	+50lbs	+40lbs	+30lbs	230lbs
CLEANS	100lbs	+50lbs	+40lbs	+30lbs	230lbs
DEADLIFT	100lbs	+50lbs	+40lbs	+30lbs	530lbs
SQUAT	100lbs	+50lbs	+40lbs	+30lbs	530lbs
RDL	100lbs	+50lbs	+40lbs	+30lbs	530lbs
TTL. YR. GAIN %		+50lbs	+60lbs	+40lbs	+40lbs

Power Metrics demonstrate yearly progress, and cumulative gains