

ATHLETE ASSESSMENT & BENCHMARK REPORT

Sample Athlete • Summer Strength, Conditioning & Glove Work Program • Comprehensive Evaluation

REPORT POWERED BY
Carolina Lefthander LLC

Athlete: Sample Athlete Program Field: 30 Evaluated Athletes Program: Summer Strength, Speed & Glove Work Overall Tier: Tier 1 Apex Athlete (Top 5%)

4.52s / 4.42s

SHUTTLE / 30-YD (RANK #1)

33' 5" MB Toss

ROTATIONAL POWER (RANK #1)

84" (7' 0") Jump

BROAD JUMP (RANK #1)

59 / 60 mph

SS & MOUND VELO (TOP 10%)

1. EXECUTIVE SUMMARY & CORE ATHLETIC PROFILE

Across the 30-player evaluation group, **Sample Athlete** established himself as a premier all-around athlete in the program. He captured **#1 overall rankings in Pro Agility Shuttle Run (4.52s), 30-Yard Dash (4.42s), Rotational Medicine Ball Power (33' 5"), Broad Jump (84 inches), and Pull Strength (9 Chin-Ups)**. Over the training course, the athlete demonstrated dramatic physical gains, cutting **-0.46s off his agility shuttle**, dropping **-0.34s on his home-to-first time**, and accelerating his **infield glove-to-glove transfer by -0.22s**.

2. DEVELOPMENT TRACKING: INITIAL VS. FINAL PERFORMANCE PROGRESS

ASSESSMENT METRIC	INITIAL TEST	FINAL TEST	PROGRESS (Δ)	PERFORMANCE INDICATOR
Pro Agility Shuttle Run (s)	4.98s	4.52s	-0.46S (-9.2%)	Elite Lateral Quickness & Change-of-Direction
Standing MB Toss (Right / Left)	27' 10" R / 27' 1" L	33' 5" R / 27' 9" L	+5' 7" (+20.1%)	Program #1 Rotational Power & Hip Torque
Home to 1st Base (s)	3.54s	3.20s	-0.34S (-9.6%)	Plus-Plus Speed Down the Line
Home to 2nd Base Turn (s)	7.17s	6.82s	-0.35S (-4.9%)	Aggressive Baserunning Curve & Acceleration
GTG: SS to 1st Base (s)	1.90s	1.68s	-0.22S (-11.6%)	Fast Transfer & Momentum toward 1st
GTG: Double Play Turn (s)	1.73s	1.68s	-0.05S	Middle Infield Feed & Pivot Quickness
Infield Arm Velocity - SS (mph)	59 mph	59 mph	MAINTAINED	Elite Arm Strength (Top 3 in Program)
Pitching Velocity (FB / CH mph)	60 / 51 mph	59 / 52 mph	+1 MPH (CH)	Frontline Fastball with 7 mph Velo Separation
Outfield Velocity (mph)	—	57 mph	BASELINE	Clean Ball Flight & Carry from the Outfield

3. PROGRAM BENCHMARK: PERCENTILES & PROGRAM AVERAGES (30 ATHLETES)

Sample Size & Contextual Advisory: This report benchmarks performance against a localized training group of 30 evaluated athletes within a single program. While these quantitative metrics offer valuable diagnostic insights and track rapid athletic progress, single-sample data is only one component of comprehensive player development. Full prospect projection requires continuous multi-season evaluation, in-game performance, tactical baseball acumen, mental poise, and physical maturation over time.

EVALUATION CATEGORY / METRIC	ATHLETE MARK	PROGRAM STANDING	AVERAGE	MEDIAN	BEST
Pro Agility Shuttle Run (s)	4.52s	TOP 4.2% • RANK #1	5.55s	5.54s	4.52s
30-Yard Dash (s)	4.42s	TOP 4.2% • RANK #1	5.11s	5.05s	4.42s
Standing MB Toss (Rotational Power)	33' 5"	TOP 4.0% • RANK #1	22' 8"	21' 10"	33' 5"
Broad Jump (Lower Body Explosiveness)	84" (7' 0")	TOP 4.3% • RANK #1	69.3"	69"	84"
Chin-Ups (Relative Strength)	9 Reps	TOP 8.3% • RANK #1	2.5 Reps	2.5 Reps	9 Reps
Infield Arm Velocity - SS (mph)	59 mph	TOP 11.5% • RANK #3	50.9 mph	50.5 mph	61 mph
Home to 1st Base (s)	3.20s	TOP 11.5% • RANK #3	3.64s	3.70s	3.11s
Pitching Fastball Velocity (mph)	59 mph	TOP 15.4% • RANK #4	50.8 mph	49.5 mph	62 mph
Home to 2nd Base Turn (s)	6.82s	TOP 19.2% • RANK #5	7.25s	7.25s	6.35s
GTG: SS to 1st Base (s)	1.68s	TOP 26.9% (73.1TH)	1.91s	1.89s	1.42s
Outfield Velocity (mph)	57 mph	TOP 30.8% (69.2TH)	51.7 mph	52.0 mph	63 mph
GTG: Double Play Turn (s)	1.68s	38.5TH PERCENTILE (RANK #15)	1.62s	1.62s	1.25s

4. COMPREHENSIVE EVALUATION & TARGETED GROWTH BLUEPRINT

Targeted Action Plan for Lagging & Growth Metrics

- **Double Play Pivot & Feed Quickness (1.68s GTG • 38.5th Percentile vs. 1.62s Program Avg):** While his SS-to-1st transfer is fast (1.68s), his double-play feed and turn sits slightly below the program average. *Actionable Fix:* Implement rapid-fire short-hop wall drills and pre-set second base footwork. Focus on eliminating the false step before the flip and shortening the arm circle on the pivot throw to target a sub-1.45s transfer.
- **Left-Side Rotational Symmetry (33' 5" Right vs. 27' 9" Left):** the athlete's dominant right-side rotational power is the highest in the program, but creates a noticeable bilateral deficit (+5' 8" difference). *Actionable Fix:* Integrate non-dominant left-side overload med-ball scoop tosses (6–8 lb) and anti-rotational Paloff presses/dead-bugs to strengthen oblique symmetry and protect lower-back spinal health.
- **Outfield Velocity & Crow-Hop Efficiency (57 mph • 69.2th Percentile vs. 51.7 mph Program Avg):** While above average, his OF velo trails his 59 mph infield throwing mark. *Actionable Fix:* Work on directional outfield crow-hop footwork and aggressive glove-arm pull to translate his elite lower-body speed (4.42s dash) into downhill outfield momentum, targeting 62+ mph.
- **Pitching Off-Speed Tunneling & Command:** Maintaining 59–60 mph heat with 52 mph changeup separation is a plus weapon. Focus bullpen sessions on throwing the changeup with identical fastball arm speed from the exact same release height to induce weak swings over the top.

Elite Core Athletic Strengths

- **Explosive Movement Engine:** Ranks #1 in Pro Agility Shuttle (4.52s vs. 5.55s avg), #1 in 30-Yard Dash (4.42s vs. 5.11s avg), and #1 in Broad Jump (84" vs. 69.3" avg), establishing elite power generation and first-step quickness.
- **Superior Upper-Body Strength:** Led the entire program with 9 strict chin-ups (vs. 2.5 program avg), providing the foundational shoulder and lat stability that supports his high-velocity arm.

Overall Athlete Prospect Grade: 9.8 / 10 (Tier 1 Apex Program Athlete)

Sample Athlete represents a premier athletic talent in the program. Combining elite speed, explosive rotational torque, and rapid in-course progress, addressing his double-play footwork and bilateral symmetry will complete an already dominant profile.

INTERESTED IN ADVANCED DATA-DRIVEN PLAYER EVALUATIONS?

Custom developmental tracking from our **Summer Strength, Conditioning & Glove Work Program**, featuring biomechanical analytics, velocity development, and customized player profiles.

CAROLINA LEFTHANDER LLC
www.carolinalefthander.com
info@carolinalefthander.com