**Treecko/Grovyle/Sceptile**

* Ability: Overgrow
* BST: Balanced, mid-high total
* Idea: Flexible

**Torchic/Combusken/Blaziken**

* Ability: Blaze
* BST: Balanced, mid-high total
* Idea: Flexible

**Mudkip/Marshtomp/Swampert**

* Ability: Torrent
* BST: Balanced, mid-high total
* Idea: Flexible

**Poochyena/Mightyena**

* Ability: Intimidate
* BST: Balanced, mid total
* Idea: Utility, Pivot

**Zigzagoon/Linoone**

* Ability: Pickup
* BST: Speed focus, mid total
* Idea: Belly Drum, Sweeper

**Beautifly**

* Ability: Swarm
* BST: Spa focus, low total
* Idea: Earlygame, Special, Coverage

**Dustox**

* Ability: Shield Dust
* BST: Spd focus, low total
* Idea: Earlygame, Special, Tank, Utility

**Ludicolo**

* Ability: Rain Dish/Water Absorb
* BST: Spd focus, mid total
* Idea: Sustain, Utility

**Shiftry**

* Ability: Chlorophyll
* BST: Spa, mid total
* Idea: Weather, Sweeper, Glass Cannon

**Swellow**

* Ability: Guts
* BST: Speed focus, mid-low total
* Idea: Facade, Sweeper

**Pelipper**

* Ability: Drizzle
* BST: Spd focus, mid-low total
* Idea: Weather, Screens

**Gardevoir**

* Ability: Synchronize/Trace
* BST: Spa/Spd focus, mid-high total
* Idea: Special, Powerhouse

**Masquerain**

* Ability: Intimidate
* BST: Def/Spd focus, mid total
* Idea: Pivot, Utility

**Breloom**

* Ability: Effect Spore
* BST: Atk focus, mid-high total
* Idea: Mixed, Powerhouse

**Vigoroth**

* Ability: Vital Spirit
* BST: Atk/Speed focus, mid total
* Idea: Sustain, Physical

**Slaking**

* Ability: Truant
* BST: Yes, very high total
* Idea: Risk v Reward, Powerhouse

**Ninjask**

* Ability: Speed Boost
* BST: Speed focus, mid-low total
* Idea: Baton Pass, Utility

**Shedinja**

* Ability: Wonder Guard
* BST: Attack focus, low total
* Idea: Risk v Reward, Attacker

**Exploud**

* Ability: Soundproof
* BST: Attack focus, mid total
* Idea: Hyper Voice, Powerhouse

**Hariyama**

* Ability: Thick Fat/Guts
* BST: Def/Spd focus, mid-high total
* Idea: Tank, Pivot

**Nosepass (Rock/Electric)**

* Ability: Sturdy
* BST: Def focus, mid-high total
* Idea: Explosion, Tank, Status

**Delcatty**

* Ability: Cute Charm
* BST: Balanced, mid-low total
* Idea: Status, Utility, Baton Pass

**Sableye**

* Ability: Keen Eye
* BST: Balanced, mid total
* Idea: Status, Utility, Captures

**Mawile**

* Ability: Intimidate
* BST: Atk/Def, mid total
* Idea: Pivot, Setup

**Aggron**

* Ability: Rock Head
* BST: Atk/Def, high total
* Idea: Physical, Powerhouse

**Medicham**

* Ability: Pure Power
* BST: Atk/Spa, mid-high total
* Idea: Mixed, Powerhouse

**Manectric**

* Ability: Lightning Rod/Volt Absorb
* BST: Spa/Speed focus, mid total
* Idea: Pivot, Coverage

**Plusle**

* Ability: Plus (Change to 2x)
* BST: Spa/Speed focus, mid-low total
* Idea: Special, Sweeper

**Minun**

* Ability: Minus (Change to Spd, 2x)
* BST: Spd/HP focus, mid total
* Idea: Utility, Status

**Volbeat**

* Ability: Swarm
* BST: Atk focus, mid total
* Idea: Physical, Coverage, Setup

**Illumise**

* Ability: Shell Armor
* BST: Spd focus, mid total
* Idea: Utility, Healing, Debuff

**Roselia**

* Ability: Chlorophyll
* BST: Spa/Spd focus, mid total
* Idea: Status, Sustain, Weather

**Swalot**

* Ability: Sticky Hold
* BST: Def/HP focus, mid-high total
* Idea: Status, Sustain

**Sharpedo**

* Ability: Rough Skin
* BST: Spa focus, mid total
* Idea: Special, Coverage

**Wailord**

* Ability: Water Veil
* BST: HP/Spa focus, mid-high total
* Idea: Special, Powerhouse

**Camerupt**

* Ability: Magma Armor
* BST: Atk/Spa focus, mid-high total
* Idea: Mixed, Powerhouse

**Torkoal**

* Ability: White Smoke
* BST: Def focus, mid-high total
* Idea: Tank, Setup

**Grumpig**

* Ability: Thick Fat
* BST: Spd/Spa focus, mid-high total
* Idea: Pivot, Powerhouse

**Spinda**

* Ability: Own Tempo
* BST: Balanced, mid-low total
* Idea: Status, Hyper Voice

**Flygon**

* Ability: Levitate
* BST: Spa/Atk focus, mid-high total
* Idea: Mixed, Coverage, Powerhouse

**Cacturne (Grass/Ground)**

* Ability: Sand Veil
* BST: Def/Spa focus, mid-high total
* Idea: Special, Sustain, Weather

**Altaria**

* Ability: Natural Cure
* BST: Spd/Atk focus, mid total
* Idea: Setup, Sweeper

**Zangoose**

* Ability: Guts
* BST: Atk focus, mid total
* Idea: Facade, Sweeper

**Seviper**

* Ability: Shed Skin
* BST: Atk focus, mid total
* Idea: Physical, Coverage

**Lunatone**

* Ability: Levitate
* BST: Spd, Def focus, mid-high total
* Idea: Tank, Setup, Sustain

**Solrock**

* Ability: Drought
* BST: Atk, Spa focus, mid-high total
* Idea: Mixed, Coverage, Weather

**Whiscash**

* Ability: Pure Power
* BST: Balanced, mid-low total
* Idea: Mixed, Powerhouse

**Crawdaunt**

* Ability: Shell Armor
* BST: Spa/Def focus, mid total
* Idea: Special, Tank

**Claydol**

* Ability: Levitate
* BST: Spd focus, mid-high total
* Idea: Screens, Utility, Tank

**Cradily**

* Ability: Sandstream
* BST: Def/HP focus, mid-high total
* Idea: Weather, Sustain, Tank

**Armaldo**

* Ability: Battle Armor
* BST: Atk focus, mid-high total
* Idea: Physical, Powerhouse, Coverage

**Milotic**

* Ability: Marvel Scale
* BST: Spd focus, mid-high total
* Idea: Sustain, Powerhouse

**Castform**

* Ability: Forecast
* BST: Balanced, mid total
* Idea: Weather, Coverage

**Kecleon**

* Ability: Color Change
* BST: Spd, Atk focus, mid total
* Idea: Utility, Coverage

**Banette**

* Ability: Insomnia
* BST: Atk focus, mid total
* Idea: Physical, Powerhouse

**Dusclops**

* Ability: Pressure
* BST: Def/Spd focus, mid total
* Idea: Tank, Utility

**Tropius**

* Ability: Chlorophyll
* BST: Spa/Atk focus, mid total
* Idea: Weather, Mixed, Sweeper

**Chimecho (Psychic/Ghost)**

* Ability: Levitate
* BST: Spd focus, mid total
* Idea: Pivot, Utility, Debuff

**Absol**

* Ability: Serene Grace
* BST: Spa/Speed focus, mid total
* Idea: Glass Cannon

**Glalie**

* Ability: Battle Armor/(Snow Warning?)
* BST: Atk/Def focus, mid-high total
* Idea: Explosion, Weather?

**Walrein**

* Ability: Thick Fat
* BST: HP/Spd focus, mid-high total
* Idea: Pivot, Tank

**Huntail**

* Ability: Swift Swim
* BST: Spa focus, mid total
* Idea: Weather, Sweeper, Glass Cannon

**Gorebyss**

* Ability: Swift Swim
* BST: Spd, Spa focus, mid-high total
* Idea: Weather, Coverage

**Relicanth**

* Ability: Water Absorb/Rock Head?
* BST: Def focus, mid total
* Idea: Tank, Pivot

**Luvdisc**

* Ability: Cute Charm
* BST: Speed focus, low total
* Idea: Earlygame, Status, Debuff

**Salamence**

* Ability: Hyper Cutter
* BST: Atk/Spa focus, high total
* Idea: Endgame, Powerhouse

**Metagross**

* Ability: Clear Body
* BST: Spa/Def focus, high total
* Idea: Endgame, Powerhouse, Tank

**Regirock**

* Ability: Sand Veil
* BST: Def focus, very high total
* Idea: Endgame, Tank, Pivot

**Regice**

* Ability: Snow Cloak?
* BST: Spd focus, very high total
* Idea: Endgame, Tank, Pivot

**Registeel**

* Ability: Clear Body
* BST: Def/Spd focus, very high total
* Idea: Endgame, Tank, Pivot

**Latias**

* Ability: Levitate
* BST: Spd/Spa focus, very high total
* Idea: Endgame, Powerhouse, Coverage

**Latios**

* Ability: Levitate
* BST: Spa/Spd focus, very high total
* Idea: Endgame, Powerhouse, Coverage

**Kyogre**

* Ability: Drizzle
* BST: Spa/Spd focus, very high total
* Idea: Endgame, Powerhouse, Weather, Tank

**Groudon**

* Ability: Drought
* BST: Atk/Def focus, very high total
* Idea: Endgame, Powerhouse, Weather, Tank