

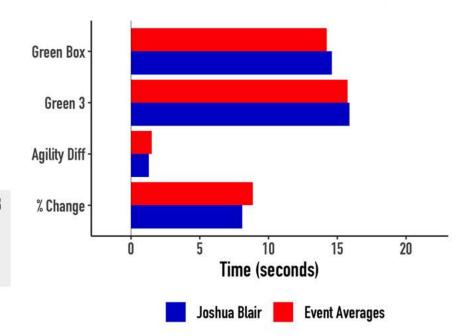
# PROSPECT DEVELOPMENT PIPELINE ATHLETIC ASSESSMENT

# AGILITY & COGNITIVE ASSESSMENTS MAN IN THE BOX (MITB)

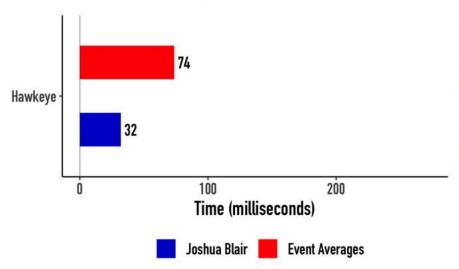


CAPTURE THE GREEN BOX CAPTURE THE GREEN 3
14.6 SEC 15.89 SEC

DIFFERENCE (G3-GB) PERCENTAGE CHANGE
1.29 SEC 8.1%



## SPEED OF PROCESSING - HAWKEYE



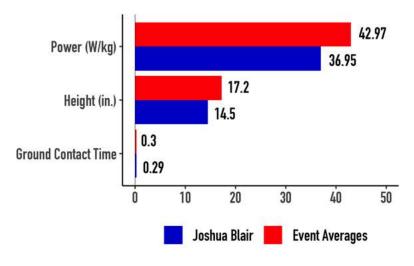


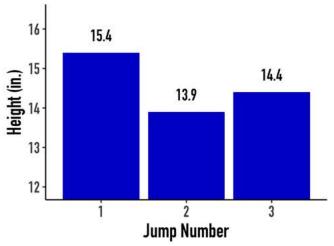
SPEED OF PROCESSING TIME

32 MSEC
THE LOWER THE NUMBER, THE BETTER



## COUNTER MOVEMENT JUMPS ASSESSMENT







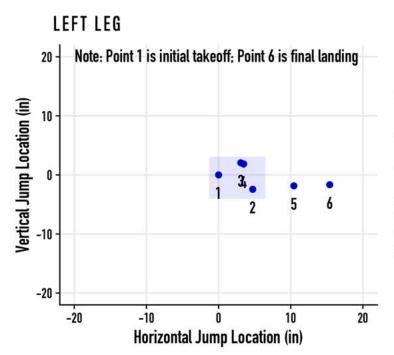
JUMP HEIGHT
14.5 IN

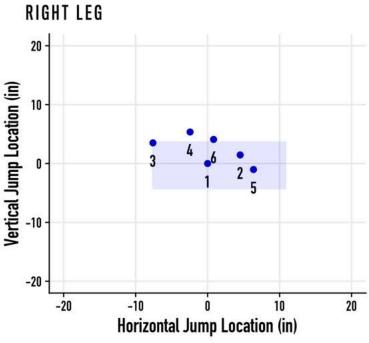
POWER GENERATED
36.95 W/KG

GROUND CONTACT TIME
0.294 IN



# 2D DRIFT PROTOCOL ASSESSMENT



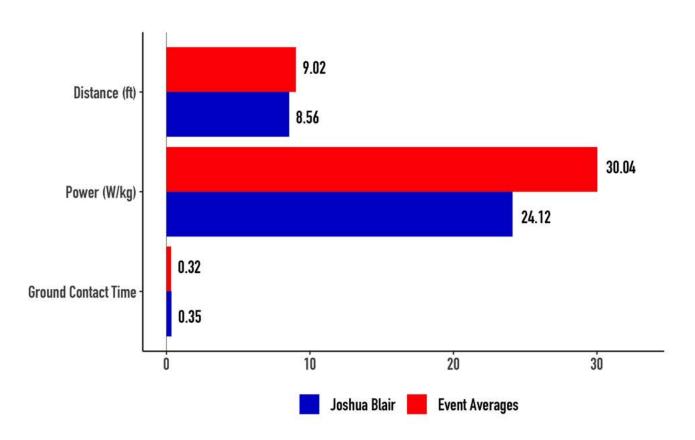


	JUMP HEIGHT	GROUND CONTACT TIME	POWER GENERATED	AVG FLIGHT TIME	AREA USED
LEFT LEG	6.2 IN	0.328 SEC	17.69 W/KG	0.356 SEC	56.8 IN <sup>2</sup>
RIGHT LEG	6.9 IN	0.308 SEC	20.46 W/KG	0.379 SEC	152.8 IN <sup>2</sup>
DELTA %	-12.4%	6.3%	-15.7%	-6.3%	-168.9%





# DYNAMIC BROAD JUMP ASSESSMENT





DISTANCE JUMPED

8.56 FT

JUMP POWER

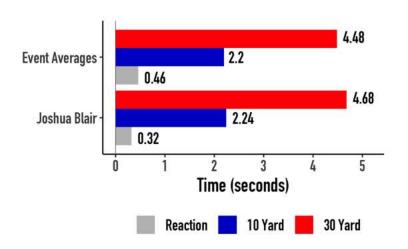
24.12 W/KG

GROUND CONTACT TIME

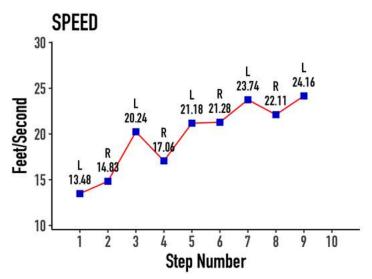
0.348 SEC

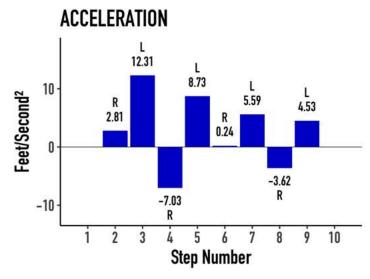


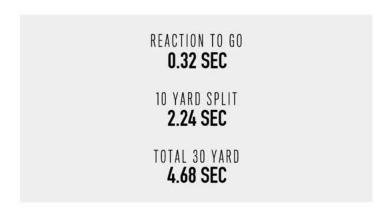
## 30 YARD SPRINT ASSESSMENT













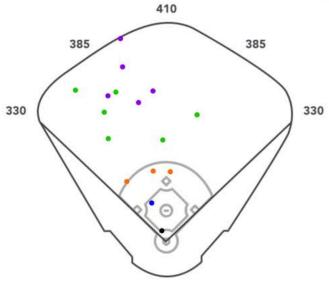
# RAPSODO HITTING REPORT



## OVERVIEW

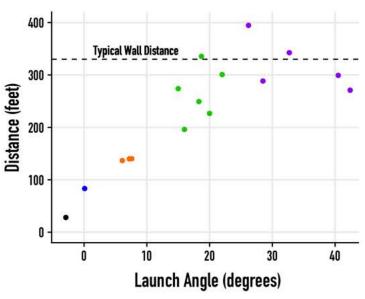
	PLAYER AVERAGES	EVENT AVERAGES
EXIT VELOCITY	90.1 MPH	88.7 MPH
LAUNCH ANGLE	18.6°	16.4°
LAUNCH DIRECTION	14.9°	13.3°
SPIN RATE	1675 RPM	2125 RPM

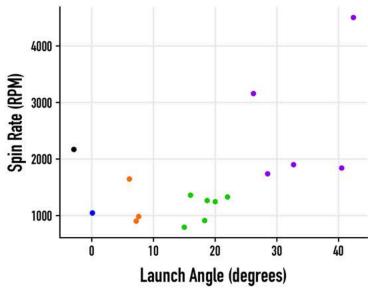
MAX EXIT VELO	97.5 MPH
ROPES / BIP	18.8%
BOMBS / BIP	25%
AVG RPM	1675 RPM
HARD HIT BALL RPM	1433 RPM
AVG DIST	232 FT
MAX DIST	395 FT



## HIT CLASSIFICATIONS

DRIBBLER	6.2%
GROUND BALL	6.2%
LOW LINE DRIVE	18.8%
HIGH LINE DRIVE	37.5%
FLY BALL	31.2%
POP UP	0%







## RAPSODO HITTING REPORT



#### METRIC DEFINITIONS

#### **Exit Velocity**

How fast a ball is traveling immediately after making contact with the bat, measured in miles per hour (MPH).

#### Launch Angle

Represents the angle (+/- 0-90 degrees) that a ball travels when leaving the bat after contact. A negative angle represents a ball below the horizontal plane, while positive angles represent a ball above the horizontal plane.

#### **Launch Direction**

The direction (plotted on a baseball diamond) the ball travels after making contact. With 0 degrees representing a ball hit to straight-center, a fair ball is measured between -45 to 45 degrees. Opposite-field hits represent a positive degree, respective to the hitter being left or right-handed.

#### Spin Rate

The rate at which the ball spins during flight after contact, measured in rotations per minute (RPM).

#### Spin Axis

The tilt or angle of the baseball from the contact point, measured in degrees, created by the Magnus Effect. The Magnus Effect is created by the air pressure surrounding the spinning baseball on its path from the bat.

#### BIP (Balls in Play)

Any ball hit within a range of -45 to 45 degree launch direction (fair balls).

#### **Hard Hit**

Any ball within 10% of a player's max exit velocity.

#### Rope

Any hard hit ball and hit between a 10 and 20 degree launch angle.

#### Bomb

Any hard hit ball and hit with a 20+ degree launch angle.

#### **Hit Classifications**

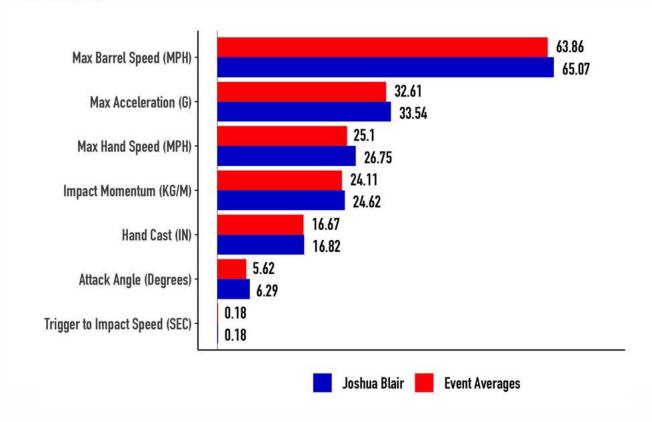
Dribbler: A batted ball event with less than a 0 degree launch angle Ground Ball: A batted ball event with a launch angle between 0 and 6 degrees Low Line Drive: A batted ball event with a launch angle between 6 and 15 degrees High Line Drive: A batted ball event with a launch angle between 15 and 24 degrees Fly Ball: A batted ball event with a launch angle between 24 and 50 degrees Pop Up: A batted ball event with a launch angle greater than 50 degrees



# DIAMOND KINETICS SWING ANALYSIS REPORT



#### OVERVIEW



#### METRIC DEFINITIONS

## **Barrel Speed**

The maximum speed of the bat's barrel during your swing, at a point 20% of the bat's length from the tip of the bat.

## **Hand Speed**

The maximum speed of a batter's hands during the swing.

#### Acceleration

How quickly a batter speeds up their swing from start until impact, and relates directly to the force and torque applied to the bat.

#### **Impact Momentum**

The amount of momentum in the bat when the bat makes contact with the ball.

## **Trigger to Impact**

The amount of time - measure in milliseconds - elapsed from the start of the forward bat motion to the moment of impact.

## **Approach Angle**

The angle / direction of the swing plane just prior to, and at the moment of impact.

#### **Hand Cast**

How far the hands move - in a lateral direction - away from the player's load position at the start of the swing, to the point where the hands are at impact.