

Home to First (sec)

Home to First
Trial 1



3.30

Home to First
Trial 2



3.33

Home to Home (sec)

Home to Home
Trial 1



Data Not Captured

Home to Home
Trial 2



Data Not Captured

5-10-5 (sec)

5-10-5
Trial 1



5.13

5-10-5
Trial 2



4.90

Broad Jump (in)

Broad Jump
Trial 1



71.00

Broad Jump
Trial 2



71.00

Grip Strength - Right Hand (lbs)

Grip Strength
Trial 1



61.00

Grip Strength
Trial 2



Data Not Captured

Grip Strength - Left Hand (lbs)

Grip Strength
Trial 1



61.20

Grip Strength
Trial 2



Data Not Captured

Objective Only - Arm Velocity

These Arm Velocity measurements are gathered using a Pocket Radar.

Arm
Velocity 1 (mph)



59.00

Arm
Velocity 2 (mph)



60.00

Arm
Velocity 3 (mph)



58.00

Arm
Velocity 4 (mph)



Data Not Captured

Arm
Velocity 5 (mph)



Data Not Captured

Arm
Velocity 6 (mph)



Data Not Captured

Objective Only - Pop Time

These Pop Times are gathered using a stop watch.

Pop Time
Trial 1 (sec)



1.78

Pop Time
Trial 2 (sec)



1.73

Pop Time
Trial 3 (sec)



1.74

Objective Only - Exit Velocity

These Exit Velocity measurements are gathered using a Pocket Radar as the player hits a ball off a tee.

Individual Metrics

Exit
Velocity 1 (mph)

61.00

Exit
Velocity 2 (mph)

64.00

Exit
Velocity 3 (mph)

61.00

Exit
Velocity 4 (mph)

64.00

Exit
Velocity 5 (mph)

53.00

Exit
Velocity 6 (mph)

63.00

Exit
Velocity 7 (mph)

65.00