



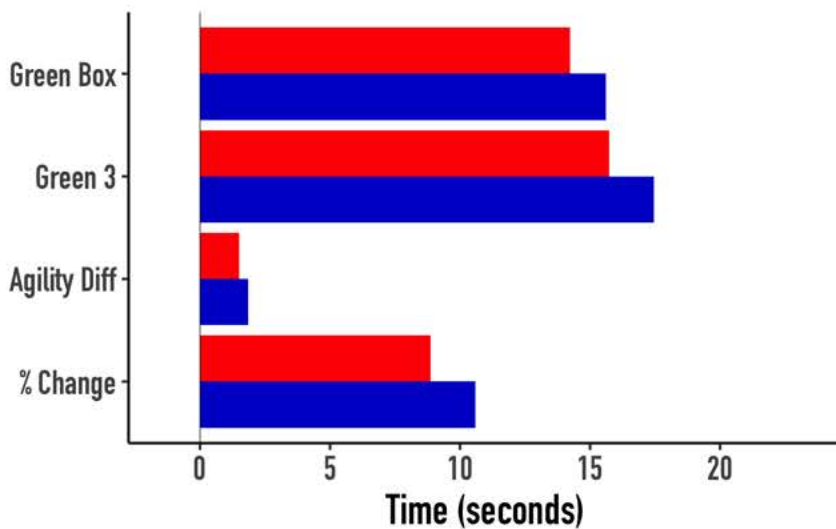
PROSPECT DEVELOPMENT PIPELINE ATHLETIC ASSESSMENT

AGILITY & COGNITIVE ASSESSMENTS

MAN IN THE BOX (MITB)

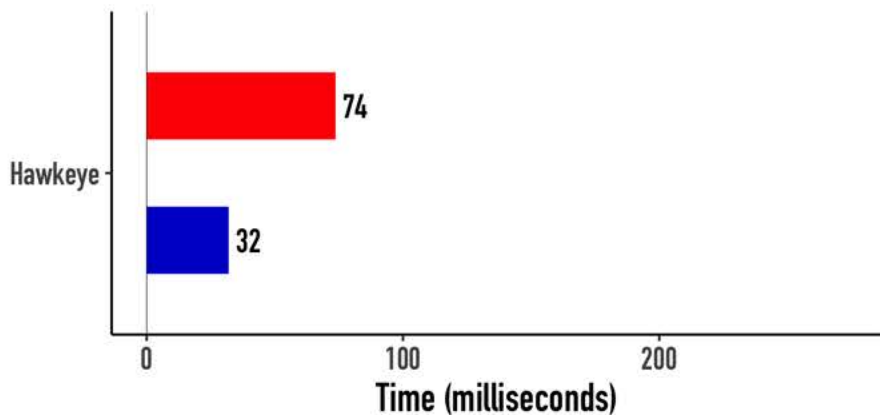


CAPTURE THE GREEN BOX	CAPTURE THE GREEN 3
15.61 SEC	17.46 SEC
DIFFERENCE (G3-GB)	PERCENTAGE CHANGE
1.85 SEC	10.6%



■ Darin Holmes ■ Event Averages

SPEED OF PROCESSING - HAWKEYE

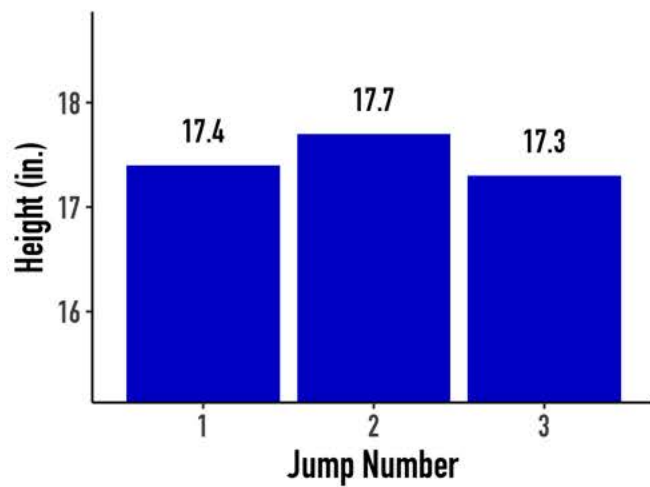
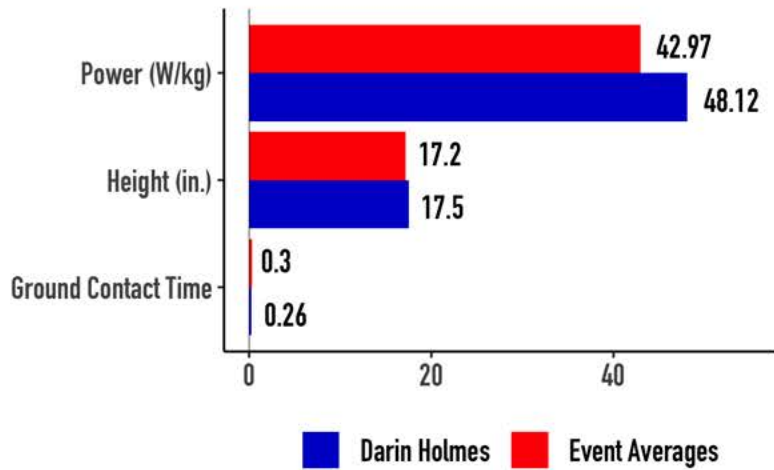


■ Darin Holmes ■ Event Averages



SPEED OF PROCESSING TIME
32 MSEC
THE LOWER THE NUMBER, THE BETTER

COUNTER MOVEMENT JUMPS ASSESSMENT



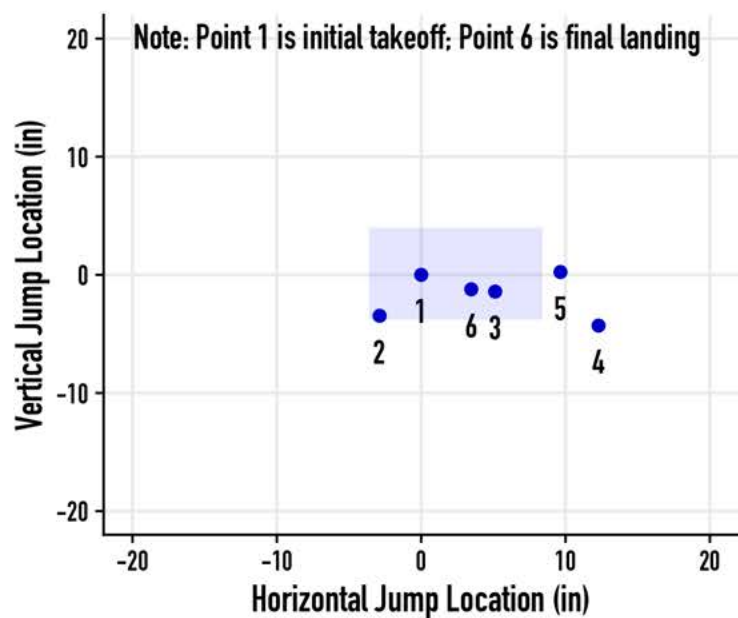
JUMP HEIGHT
17.5 IN

POWER GENERATED
48.12 W/KG

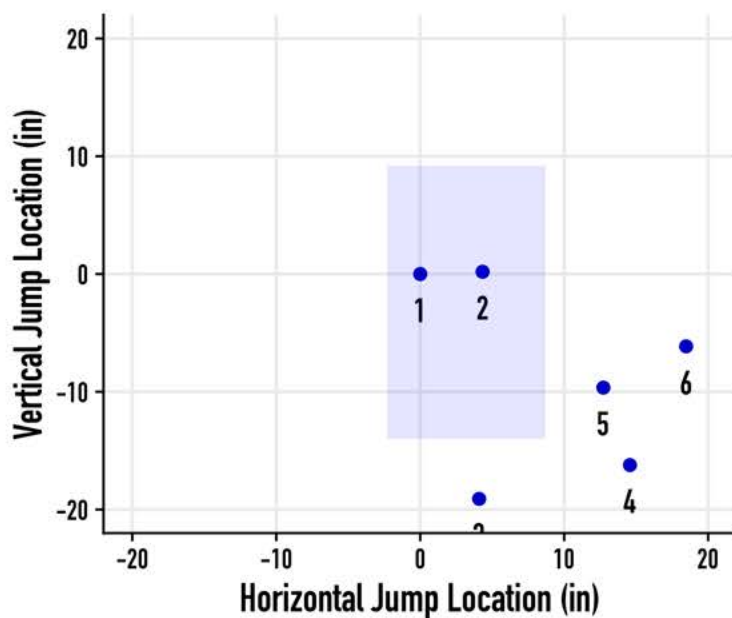
GROUND CONTACT TIME
0.259 IN

2D DRIFT PROTOCOL ASSESSMENT

LEFT LEG



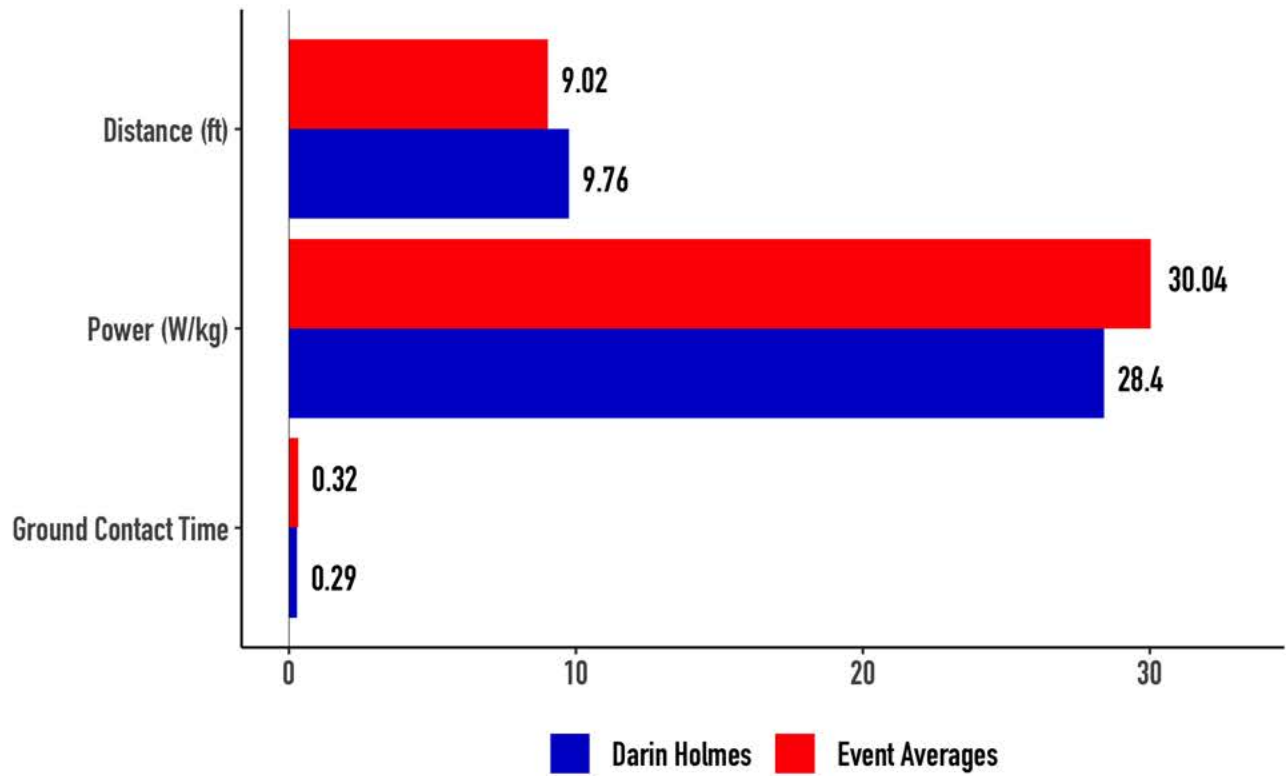
RIGHT LEG



	JUMP HEIGHT	GROUND CONTACT TIME	POWER GENERATED	AVG FLIGHT TIME	AREA USED
LEFT LEG	9.6 IN	0.36 SEC	23.69 W/KG	0.445 SEC	92.5 IN ²
RIGHT LEG	7.6 IN	0.339 SEC	21.26 W/KG	0.397 SEC	255.2 IN ²
DELTA %	20.1%	5.8%	10.2%	10.7%	-175.8%



DYNAMIC BROAD JUMP ASSESSMENT



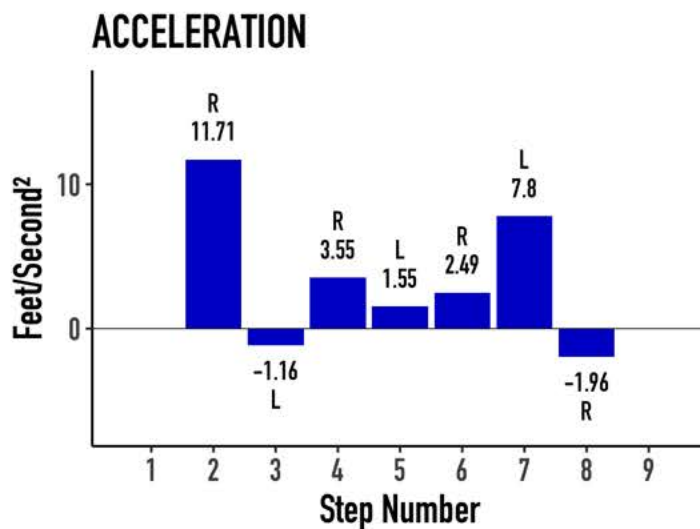
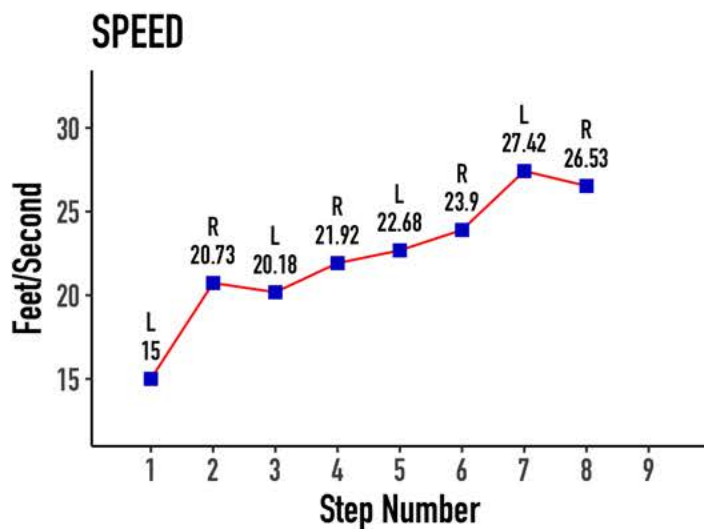
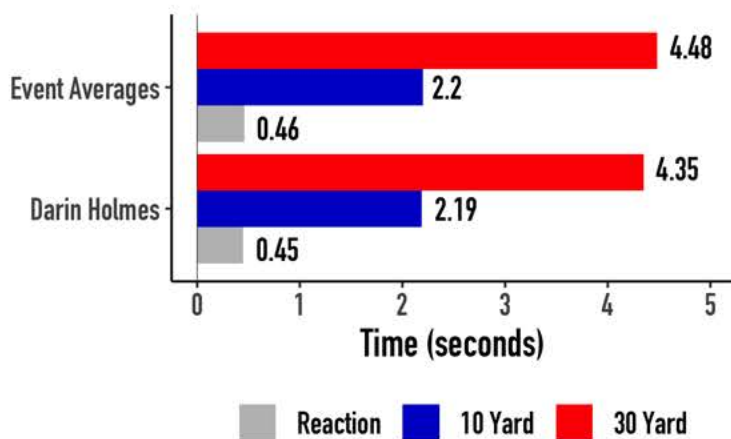
DISTANCE JUMPED
9.76 FT

JUMP POWER
28.4 W/KG

GROUND CONTACT TIME
0.29 SEC



30 YARD SPRINT ASSESSMENT



REACTION TO GO
0.45 SEC

10 YARD SPLIT
2.19 SEC

TOTAL 30 YARD
4.35 SEC



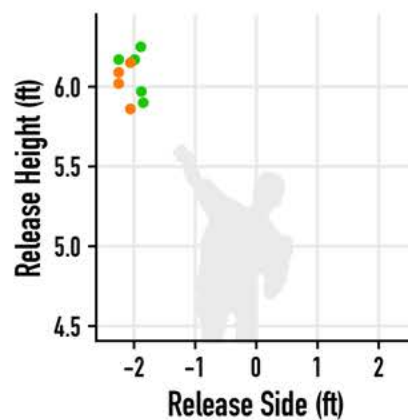
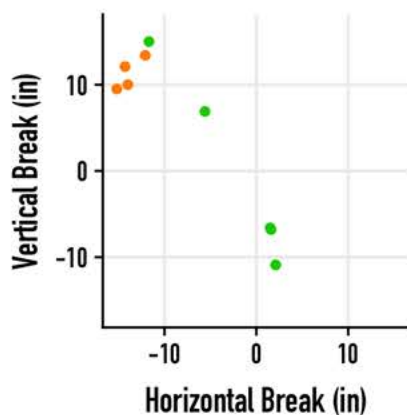
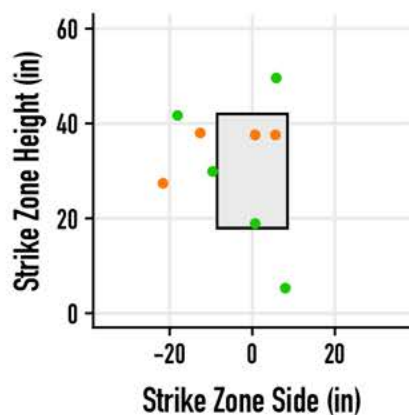
RAPSODO PITCHING REPORT



OVERVIEW

	# OF PITCHES	MIN VELOCITY	AVG VELOCITY	MAX VELOCITY	AVG SPIN EFF.	AVG GYRO DEG.	AVG SPIN DIR.
FASTBALL							
2-SEAM							
CHANGEUP	4	77 MPH	77.8 MPH	78.6 MPH	91.8%	-22.9°	10:19
CURVEBALL	5	68.5 MPH	73.6 MPH	83.9 MPH	47.3%	-32.1°	07:37
SLIDER							
CUTTER							
SPLITTER							
SINKER							

	AVG SPIN	MAX SPIN	AVG HB	MAX HB	AVG VB	MAX VB	REL. HEIGHT	REL. SIDE	REL. ANGLE
FASTBALL									
2-SEAM									
CHANGEUP	1941 RPM	2107 RPM	-13.9"	-15.2"	11.2"	13.4"	6"	-2.2"	-0.2"
CURVEBALL	2201 RPM	2293 RPM	-2.4"	-11.7"	-0.5"	15"	6.1"	-2"	0.5"
SLIDER									
CUTTER									
SPLITTER									
SINKER									



FASTBALL	2-SEAM	CHANGEUP	CURVEBALL	SLIDER	CUTTER	SPLITTER	SINKER
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METRIC DEFINITIONS

Pitch Velocity

How fast a pitch travels from the time it leaves the pitcher's hand, measured in miles per hour (MPH).

Spin Rate

The velocity rate at which the ball spins from the time it leaves the pitcher's hand, measured in rotations per minute (RPM).

Spin Axis

The spin tilt (or angle) of the ball, measured in degrees, created by the Magnus effect. The Magnus effect is created by the air pressure surrounding the spinning baseball on its way to home plate.

Spin Efficiency

The percentage of spin directly creating movement on a pitch. Calculated by taking the ratio of the true spin of the baseball divided by total spin.

Break (HB & VB)

Derivation of the position of the ball when it crosses the strike zone in comparison to what its position would have been without spin. The deviation (break) is measured horizontally (HB) and vertically (VB), in inches. Negative break is to the left, positive break is to the right.

Release Height

Vertical height above the ground at the point the pitch is released.

Release Side

The distance from the center of the rubber at the point of release from the pitcher's point of view, where the right is a positive number and the left is a negative number.

Release Angle

Vertical angle of the ball leaving the pitcher's hand, where an upward angle is positive (higher pitches or pitches with a large amount of negative vertical movement) and a downward angle is negative (pitches lower in the zone or traditionally higher positive vertical break).