

# Athlete Performance Report

## General Information

Height	6ft
Weight	180.0 lbs
Age	25
Primary Sport	Baseball
Primary Position	Pitcher
Current Training Regimen	Strength Training
Goals	Increase speed and strength
Hope To Gain	Better control
Injury History	No major injuries
Coaching Style	Analytical
Days Training Per Week	5
Prior Strength & Conditioning	Yes

## Mobility Assessment

Overhead Squat	7
Trunk Stability	8
Side Plank	6
Spinal Flexion	5
Active Leg Raise	7
Good Morning	8
Lunge Overhead	6
Lateral Trunk Tilt	5

## Hitting Mechanics Breakdown

Weigh Shift	5
Torso Rotation	6
Pelvis Load	7
Forward Move	5

Hip Shoulder Separation	6
Upper Rotation	7
Lower Rotation	5
Front Arm Movement	6
Shoulder Connection	7
Barrel Extension	5
Bat Shoulder Angle	6