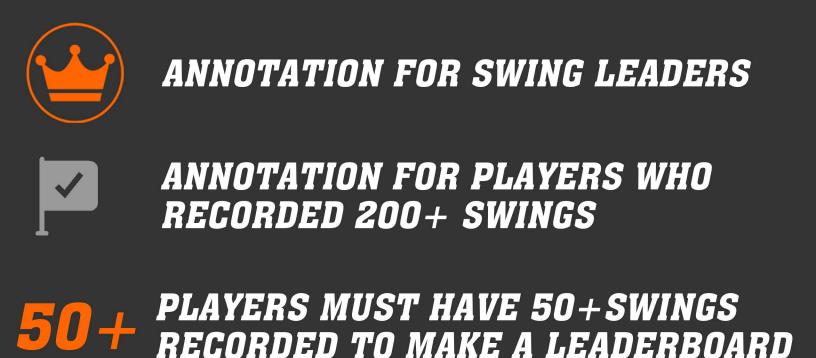


WEEK 5 LEADERS NOVEMBER 29-DECEMBER 5

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 AN	IT OF S	WINGS
1.	MAX WIESNER		1053
2.	CHRISTOPHER PELLIGREE		588
3.	MICHAEL LOLLEY		570
4.	OWEN POWERS		543
5.	EDDIE HACKER		295
6.	MOLLY CALLIHAN		269
7.	NOLAN JAWOROWSKI		235
8 .	TOMMY MOHAN		231
9.	ETHAN LINDEMANN		226
 0 .	ASA MARTINEZ		220



AVERAGE POWER (KW)(*)



LEADERS	KILOWATTS
I. TOMMY MOHAN	4.13
2. ETHAN LINDEMANN	4 3.62
3. MICHAEL LOLLEY	2.30
4. PEARSE REAGAN	3.29
5. JAKE GARLAND	<i>3.15</i>
6. ZACKHOFFMAN	2.94
7. OWENPOWERS	2.92
8. EVANSCHIEK	2.89
9. ETHAN MILAM	2.72
IO. EDDIE HACKER	2.72

(*) 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. TOMMY MOHAN	21.3
2. ETHAN LINDEMANN	66.3
3. JAKE GARLAND	<i>65.3</i>
4. ZACKHOFFMAN	65.0
5. MICHAEL LOLLEY	64.0
6. PEARSE REAGAN	62.6
7. EDDIE HACKER	61.5
8. JOHN HANDY	61.2
9. EVANFITZGERALD	60. I
IO. VANCE MCFARLAND	60.0

AVERAGE ROTATIONAL ACCELERATION



LEADERS	G-FORCE
I. OWEN POWERS	27.3
2. ISAAC LEMANSKI	16.7
3. CHRISTOPHER PELLIGRE	en 날 I 6.0
4. PEARSE REAGAN	15.1
5. EVAN SCHIEK	14.7
6. ETHAN MILAM	13.7
7. ETHAN LINDEMANN	13.2
8. TRIPP JOHNS	11.0
9. ASA MARTINEZ	10.4
IO.MICHAELLOLLEY	9.7

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



LEADERS

- I. ETHAN LINDEMANN
- **2. TOMMY MOHAN**
- **3**. MICHAEL LOLLEY
- 4. CHRISTOPHER PELLIGREEN 실 20.9
- 5. PEARSE REAGAN
- **6. JOHN HANDY**
- 7. OWENPOWERS
- 8. VANCE MCFARLAND
- 9. TRIPP JOHNS
- IO. EVANSCHIEK



20.9

20.3

20. I

20. I

20.0

19.8