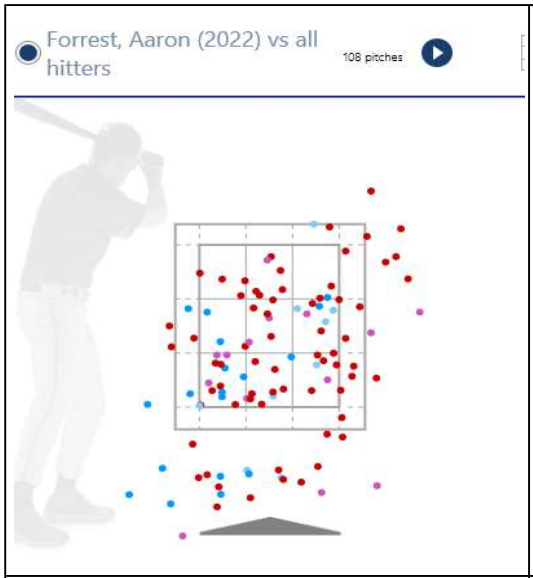
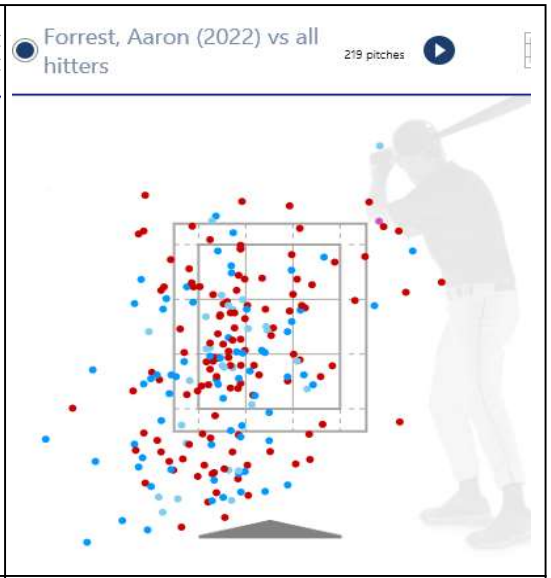
Forrest, Aaron RHP # 35



Pitch Distribution to LHH this summer



Pitch Distribution to RHH this summer

vs. LHH	Avg Velo	Usage	First Pitch	2 Strikes	Whiff %
Fastball	88.1	61%	69%	53%	32%
Changeup	81.1	15%	14%	18%	21%
Curveball	73.9	4%	2%	5%	29%
Slider	78.2	20%	12%	24%	36%

vs. RHH	Avg Velo	Usage	First Pitch	2 Strikes	Whiff %
Fastball	87.9	53%	55%	45%	23%
Changeup	80.2	2%	3%	3%	18%
Curveball	73.6	10%	11%	10%	17%
Slider	78.2	34%	32%	43%	39%

Fastball

Changeup

Curveball

Slider

Collegiate Statistics

Year	School	G	GS	W	L	SV	IP	H	R	ER	HR	BB	SO	ERA	WHIP
2022	Doane University	13	12	4	3	0	59.2	66	40	35	5	28	80	5.28	1.58

Northwoods Statistics

Year	Team	G	GS	W	L	SV	IP	H	R	ER	HR	BB	SO	ERA	WHIP
2022	Traverse City	8	8	3	1	0	35.1	39	17	14	1	17	32	3.57	1.59

Comments

Solid starter for Traverse this summer, but we have not seen him yet. BAA BB% K% are near identical to his college numbers, but ERA is nearly 2 whole runs lower, meaning he likely had luck in his favor, aided by the pitcher-friendly home park. Four pitch mix, likes to work outside, especially against righties. Two distinct breaking pitches, neither one has the most impressive break, but he knows how to locate effectively, leading to a 38% overall whiff rate on sliders. Has not thrown many changeups at all lately, as it does not break much and has been very hittable (hitters are 12-for-24 against). Control has been a bit off lately, 9 walks in last 9 innings. Look for Forrest to come at hitters and try to regain control on the outer half of the zone.