

WEEK 4 LEADERS NOVEMBER 22-NOVEMBER 28

LEADERBOARD EXPLAINED

Thursday nights we generate a report from the previous seven days. Averages are calculated from the total amount of recorded swings in those seven days. The data is populated through our Blast Motion cloud portal and includes all players who are registered inside the organizations account.



<u>METRICS EXPLAINED</u>

BAT 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.

<u>PEAK HAND SPEED</u>

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.

ROTATIONAL ACCELERATION

It measures how quickly your bat accelerates into the swing plane. Rotation 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.

<u>POWER</u>

The average Power generated during the swing is found from the effective mass of the bat, the Bat Speed at impact, and t he average acceleration during the downswing. Power is measured in Watts. Higher Power is achieved when a hitter is able to swing a heavier bat and accelerate it to higher speeds.

SWING TOTALS

LEADERS

- I. CHRISTOPHER PELLIGREEN
- 2. OWEN POWERS
- 3. JACK KNOESEL
- 4. RYAN CARNINE
- 5. ZACK HOFFMAN
- 6. MOLLY CALLIHAN
- 7. EVAN SCHIEK
- 8. IAN CASEY
- **9.** EDDIE HACKER
- IO. ANDREW BUCKLEY



AMT OF SWINGS



AVERAGE POWER (KW)(*)



LEADERS	KILOWATTS
I. CHARLIE BERRY	3.74
2. ETHAN LINDEMANN	3.60
3. KEVIN WATKINS	2.96
4. JACOB STURM	<i>2.95</i>
5. ALEX GITT	2.94
6. OWEN POWERS	2.80
7. ZACK HOFFMAN	2.79
8. TRIPP JOHNS	2.76
9. JUSTIN COLEMAN	2.74
IO. EVAN SCHIEK	2.64

(*) THE AVERAGE POWER 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.

AVERAGE BAT SPEED



LEADERS	MPH
I. CHARLIE BERRY	66.9
2. ETHAN LINDEMANN	66. I
3. ZACKHOFFMAN	63.6
4. ALEX GITT	61.6
5. JACOB STURM	61.2
6. JUSTIN COLEMAN	61.1
7. ANDREW LEMON	59.0
8. EDDIE HACKER	58.7
9. KEVIN WATKINS	58.5
IO. ANDREW FELDT	58.5

AVERAGE ROTATIONAL ACCELERATION





G-Force (G's) The force generated from impact (or magnitude of linear acceleration vector) created during a landing or fall.

PEAK HAND SPEED



LEADERS	AVG MPH
I. ETHAN LINDEMANN	22.9
2. CHARLIEBERRY	22.5
3. TRIPP JOHNS	21.3
4. KEVIN WATKINS	20.9
5. CHRISTOPHER PELLIGREEN	20.9
6. OWENPOWERS	20.3
7. ALEX GITT	20. I
8. EVANSCHIEK	20. l
9. ANDREWLEMON	20.0
IO.EDDIE HACKER	19.8