



Your Name

January 1, 2022

PLAYER GOALS

PLANE SCORE
AVG

60

CONNECTION
SCORE AVG

60

ROTATION
SCORE AVG

40

PLANE

Measures the **percentage of your swing where the bat is on the swing plane.** Your vertical bat angle at contact establishes the plane for that swing.

Plane is a great indicator for making more consistent contact on the barrel of the bat.

AVERAGE

52

HIGH

73

CONNECTION

Measures the **relationship between your body tilt and vertical bat angle at impact.**

Maintaining good connection (90 degrees) for all pitch locations is an indicator of dynamic adjustability.

AVERAGE

55

HIGH

80

ROTATION

Measures **how quickly your bat accelerates** into the swing plane.

Rotation is a good indicator of how you build bat speed by sequencing properly. The quicker your rotational acceleration, the more power you will have and the more time you have to adjust to pitch locations.

AVERAGE

31

HIGH

39

SCORE RANGE

20(worst) - 80(best) based on the MLB Scouting Scale
20-39 = Below Avg | 40-59 = Average | 60-80 = Above Avg



Your Name
January 1, 2022

PLAYER GOALS

BAT SPEED HIGH	AVG EARLY CONNECTION
50mph	90deg
AVG VBA	AVG PEAK HAND SPEED
-20deg	17mph

BAT SPEED	ROTATIONAL ACCELERATION	ON PLANE EFFICIENCY	ATTACK ANGLE	EARLY CONNECTION	CONNECTION AT IMPACT	VERTICAL BAT ANGLE	POWER	TIME TO CONTACT	PEAK HAND SPEED
The observed speed of the sweet spot of the bat at impact. The sweet spot of the bat is measured six inches from the tip of the bat. Youth Ideal Range: 40 – 56 mph	How quickly your bat accelerates into the swing plane. It is a good indicator of how you build bat speed by sequencing properly vs. pulling the bat with your hands. The quicker your rotational acceleration, the more power you will have at contact and you will also have more time to make a decision at the plate.	Measures the percentage of your swing where the bat is on the swing plane. Your Vertical Bat Angle (VBA) at contact establishes the plane for that specific swing. A high % is a great indicator of making consistent contact and barreling balls. Ideal 70% or greater	The angle of the bat's path (side view), at impact, relative to horizontal. A positive value indicates swinging up, and a negative value indicates swinging down, where zero is perfectly level. Ideal Range +5 to +20 degrees	Measures the relationship between your body tilt and vertical bat angle at the start of your swing. Establishing good connection (90 degrees) early in the swing helps you get on plane and increases your ability to adjust to all pitch locations. Ideal range 80-105 degrees	Measures the relationship between your body tilt and vertical bat angle at impact. Maintaining good connection (90 degrees) for all pitch locations is an indicator of dynamic adjustability. Ideal range 80-105 degrees	The angle of the bat (front view) with respect to horizontal at the moment of impact. It is measured in degrees and provides the location of the barrel relative to the knob at impact. Vertical Bat Angle will be zero when the barrel and the knob are parallel to the ground. It will be negative when the barrel is below the knob of the bat at impact. Youth Ideal Range -15 to -25 degrees	Generated during the swing is found from the effective mass of the bat, the Bat Speed at impact, and the average acceleration during the downswing. Power is measured in kilowatts (kW). Higher Power is achieved when a hitter can swing a heavier bat and accelerate it to higher speeds. Youth Ideal range 0.9 - 2.5 kW	Represents the elapsed time between start of downswing and impact. The start of downswing uses an advanced algorithm to detect only when functional forward Bat Speed is initiated. Youth Ideal range 0.17 – 0.23 seconds	The observed maximum speed as measured on the handle of the bat (measured six inches from the knob of the bat). Peak Hand Speed will occur prior to the moment of impact, very close to the commit time in the swing when the wrists unhinge. Youth Ideal range 17 – 23 mph
AVERAGE 41.3	AVERAGE 2.9	AVERAGE 68	AVERAGE 15	AVERAGE 103	AVERAGE 94	AVERAGE -26	AVERAGE 0.78	AVERAGE 0.21	AVERAGE 14
HIGH 46.5	HIGH 5.8	HIGH 90	HIGH 26				HIGH 1.02	LOW 0.24	HIGH 16
IDEAL RANGES 40-56 MPH	10-20g	=>70%	5-20 DEGREES	80-105 DEGREES	80-105 DEGREES	-15 to -25 DEGREES	0.9 - 2.5 kW	0.17 - 0.23 seconds	17-23 mph



Date/Time	Equipment	Handedness	Swing Details	Plane Score	Connection Score	Rotation Score	Bat Speed (mph)	Rotational Acceleration (g)	On Plane Efficiency (%)	Attack Angle (deg)	Early Connection (deg)	Connection at Impact (deg)	Vertical Bat Angle (deg)	Power (kW)	Time to Contact (sec)	Peak Hand Speed (mph)	
Jan 1, 2022 1:01:23 PM	Right	Front Toss Overhand	48	39	26	42.7	0.8	56	13	128	100	92	-11	0.85	0.1	127	
Jan 1, 2022 1:01:03 PM	Right	Front Toss Overhand	48	39	26	42.7	0.8	56	13	128	100	92	-10	0.84	0.2	127	
Jan 1, 2022 1:00:54 PM	Right	Front Toss Overhand	62	37	29	42.7	2.1	79	8	120	103	-24	0.93	0.18		141.1	
Jan 1, 2022 12:59:44 PM	Right	Front Toss Overhand	40	39	29	35.8	2	55	10	116	104	-22	0.52	0.23		135	
Jan 1, 2022 12:59:28 PM	Right	Front Toss Overhand	40	39	29	40	1.5	124	13	124	104	-22	0.69	0.20		136	
Jan 1, 2022 12:59:21 PM	Right	Front Toss Overhand	61	47	34	43.9	3.9	78	6	109	99	-33	1	0.18		147.7	
Jan 1, 2022 12:59:03 PM	Right	Front Toss Overhand	39	41	30	42.3	2.4	54	20	123	93	-17	0.82	0.2		133.3	
Jan 1, 2022 12:58:54 PM	Right	Front Toss Overhand	51	48	29	42.8	1.9	67	17	111	100	-19	0.82	0.21		148.8	
Jan 1, 2022 12:58:44 PM	Right	Front Toss Overhand	48	51	29	42.5	2	63	25	121	101	-25	0.2			135	
Jan 1, 2022 12:58:33 PM	Right	Front Toss Overhand	48	44	31	43.2	2	63	25	116	101	-25	0.91	0.19		139	
Jan 1, 2022 12:58:24 PM	Right	Front Toss Overhand	44	32	28	41.6	1.5	63	14	129	103	-20	0.88	0.2		137.7	
Jan 1, 2022 12:58:14 PM	Right	Front Toss Overhand	53	38	28	42	1.7	69	11	121	101	-17	0.88	0.19		129.9	
Jan 1, 2022 12:57:57 PM	Right	Front Toss Overhand	55	59	31	35.7	26	71	5	103	94	-40	0.61	0.2		124	
Jan 1, 2022 12:57:17 PM	Right	Front Toss Overhand	39	25	21	40.4	0.5	127	17	122	98	-17	0.71	0.20		132	
Jan 1, 2022 12:57:08 PM	Right	Front Toss Overhand	51	69	32	39.9	3.2	73	20	87	97	-44	0.74	0.2		142	
Jan 1, 2022 12:56:54 PM	Right	Front Toss Overhand	54	51	31	42.4	2.8	70	20	110	99	-28	0.85	0.2		139.9	
Jan 1, 2022 12:56:33 PM	Right	Front Toss Overhand	47	41	31	41.9	2.9	62	16	118	98	-22	0.78	0.21		131.1	
Jan 1, 2022 12:56:23 PM	Right	Front Toss Overhand	48	48	32	42.5	3.2	75	10	102	108	-25	0.39			145	
Jan 1, 2022 12:56:12 PM	Right	Front Toss Overhand	44	49	28	41.9	2.8	64	17	110	101	-28	0.87	0.2		14	
Jan 1, 2022 12:56:02 PM	Right	Front Toss Overhand	46	80	36	41.3	4.5	61	23	91	86	-22	0.79	0.2		14	
Jan 1, 2022 12:55:40 PM	Right	Front Toss Overhand	49	40	31	41.2	2.9	64	17	119	98	-28	0.76	0.21		131.1	
Jan 1, 2022 12:55:30 PM	Right	Front Toss Overhand	69	52	33	41.9	3.5	86	15	104	100	-29	0.82	0.2		134	
Jan 1, 2022 12:55:16 PM	Right	Front Toss Overhand	45	28	31	41.3	1.5	67	10	100	100	-17	0.76	0.21		136	
Jan 1, 2022 12:55:09 PM	Right	Front Toss Overhand	43	48	33	42.4	3.4	59	19	109	98	-28	0.87	0.19		149.9	
Jan 1, 2022 12:54:23 PM	Right	Front Toss Overhand	41	53	33	40.9	3.5	56	17	103	98	-32	0.77	0.2		138	
Jan 1, 2022 12:54:14 PM	Right	Front Toss Overhand	54	63	31	40	2.8	70	15	100	93	-28	0.77	0.19		132	
Jan 1, 2022 12:54:00 PM	Right	Front Toss Overhand	56	34	31	41	4	100	99	37.6	4	-0.69	0.19			136	
Jan 1, 2022 12:53:33 PM	Right	Front Toss Overhand	39	64	31	38.6	2.9	54	23	84	97	-38	0.67	0.21		153.3	
Jan 1, 2022 12:53:22 PM	Right	Front Toss Overhand	37	39	33	37.9	3.5	52	17	114	105	-37	0.65	0.21		137.7	
Jan 1, 2022 12:53:15 PM	Right	Front Toss Overhand	61	60	34	39.5	3.9	77	14	94	102	-29	0.71	0.21		135.9	
Jan 1, 2022 12:53:05 PM	Right	Front Toss Overhand	51	42	30	42.2	2.2	67	13	114	101	-20	0.79	0.21		139	
Jan 1, 2022 12:52:59 PM	Right	Front Toss Overhand	80	34	31	34.4	4.5	59	14	98	94	-12	0.58	0.27		124	
Jan 1, 2022 12:51:51 PM	Right	Front Toss Overhand	40	66	31	40.6	2.8	75	8	91	99	-43	0.76	0.2		154.2	
Jan 1, 2022 12:51:06 PM	Right	Front Toss Overhand	53	44	28	39.7	1.8	69	14	109	102	-25	0.7	0.21		14	
Jan 1, 2022 12:50:57 PM	Right	Front Toss Overhand	58	57	36	41.9	4.8	74	11	97	100	-30	0.82	0.2		151.1	
Jan 1, 2022 12:49:26 PM	Right	Front Toss Overhand	49	31	31	41.3	3.5	70	11	101	95	-32	0.86	0.19		152	
Jan 1, 2022 12:49:17 PM	Right	Front Toss Overhand	47	76	35	39.7	4.3	62	18	88	95	-41	0.8	0.18		158	
Jan 1, 2022 12:49:02 PM	Right	Front Toss Overhand	51	56	33	41.4	3.7	66	13	106	90	-6	0.92	0.21		13	
Jan 1, 2022 12:48:44 PM	Right	Front Toss Overhand	52	59	32	42	3.2	68	17	93	96	-17	0.75	0.18		136	
Jan 1, 2022 12:48:26 PM	Right	Front Toss Overhand	29	60	33	39.4	4.3	61	23	101	96	-32	0.73	0.21		16	
Jan 1, 2022 12:48:14 PM	Right	Front Toss Overhand	61	42	31	40.9	1.6	61	14	111	108	-42	0.77	0.21		149	
Jan 1, 2022 12:48:04 PM	Right	Front Toss Overhand	51	51	28	40.3	2.5	67	13	108	96	-25	0.7	0.22		144.4	
Jan 1, 2022 12:47:55 PM	Right	Front Toss Overhand	68	50	30	41.2	2.5	86	30	-2	108	97	-34	0.85	0.19		142.2
Jan 1, 2022 12:47:43 PM	Right	Front Toss Overhand	62	44	27	41.9	1.4	78	3	112	97	-26	0.83	0.2		142	
Jan 1, 2022 12:47:35 PM	Right	Front Toss Overhand	54	44	31	41.6	4.3	105	36	104	107	-37	0.86	0.19		144	
Jan 1, 2022 12:47:27 PM	Right	Front Toss Overhand	52	60	32	41.7	3.1	68	14	103	92	-20	0.78	0.21		139.9	
Jan 1, 2022 12:42:38 PM	Right	Front Toss Underhand	57	48	35	42.8	4.2	73	15	106	100	-26	0.82	0.21		151.1	
Jan 1, 2022 12:42:28 PM	Right	Front Toss Underhand	63	47	32	43.5	3.1	80	10	110	100	-28	0.87	0.2		141.1	
Jan 1, 2022 12:42:20 PM	Right	Front Toss Underhand	44	59	31	38.5	2.8	59	14	110	101	-35	0.66	0.23		146	
Jan 1, 2022 12:41:52 PM	Right	Front Toss Underhand	42	52	32	41.1	3.3	58	19	102	100	-30	0.76	0.21		152	
Jan 1, 2022 12:41:44 PM	Right	Front Toss Underhand	64	56	34	43.7	3.8	81	13	101	98	-40	0.88	0.2		164.2	
Jan 1, 2022 12:41:32 PM	Right	Front Toss Underhand	55	58	31	41.6	2.7	71	18	100	100	-32	0.79	0.21		16	
Jan 1, 2022 12:41:25 PM	Right	Front Toss Underhand	43	58	34	40.5	4	59	15	100	97	-28	0.72	0.21		153.3	
Jan 1, 2022 12:41:17 PM	Right	Front Toss Underhand	73	44	24	41.4	2.3	66	19	106	98	-19	0.9	0.21		155	
Jan 1, 2022 12:41:07 PM	Right	Front Toss Underhand	60	51	32	2.8	76	20	111	102	97	-41	0.82	0.2		143.3	
Jan 1, 2022 12:40:59 PM	Right	Front Toss Underhand	53	51	32	3.1	69	22	107	107	97	-27	0.74	0.21		156	
Jan 1, 2022 12:40:28 PM	Right	Front Toss Underhand	59	50	33	44.4	3.4	76	14	105	100	-31	0.89	0.21		162	
Jan 1, 2022 12:40:20 PM	Right	Front Toss Underhand	56	61	33	41.5	3.4	75	10	104	101	-37	0.84	0.21		153.3	
Jan 1, 2022 12:40:13 PM	Right	Front Toss Underhand	60	70	38	40.7	5.3	86	12	103	95	-43	0.78	0.2		14	
Jan 1, 2022 12:40:04 PM	Right	Front Toss Underhand	58	46	31	42.2	2.7	74	21	110	99	-31	0.88	0.19		135.9	
Jan 1, 2022 12:39:42 PM	Right	Front Toss Underhand	62	62	37	41.7	4.9	79	16	84	98	-34	0.75	0.22		158	
Jan 1, 2022 12:39:34 PM	Right	Front Toss Underhand	28	54	38	40.2	3.8	53	24	104	101	-26	0.71	0.21		154	
Jan 1, 2022 12:39:26 PM	Right	Front Toss Underhand	63	50	33	40.5	3.7	103	101	103	95	-10	0.81	0.21		146	
Jan 1, 2022 12:39:17 PM	Right	Front Toss Underhand	35	40	31	39.7	2.8	50	24	121	96	-20	0.63	0.23		146	
Jan 1, 2022 12:39:03 PM	Right	Front Toss Underhand	54	76	35	41.5	5	71	26	95	93	-36	0.81	0.2		141.1	
Jan 1, 2022 12:37:58 PM	Right	Front Toss Underhand	51	43	28	40.9	1.6	67	15	113	101	-28	0.68	0.23		142	
Jan 1, 2022 12:37:04 PM	Right	Front Toss Underhand	46	56	34	40.1	4	62	24	106	101	-35	0.71	0.23		145	
Jan 1, 2022 12:36:47 PM	Right	Front Toss Underhand	53	77	32	39	3.3	69	22	94	93	-33	0.68	0.21		14	
Jan 1, 2022 12:36:39 PM	Right	Front Toss Underhand	28	77	39	31.9	2	42	19	93	94	-21	0.4	0.24		134	
Jan 1, 2022 12:36:23 PM	Right	Front Toss Underhand	54	56	26	35.3	0.9	70	15	100	100	-37	0.48	0.24		126	
Jan 1, 2022 12:36:03 PM	Right	Front Toss Underhand	61	60	35	40.9	1.5	103	103	103	95	-12	0.7	0.21		14	
Jan 1, 2022 12:35:51 PM	Right	Front Toss Underhand	61	63	38	40	3	64	16	96	96	-31	0.71	0.21		148	
Jan 1, 2022 12:35:44 PM	Right	Front Toss Underhand	60	59	35	41.2	4.3	77	21	103	90	-31	0.78	0.2		131.1	
Jan 1, 2022 12:35:36 PM	Right	Front Toss Underhand	58	71	31	37.5	3	74	16	89	97	-39	0.64	0.2		126	
Jan 1, 2022 12:35:26 PM	Right	Front Toss Underhand	61	54	32	40.2	3.1	78	12	105	96	-31	0.74	0.2		127.7	
Jan 1, 2022 12:35:11 PM	Right	Front Toss Underhand	68	47	31	41.8	4.7	88	16	87	97	-18	0.89	0.19		126	
Jan 1, 2022 12:35:03 PM	Right	Front Toss Underhand	57	61	31	40.9	2.8	73	15	116	101	-29	0.81	0.19		125	
Jan 1, 2022 12:34:53 PM	Right	Front Toss Underhand	68	54	30	40	2.3	85	15	107	93	-30	0.76	0.2		113.3	
Jan 1, 2022 12:34:44 PM	Right	Front Toss Underhand	61	58	31	41.4	2.9	78	19	105	91	-26	0.84	0.19		124	
Jan 1, 2022 12:34:36 PM	Right	Front Toss Underhand	53	77	31	38.5	1.8	78	27	108	91	-32	0.63	0.23		113.3	
Jan 1, 2022 12:34:24 PM	Right	Front Toss Underhand	38	55	32	39.3	3.3	53	20	107	100	-28	0.73	0.2		118	
Jan 1, 2022 12:34:17 PM	Right	Front Toss Underhand	63	64	30	41.3	2.4	80	16	100	88	-28	0.83				