

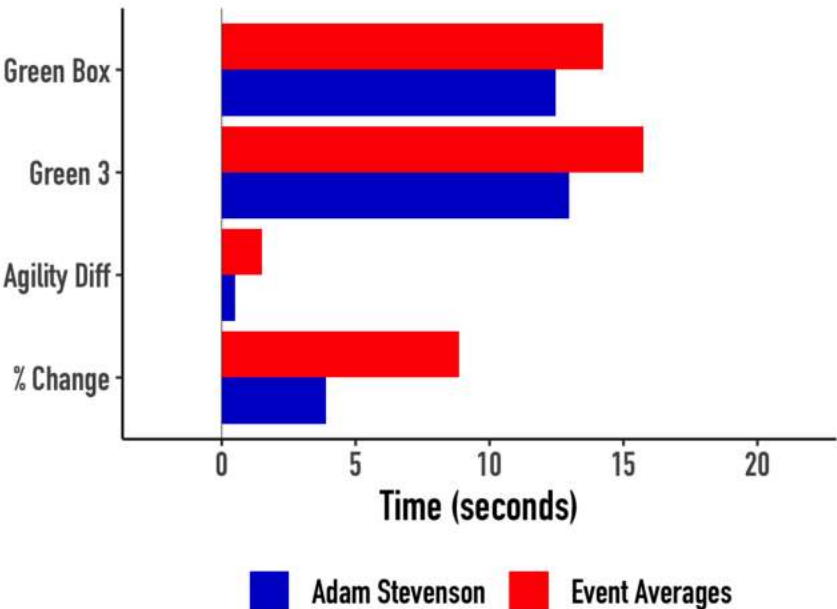


# PROSPECT DEVELOPMENT PIPELINE ATHLETIC ASSESSMENT

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



CAPTURE THE GREEN BOX	CAPTURE THE GREEN 3
12.46 SEC	12.97 SEC
DIFFERENCE (G3-GB)	PERCENTAGE CHANGE
0.51 SEC	3.9%



## SPEED OF PROCESSING - HAWKEYE

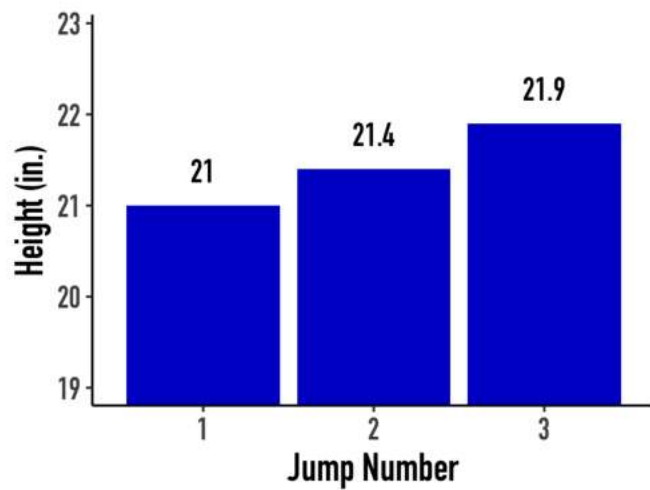
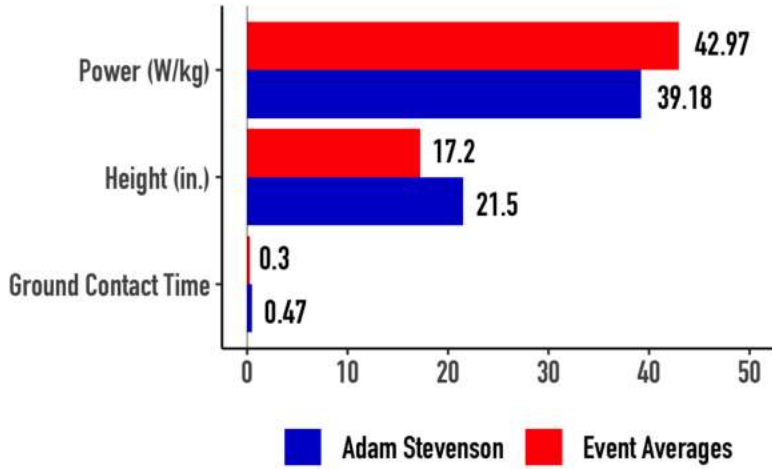
DID NOT TEST



SPEED OF PROCESSING TIME

THE LOWER THE NUMBER, THE BETTER

## COUNTER MOVEMENT JUMPS ASSESSMENT



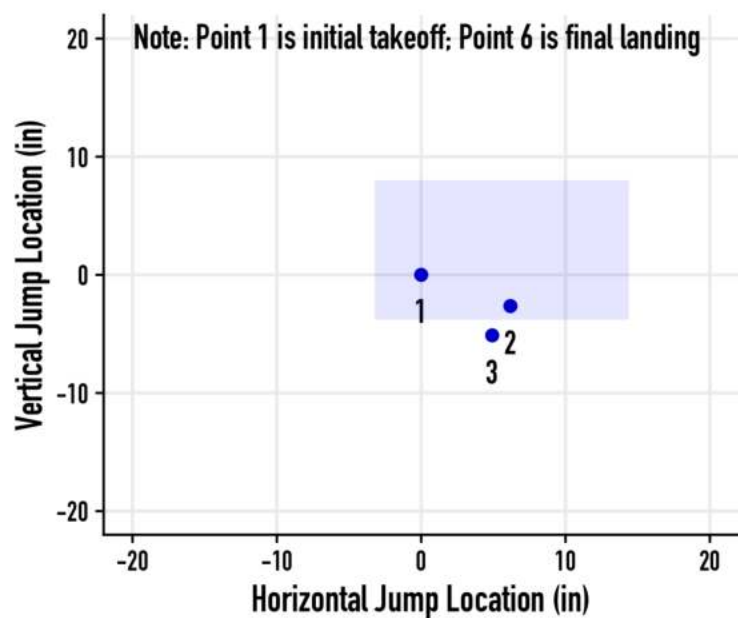
JUMP HEIGHT  
**21.5 IN**

POWER GENERATED  
**39.18 W/KG**

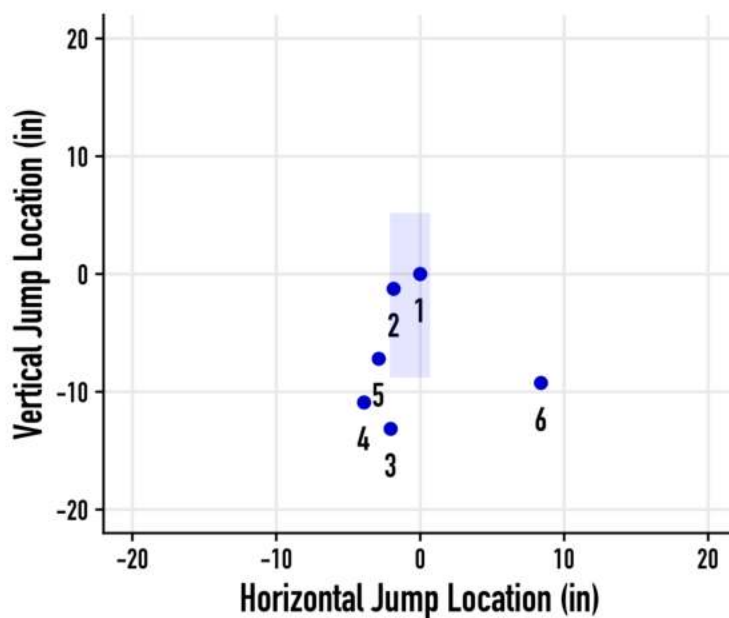
GROUND CONTACT TIME  
**0.468 IN**

## 2D DRIFT PROTOCOL ASSESSMENT

### LEFT LEG



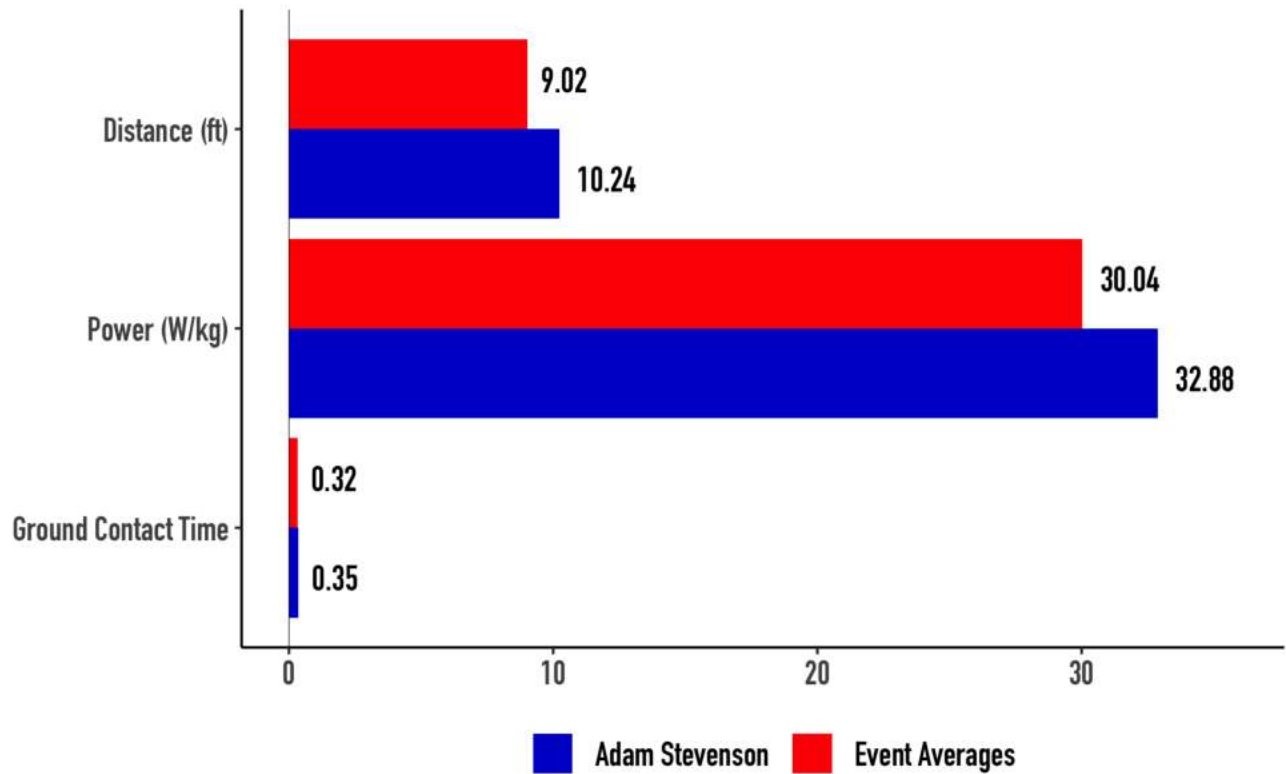
### RIGHT LEG



	JUMP HEIGHT	GROUND CONTACT TIME	POWER GENERATED	AVG FLIGHT TIME	AREA USED
LEFT LEG	9.9 IN	0.502 SEC	21.59 W/KG	0.453 SEC	209.1 IN <sup>2</sup>
RIGHT LEG	9.3 IN	0.55 SEC	19.13 W/KG	0.44 SEC	39.4 IN <sup>2</sup>
DELTA %	6.0%	-9.6%	11.4%	2.9%	81.2%



## DYNAMIC BROAD JUMP ASSESSMENT



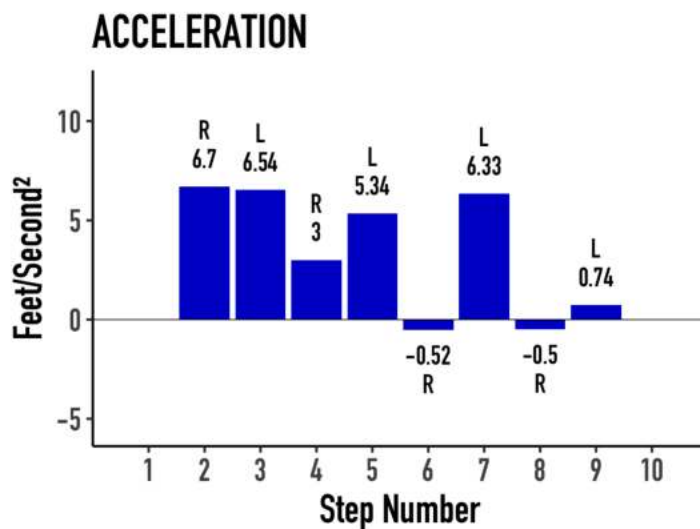
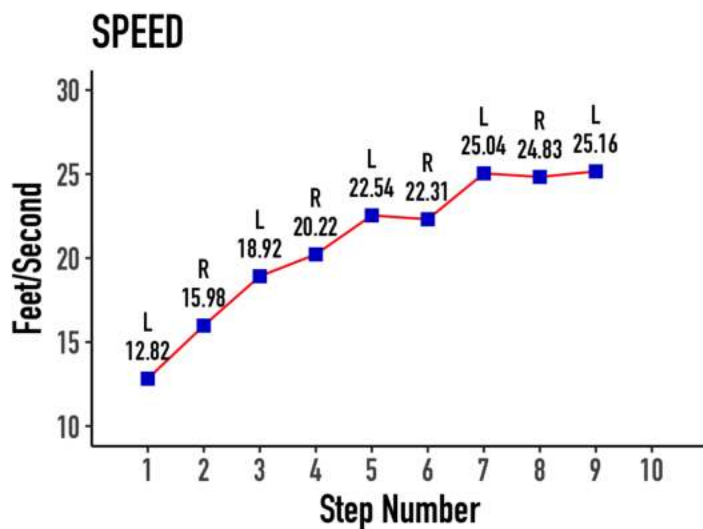
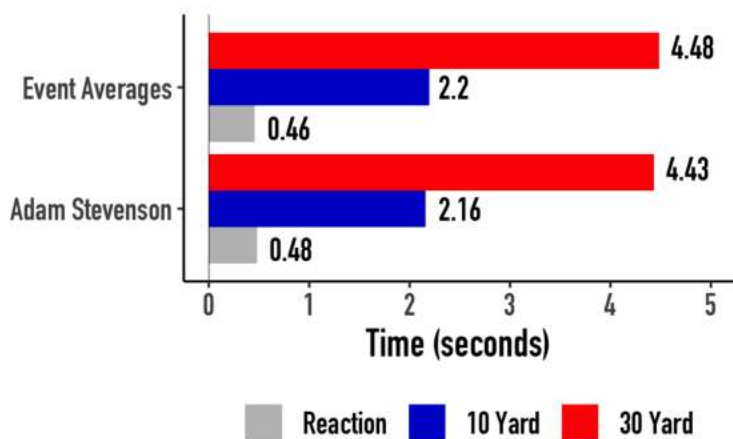
DISTANCE JUMPED  
**10.24 FT**

JUMP POWER  
**32.88 W/KG**

GROUND CONTACT TIME  
**0.354 SEC**



## 30 YARD SPRINT ASSESSMENT



REACTION TO GO  
**0.48 SEC**

10 YARD SPLIT  
**2.16 SEC**

TOTAL 30 YARD  
**4.43 SEC**





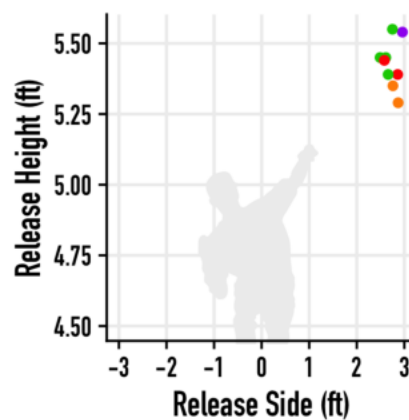
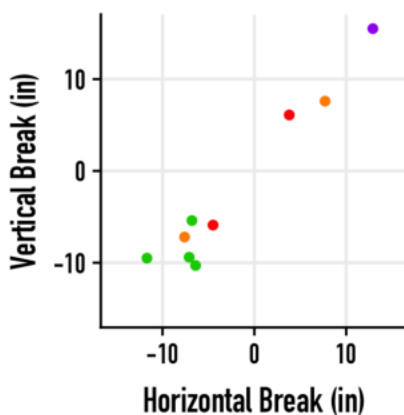
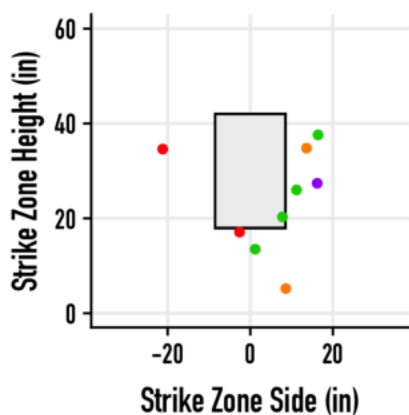
# RAPSODO PITCHING REPORT



## OVERVIEW

	# OF PITCHES	MIN VELOCITY	AVG VELOCITY	MAX VELOCITY	AVG SPIN EFF.	AVG GYRO DEG.	AVG SPIN DIR.
FASTBALL							
2-SEAM							
CHANGEUP	2	77.1 MPH	77.5 MPH	78 MPH	69.2%	-0.9°	04:29
CURVEBALL	4	70.5 MPH	71.5 MPH	72.8 MPH	56.2%	55.4°	07:23
SLIDER	1	84.6 MPH	84.6 MPH	84.6 MPH	99.1%	7.6°	01:18
CUTTER	2	77.1 MPH	78.7 MPH	80.3 MPH	40.9%	-0.6°	04:02
SPLITTER							
SINKER							

	AVG SPIN	MAX SPIN	AVG HB	MAX HB	AVG VB	MAX VB	REL. HEIGHT	REL. SIDE	REL. ANGLE
FASTBALL									
2-SEAM									
CHANGEUP	1190 RPM	1246 RPM	0.1"	7.7"	0.2"	7.6"	5.3"	2.8"	0.8"
CURVEBALL	1811 RPM	1856 RPM	-8"	-11.7"	-8.7"	-10.3"	5.5"	2.6"	1.7"
SLIDER	2162 RPM	2162 RPM	12.9"	12.9"	15.5"	15.5"	5.5"	3"	-1.6"
CUTTER	2096 RPM	2169 RPM	-0.4"	-4.5"	0.1"	6.1"	5.4"	2.7"	0.7"
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).